Sitting in the Presence 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
- After about 5-7 minutes, invite your spirit guides in to gather close to you; imagine you expand out to them
- Focus on how you feel the energy changing in your body- subtle increase in tingling, shift energy/temperature
- Feel how this spirit energy is stronger or more present compared to your internal spirit energy; it may take a few tries to feel the increased energy
- After 15 minutes, begin to return your awareness to your chair, your room and where you sit; open your eyes