

Be reborn in the Light of Creation

Instruction for a guided meditation

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The Goddesses have gathered to offer you a guided meditation that you can share to the highest good of all. They are representatives of the Divine aspect of the Creator Being in the field of nourishing, bearing, life supporting energies. Humans shall comprehend that these Goddesses are aspects of something they carry within themselves as well. That is the only reason for the origin of resonance to the Goddess theme. The adoration and invocation of false and old Gods and Goddesses is no longer coherent for this time and state of evolution that you and those reading this are in now.

1

Connect yourself to Mother Earth. Know, she is your mother as you are her child. Your body consists of nutrients stemming from her and that will find their way back to her again. You are in constant exchange with her. Your life is possible through her.

Connect now with her through your favored way. In intensive processes it is always beneficial to have your whole chakra channel available, so (should you be used to connect to Mother Earth through your base chakra) you should/could consider learning and try out the grounding like the plants of the Earth. Let many roots grow, your legs are closer to the ground than your base chakra anyway.

Breathe calmly in and out through your slightly open mouth. Let your breath stroke your lips softly and pleasantly.

The power of the Goddesses, of the Divine female, nourishing, lifegiving and supporting aspects of being, recharge you now.

They are there, have only been waiting for you to become ready and receptive.

Allow your body awareness to change. It is possible that temporary pain may occur somewhere in your body. Let it be, do not concentrate on it, stay focused on yourself and your breathing.

Not only will your body be recharged, your aura and all your surrounding energy fields (chakras, meridians and so on) will as well. Let it happen and simply continue breathing.

If there is a part of your body that kept you busy for some time now, where you wish for improvement, restored health, ask these energies, these female aspects of Creation, for their help especially for this part of your body. If no part of your body kept you busy and nothing comes to your mind, continue breathing calmly and stay focused on yourself.

It will be only one part of your body per process. Next time (in several days) it can be the same or a different part of your body.

2

Thank these energies and bless them.

Then get up and move from the inside out. Don't pay attention to others while expressing, be yourself one hundred percent and enjoy.

Let yourself rest and sleep afterwards, or go for a walk.

It makes sense to drink lots of pure still water as well, you will surely benefit from that. Three liters of water on process days and the days after are not too much.

Blessing for all those who do this.

This may be offered as a guided meditation / relaxation exercise / self-discovery exercise / awareness exercise / healing meditation / ... The source of the information has to be clear and available, and/or has to be mentioned to the highest good of all, that means a link to the School of Easy Living's homepage is necessary if you advertise this online or on a flyer, for example.

We ask for the following compensation in case someone uses this technique to earn money: Please donate an amount of money that works very well for you to a non-profit organization (marine conservation, wildlife conservation or an organization that cleanses the ocean from plastic... something like this) of your choice.