



*Light of Hope*



*Community Interest Company*

# Guide to Meditation



We hope that you will enjoy this short guide to meditation.

You can join us anytime at our weekly group meditation in South Manchester, please visit our website [www.lightofhope.co.uk](http://www.lightofhope.co.uk) for more details.

You can also access our recorded guided meditations via our website [www.lightofhope.co.uk](http://www.lightofhope.co.uk) and experience the peace of meditation in your own home.

## **MEDITATION**

A light is there  
You cannot see  
It shines on you  
To set you free.

Free from burden, worry, stress  
Of all of life that is a mess  
Take of the time  
To pause - be still.

Let all from the mind  
Release your ill  
Cometh to peace  
And let all fall

To the earth  
And hear the call  
From friends on high  
Who know you well.

Wait with all joy  
To give and tell  
The peace the space  
To you in peace and light  
They come.

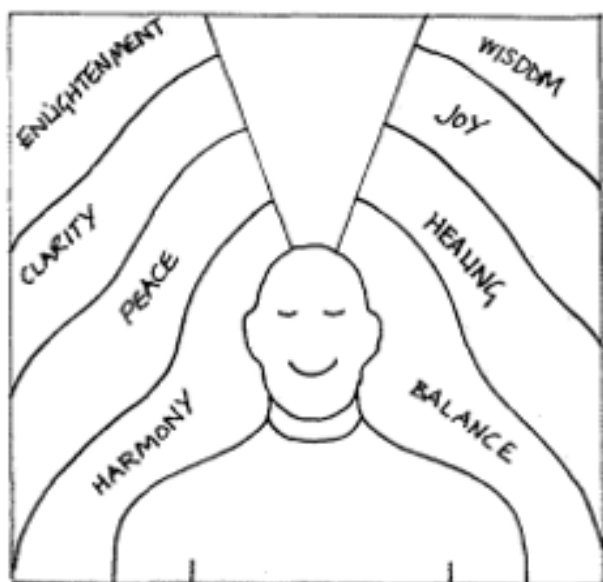
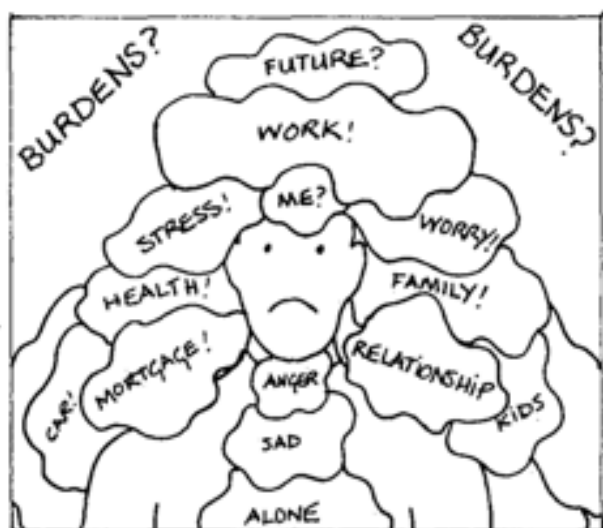
Celestial beings carrying the drum  
Hear now the message, From the soul  
The plan, your life  
The real goal.

I tap to you  
To set you free  
The burden will  
Become, Liberty. Take a moment  
To receive  
Light to thee  
And to perceive.

Wait with all joy  
To give and tell  
The peace the space  
To you in peace and light  
They come.

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**MEDITATE!**

**Meditation** is a gift to bestow upon yourself. Everyone can meditate – if you have the ability to sit, or be in a comfortable position, close your eyes and listen to music and spoken guidance, then you have all that is required to meditate and simply by taking a few minutes each day to meditate you will help yourself to better general health and well-being.

Meditation slows the bodies of the physical, emotional and mental and helps you to lift to the spiritual. It enables the body to release negative energies and allows the replenishment of positive energy. Your ability to intuit will improve, thus facilitating more positive choices in your life and achievement of your life plan.

There are many known benefits of meditating regularly. Meditation has been proclaimed a stressbuster in our time. It is much more than that, it is the key to our very existence. To meditate daily is to connect to your true potential and to realise it.

Meditation can reduce anxiety and stress with regular practice.

Meditating daily has shown to help control problems such as:

- Pain
- Difficulty sleeping
- Tiredness
- High blood pressure
- Brain fog
- Reduce stress and anxiety
- Enhance mental health and wellbeing
- Improve self-awareness., develop a better understanding of yourself
- Improve focus with greater concentration and attention span
- Helps to reduce memory loss and brain fog
- Improve sleep
- Reduce high blood pressure



In the sample meditations to follow, you simply need to sit or lie down, be warm and comfortable in a place, at a time when you will not be disturbed. Initially try to meditate for 5 minutes each day and build this up as you grow in confidence, and peace!

## **Meditation 1 - The Rainbow**

1. Sit or lie where you are comfortable and will not be disturbed. Close your eyes and relax.
2. Imagine that you breathe down from the crown of your head and that you draw in the colour blue, the blue of a summer sky. Breathe the blue down through the body and to the feet. With each breath in, feel the body filling with this shimmering blue light. See the body filled with the blue light.
3. Next breathe the blue up from the feet to the knees, up to the hips and the waist. Breathe the blue up to the chest, to the shoulders and through the arms and hands.
4. Breathe the blue up through the neck, into the head and back to the crown.
5. Feel the body filled with blue light.

6. Breathe and see now the colour gold, the golden yellow of the sun and breathe deeply in the gold of joy and positivity.
7. Breathe the gold and feel the body filling with this warm, joyous colour.
8. Feel the gold washing through each cell of your body - imbuing you with joy and Light.
9. When the body is filled with golden light - breathe gently into the pink light - the colour of a beautiful rose. This is the colour of healing. Breathe and allow this rose pink to wash through each cell of your physical body, healing each cell.
10. Breathe the pink light to any area of pain or discomfort. Feel the rose light washing away the pain, see the pain as a dark cloud melting and filling with the pink light.
11. When the body filled with the rose light, the light of peace and healing, rest a while and float in this cloud of pink healing light.
12. Breathe in this Light of Peace...

13. Slowly, when you feel ready, breathe gently from the pink light into an emerald, green light - the colour of harmony and balance.
14. Gently, slowly breathe and fill the body with emerald light. Feel each cell of the physical body recharged with positive energy as your body absorbs the emerald light
15. Breathe the emerald from the feet to the crown.
16. When the body is filled with emerald light, see a beam of emerald light above the crown of your head and breathe it down the body to a point between the heels. Feel yourself balanced and aligned either side of the emerald light.
17. Next, breathe a beam of light from shoulder to shoulder and down through the arms to the hands - feel balanced and aligned along the beam of emerald light.
18. Slowly, in your own time, open your eyes
19. Rest a moment on the bed or in the chair. Allow yourself to feel how peaceful, yet energised you feel.
20. Be of peace and keep this peace through the day.

## **Freedom**

A moment or two during the day,  
I allow myself to fly away,  
I go to my own place of peace,  
Only for me – my time to release.  
Of all my worries, fears and stress  
I return to myself with nothing less  
than total peace and energy pure  
to return to the pace of life once more.

## **Meditation 2 - Light**

1. Breathe and relax - sit in a chair in an upright position and with the knees apart. Place your hands to your knees or thighs. Be comfortable.
2. Allow your breathing to become natural.
3. Imagine that you breathe in a light of blue, the blue of the summer sky, into the crown of your head.
4. Breathe and draw the blue light down through the body to the base of the spine, as you breathe feel the tension held in the body release.
5. Breathe the blue light down to the feet and feel all the remaining tension held in the body release.
6. Breathe and feel yourself rising through the body, up to the crown of the head.
7. As you breathe gently, you begin to follow a dense white cloud above your head. Breathe with the cloud as it rises higher in the sky. Rising higher and higher you can see the world resting below you.
8. Feel yourself breathing deeply within the white, soft light of the cloud, you feel very peaceful.
9. As you rest within the cloud, breathe in the peaceful, healing energy of the white light.
10. If the light becomes brighter, breathe towards that brighter light for a time. Absorb the pure energy of the light.
11. Rest for a while in the light.

12. When you feel ready to return from the light, feel yourself moving slowly down and back into the shimmering blue of a summer sky. Rest a moment in the blue and absorb the beauty of the light - feel it strengthening your being.
13. Next breathe slowly from the blue into the golden yellow light of the sun and breathe and fill your body with its joy and positivity.
14. Slowly breathe from gold to pink, the pink of a rose - healing and peaceful. Breathe and absorb the beauty of the rose-pink light
15. Then slowly breathe to the emerald light - the green of the grass - breathe this emerald light of harmony and balance and fill the body. Feel recharged and energised through each cell of the physical body by the emerald light.
16. Feel the weight of the body, comfortable and peaceful - aligned and balanced - resting in the chair.
17. Slowly open your eyes. - rest a moment with your eyes open - retain the peace you have found throughout the day.
18. Be of peace.



***Be of peace!***



- The key to inner peace and strength.
- The key to being more open and intuitive.
- The key to self healing, realignment and balancing of the energy field.
- The key to joy.
- The key to discovering you - the real you.



**Contact Us:**

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