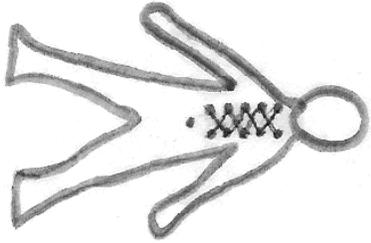


## THE FOUR LEVEL MEDITATION



This meditation can be done in a group or alone. When doing this alone, it is especially nice before you get out of bed in the morning. It can also be done at any time to balance your energy.

Begin by breathing, grounding, and aligning your awareness with the body. Breathe in the energy of Mother Earth. (If this is after you are out of bed, you can do this standing. Then lie down for the rest of the meditation.) Take your time, adjusting your awareness to go more deeply into each step as you proceed. This process will bring you into a field of union with your body, emotion, mind, and spirit, and is intended as a way to allow all of the cells and systems within to vibrate at the same rate of speed as your emotion, mind, and spirit, so that you feel even, balanced, unified, and in harmony.

Lying down, feel energy flow through your physical body, feeling your life force and balancing all of the centers in the body. Bring the energy from the top of your head through the bottoms of your feet in a continual flow. When you are fully relaxed and "in" your body begin to sense, feel or imagine that you are dissolving into the earth and joining with her energy. Release and let go, bringing the cells of the body in union with the earth.

Breathe into the emotional body and imagine it as a clear, placid body of water about 3 inches thick that is flowing, without interruption, on top of the physical body. Let the image of water dissolve into and bond with the physical body and then dissolve into the earth, bringing the emotion, body, and earth into union.

Now move to the mental body and imagine a blue ray emanating from the third eye that opens into a laser, flowing in all directions. Focus the ray over the emotional body that is lying on top of the physical body, dissolving the blue ray into these bodies until they come together. Then imagine, sense or feel the mind, emotion, body and earth dissolving together and see the levels come together, and feel the sensation of the union.

Next open to the spiritual level that is white, oscillating light, bubbles or sunlight on water. This level is diffuse and broad and grand and open. See it flow over the mind, emotion, and body, fusing them together and joining their essences. This is a union of all levels and brings the understanding that we are light and energy beings rather than only physical beings. Make the statement that we are the

oscillating energy that flows through us. Feel the union of all aspects and the earth and then fully dissolve into light.

Be in the light for as long as you choose and then, slowly breathe into your body and bring your energy flow from the top of your head through the bottoms of your feet. Get up slowly and stand for a moment with your feet on the Earth, if possible.