

Sitting in the Power Meditation

- Go somewhere where you won't be interrupted for 10-15 minutes; sit in a comfortable chair, feet on the floor
- Close your eyes, and focus on your breathing as you allow your breathing to find its own natural rhythm
- Become aware of a ball of white light in the center of your chest, quite small at first, that begins to expand
- This light soon fills your body, expands beyond your body to fill your room, and then expands to the whole world
- See your light expand to the universe in a beam, connect with Source Energy, and feel yourself filled with its love
- After you feel completely filled with loving energy and light, begin to return your awareness to your chair, your room and where you sit; open your eyes