



Bone Meditation

Begin by taking three very deep breaths and hold them. Continue breathing in a slow, easy, gentle rhythm. Allow your breath to fill your entire physical being.

Bring your attention to your crown. Allow yourself to feel, sense, and see your crown opening.

Now invite and allow the color pink to enter your crown and fill your entire physical being, washing away all things which are not like love.

Invite and allow the color green to enter your crown and fill your entire physical being, washing away all things which are not peaceful or calm.

Now invite and allow the color purple to enter your crown

and fill your entire physical being washing away all vibrations which are not your own.

Invite and allow the color blue to enter your crown and fill your entire physical being washing away all words spoken or unspoken and all actions taken, or not taken, which were not of your own wisdom.

Bringing you attention back to your crown which is now completely open and fully receptive, feel yourself connecting with the light, love and energy of Christ. Bring that energy through your crown and into the bones in your skull washing away all things which were not of that light. Feel that energy move into your brain and wash away all thoughts which were not God thoughts. Feel that light and love and energy of Christ move into the center of your brain and from the center shining back out through the bones of your skull. Bring the light and love and energy of Christ through the bones in the mask of your face, into the jaws, completely relaxing your entire physical being.

Bringing your attention to the base of your skull, feel the light, love and energy of Christ move from the base of your skull into the top of your spine. Feel that light continuing downward into each vertebrae, washing away all things which were not of this light. Feel this light as it moves into the tailbone and from the tailbone into all the bones in the pelvis. From the bones of the pelvis, feel the light move into the bones of the hips, into the bones in the thighs, filling the empty space

in the knees, continuing downward into the bones in the lower legs, filling all the fine bones in the ankles, the bones of the toes and shining out through the bones of the toes.

Bringing your attention to the base of your skull, feel the light, love and energy of Christ move from the base of your skull into the top of your spine, from the spine moving into the ribs, bathing each rib with this light, washing away all things which are not of this light.

Bringing your attention to the base of your skull, feel the light, love and energy of Christ move from the base of your skull into the top of your spine, from the spine moving into the bones in your shoulders, down through the bones in your upper arm, filling the empty space in your elbows, moving down through the bones in your lower arms, into all the fine bones of your wrists, into the bones of your hands and shining out through the bones of your fingers.

Christ's loving healing light fills all your bones. Your bones push His light out through all your organs, healing your organs, out your skin, healing your skin. out into your aura.

You are now fully and completely grounded by the light into your bones. You are fully and completely emotionally balanced through the bones of your pelvis. You are God's love made manifest on earth right now.

Holding this image and light now and for always and in all ways, once again you will take another deep breath and hold it and when you are ready and only when you are ready, come back to right here and right now.