



Creating A Personal Space for Meditation

By Kerrie Jean Erwin

Creating a sacred space in your home or in nature is ideal for meditation. It is a space which you can call your own, where you feel safe and secure and where no one can interrupt you. If you make an effort to meditate at the same time every day you will get better results as you are making a commitment and date with your own loving guides and your link will be stronger.

Create an Altar.

Find a small table or bench in your home. Now decorate it with fresh flowers, pictures, statues, crystals, rocks, shells, feathers, incense burner, candles or whatever appeals to you. Now ask your guides and spirit helpers to join you as you create this special beautiful work of art. Working with incense or essential oils will create a special ambience as well.

Create a Sacred Space in Nature.

It can be in the bush, beach or just in a beautiful garden full of flowers and trees. By working in nature we can also get help from the elemental kingdom; these are the tiny nature spirits that have been with us since the beginning of time.

Once we are able to utilise our own sacred space we can simply connect to the source by surrounding ourselves with white light, saying a small prayer, and then closing our eyes and opening up to the energies around us and within.

Meditation is a very important tool to help us on our spiritual path and in our everyday life. It can be an integral part on our journey as it is such a wonderful tool for self-discovery, wellbeing, and general health. When we go deep within we are able to open up to our own inner awareness, get a stronger sense of ourself as an eternal soul, and also have access to various levels of consciousness on a metaphysical level.

As you begin to take charge of your life and mediate on a daily basis, you begin to realise what an important tool it really is. Not only will you look and feel a lot better and have more energy, you will also begin to wonder exactly how you ever coped without it before. You will have more clarity and perception, and be able to focus better on everything in your life, as it pulls in all your energies and helps you align with your chakras. Going within will give you all the information and guidance you will ever need, and twenty minutes of mantra meditation can be worth up to four hours sleep.

Meditation also connects us to our higher self, which is our soul energy. With constant daily practise we are able to make a connection to our own beloved guides and spirit helpers who are there to assist us in spirit and help us with our journey. Most successful people in the world meditate and are able to focus and achieve their desired outcomes, by going within to manifest and create their own reality.

Who are your spirit helpers?

Our guides or spirit helpers are from source and once we have made the spiritual connection with them, they teach us what we need to know. They help us to complete our spiritual contracts that we made on the other side before we came to earth. Often they have been with us from birth and we may find that we have shared a past life or they are relatives or friends who have passed over. There are no coincidences in spirit as everything is already pre-ordained before we reach earth.

The more you work on your own lessons and issues the more you connect to your higher self, which is an all empowering experience. Do not be afraid of letting go, because to surrender is not about losing power, it is about gaining self-empowerment and learning to trust. When you live your true destiny, life itself becomes a rewarding journey...



Meditation By The Sea

Find a quiet and lovely place by the sea.

Sit or lie on the sand in a comfortable position with your eyes closed

Now connect with your breath, breathing in three times.

In through your nose and out through your mouth, until you reach a steady pace.

As you continue to breath, surrender any old attachments, negativity, or bad feelings you may be carrying in your mind and body.

Now, open yourself to everything in nature and begin to feel all your senses awakening.

As you do this, listen, taste and feel everything around you, like the sounds and smells, feel the warm sun caressing and penetrating your skin.

Smell and taste the salt spray from the water as it rushes up the sand and then back again into the ocean.

As you do this you begin to feel deeply relaxed, no cares, no worries, just simply letting go in mind, body and spirit.

Now feel your heart chakra expanding as you breathe gently in and out.

It is as if everything in nature is healing you, soothing you, helping you to relax, taking you deeper and deeper into a relaxing state.

Continue doing this as you now feel the essence of universal love and warmth filling your entire body, into every particle of your being deep into your DNA, with pure, unconditional love.

When you feel you are finally full with enough love for the day, come back and open your eyes.

Do not be surprised when you see the world that you once knew now change into a place of wondrous beauty. ❖

HOLISTIC HOME

Kerrie Jean Erwin is a professional psychic medium and light worker. She teaches and works in metaphysics and is trained in hypnotherapies, specialising in past life therapy and Life between Lives with the Michael Newton Institute. www.pureview.com.au



Imagine if someone could see the energy of your physical body, organs tissues and cells!

What would they be able to tell you about your health and the herbs, supplements, homoeopathics and treatments that could assist your physical health?

Kathy has 15 yrs experience as a Medical Intuitive assisting people all over Australia, via in person, and phone readings.

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