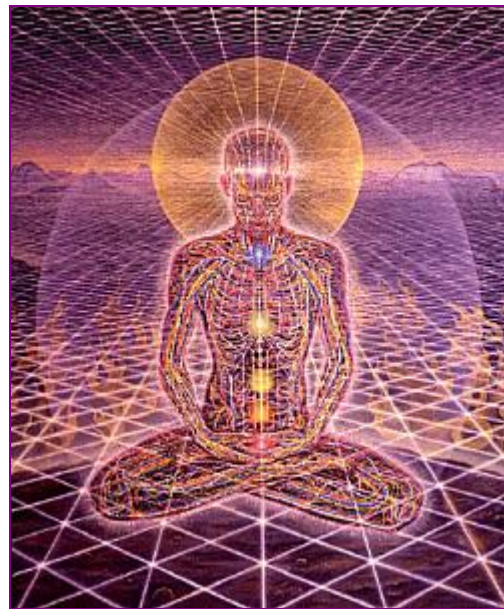


~ A Healthier You ~

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When I surrender, the Universe moves.
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A HEALING MEDITATION

As you meditate, upon the sun center of ALL Creation - receive the impression of crystal water falling upon you as a rushing, teeming waterfall from the 'I AM' presence. Direct it through all charkas, to every plane and dimension of your being. The light that courses through you is given direction by Divinity - to move to the place where darkness is held within. This darkness will be shattered once, shattered again, and then dissolved in the blinding purity of Divine Light.

From the Tibetan, Genyen Jamyangling -
a simple healing meditation that she finds works for her and others:

Assume the position of meditation - hands in lap, opened, face up. Get into a relaxed rhythm of slow breathing. Pick an area of the body that needs healing and visualize a dark cloud covering that organ or area. When you can hold that visualization, breathe in slowly through the nose, gradually forming a fist with both hands as you do. Then breathe out slowly, visualizing the dark cloud coming up out of your body and being exhaled through your mouth. Unclench your fists slowly as you exhale. See the dark cloud go away from you in a stream, until it totally disappears into a great white light or violet fire. Do this three times.