

## *Healing the Grid Meditation*

The energy of light reaches everywhere; therefore you can ride its waves to the farthest reaches that your imagination can take you. Along the way, take a healing journey that is extraordinary. By blending your body with the earth's body and meditating, you heal both at the same time. Tape the meditation for easiest practice sessions.

**Start Taping:** Take a deep cleansing breath... finding a comfortable position; let your eyes close in an unfocused fuzzy gaze. Breathing in and breathing out... feel your breath move in and out rhythmically. Release stress and tension throughout your body by tensing your body beginning at the toes and feet, moving up your body continuing to release tension in the calves, thighs through a continuous tensing and relaxing of the muscles...breathing in and breathing out. When you have completely moved through your whole you are ready to begin the guided meditation process.

When you feel in harmony with yourself, begin to imagine a light from above as it falls on your head or crown area. Feel its warmth and illumination. Gradually become one with the light itself, feeling it pass around you and through you, enjoy it. Become a part of its warmth, luminosity, and expansiveness. As you become one with the light, move with it, go with the light and blend with all the areas it reaches. Feel at one with the chair, the bed or wherever you are, noticing how it feels to be united in such a way.

Next, sense, your awareness extending beyond the room and let your imagination in, allowing your body to drift above you, through the ceiling, other rooms and floors.

Now, rise up and expand even further. Rising above your neighborhood, and finally the entire city. Feel the various parts of the city, as you know it: the streets, the parks, the highways, and the boundaries between cities. Feel as if you have a thousand senses and can extend into all parts of the city. Be at one with the city and its people.

Again, feel your awareness rise upward. Let yourself rise up until you experience your state, your nation, and finally the whole world. Feel yourself becoming one with the entire planet we live on, at peace with its many lands, the oceans, the vegetation and all of the animals and the people of the earth. Look upon the planet with its wispy white clouds dotting the deep blue of the sea. Here and there see a mass of continents filled with lush green land or the umber of earth's sandy soil.

Unite with and experience the deeper levels of understanding and affinity you feel for the people of the earth. Feel the flow of love pass to you and back to all living on the earth in wave-after-wave, of rhythmic vibrations of peace. Fill yourself up with this energy and let this flow back to the planet and its people in a positive regard for those who live on her.

Now be aware and imagine the earth's longitude and latitude grids and allow your own body's grid to reveal itself to you in your mind's eye. Keep letting the boundaries dissolve as you become one, meshing with the your mother the earth. Continue to imagine and compare the grid of the earth to the grid of your body, until you feel a complete connection to her. Allow the energy to flow into and out of you healing any toxicity within you and in so doing, healing any toxic living conditions within the planet.

After fully experiencing this oneness, gradually bring your awareness back to the planet, to see in your mind's eye a beam of light stretching from you to the earth. Moving towards the beam of light, let yourself flow down the light towards your state, or city, the building that you originated from, then see yourself in your starting position. Now reconnect to a part of your physical body.

Begin to move a toe or a finger, and when you're ready, open your eyes and experience the feelings coming from oneness. During this time, you might want to write a note to yourself about the experience. Perhaps you have learned something that you want to document about the experience. When you are ready, allow yourself to return to your regular routine. **End tape.**

**Note from Shirley Ryan:** *Practice daily for energy, health and to add to the positive flow of energy of your life and the planet. The work of healing the grid is a labor of love taking many dedicated people. What you heal is yourself, your family and your community. Like a ripple affect, each concentric ring of loving energy moves out in wave-after-wave flowing like a contagious smile projected onto all who happens by. One community flows into another, one region into another and one nation into another, bringing peace and positive regard to the masses.*

From the book, *Sacred Journey, 2012 and Beyond*, former title, "*Healing the Grid.*"