

Crystal Healing Meditation

Find a comfortable chair and sit with your back against the back of the chair, hands on your thighs, palms up or down whichever is the most comfortable for you.

Concentrate on your breathing; allow your breath to become a nice steady rhythm.

See your breath as a colour and like the ebb and flow of the tide your breath flows from your feet to the crown bringing pure clean energy and ebbs from the crown to the feet taking away all negative energy, the stresses and stains of the day leaving your body in a grey mist.

Feel your body starting to relax right down as you move into a state of relaxation, an altered state of mind as the body and mind slows right down.

Now visualise a bubble of golden light situated about two inches above your head and with every in breath you are pulling in that golden light.

Your body starts to soak up the light, you begin to feel lighter and brighter as the light fills up all your organs travelling right down through the body (take your time here).

Eventually the golden light makes its way down through the legs and into the feet forming a circle of light around the feet.

It then makes its way back up the body within and without forming a bubble of golden light around the body.

With every out breath your bubble becomes bigger and bigger until eventually you can lie down within it if you wish to do so.

Your bubble now starts to rise higher and higher into the beautiful bright blue sky, past fluffy white clouds and out across the sea.

Relax and enjoy the journey you are quite safe.

In the distance you see an island which is getting closer and closer and as you look at it you can see something shimmering and sparkling in the sun, you realise it's a building.

This building is made of crystal and as the sun's rays touch it you see a myriad of colours – it is so beautiful you wish you were there.

With this thought in mind your bubble starts to descend and lands at the front steps of the building where waiting for you is your guide.

Welcome your guide and go with him/her up the steps and into the building. You find yourself in a hallway and in front of you is a large door, open the door and go with your guide into the room.

The walls of this room are encrusted with every crystal and gemstone imaginable and some you have never seen before.

In the middle of the room is a couch covered with a purple throw and your guide beckons to you to go and lie on it.

As you lie down you look up towards the ceiling and notice there is a clear quartz dome allowing the sunlight to flood through into the room and suspended from the dome are ten large healing crystals.

You close your eyes as your guide starts to position the crystals above your body to where you need the healing.

As the energy of each crystal reaches and permeates through the body you feel the energy and in your minds eye see the individual colour of each crystal.

The room starts to cool down and you instinctively know that the energy from each crystal has shut down – their job is done.

As you slowly open your eyes you see your guide re-positioning the last of the crystals so they are all back where they started and when you are ready your guide helps you to sit up.

As you stand up your guide places a crystal in your hand for you to bring back, then leads you out of the room and into the hallway.

Cross the hallway and as you open the door you find yourself once again out in the brilliant sunshine. Thank your guide for the healing, for being there for you and knowing that you can return for more healing whenever you need it say goodbye.

Your bubble is waiting for you at the bottom of the steps, so step inside it and with every out breath feel it starting to rise until once again you are amongst the fluffy white clouds.

The island has become a small dot in the distance as your bubble travels back across the sea.

At the thought of being back in the room you feel your chair beneath you, your feet on the floor and your hands on your thighs.

Take some nice deep breaths.

Feel your hands

Feel your feet

On the count of three 1, 2, 3 open your eyes

Welcome back!