

Switch meditation

Find a comfortable place to sit or lie down.

Achieve as much comfort as you can, then allow your eyes to close.

Breathe deeply. As you breathe, allow your attention to come to your core. Focus on the breath as it travels in and out of your lungs.

Now notice that at the middle of your core is a small ball, colored with your core energy. The color is whatever you know it to be.

Now, notice that next to this ball of energy is a lightswitch.

Now imagine that when you turn the lightswitch to the ON position, colored energy particles from all over your body come to the core as if magnetically attracted to the core. The ball becomes more and more intense and vibrant until it is a dense and brilliant ball of your core energy.

Now, take a deep breath and flip the switch to the OFF position.

Notice that the core energy is easily and evenly distributed throughout your body, bringing a sense of balance and relaxation.

Now take a deep breath, and flip the switch back to the ON position.

Again notice how the core energy is magnetically attracted to the core and your energy becomes focused, vibrant and intense.

Take a deep breath and flip the switch back to the OFF position.

Notice how the energy is easily and evenly distributed throughout your being, bringing a sense of deep calm and balance.

Take a deep breath and allow your eyes to flutter open.