



Personal Meditation for use in

conjunction with "Higher Power" Essential Bath Salts

This personal meditation is intended to gently guide you through a series of thought processes for the purpose of releasing information and experiences that no longer benefit you. Written as a topic based focus, it is intended to be used in conjunction with basic meditation techniques (energy releasing techniques). If you would like more information on meditation tools, please visit www.HealersAlliance.org.

The bath should be a comfortable temperature. Please remember to drink an appropriate amount of water before and/or during your bath. Water is a necessary transporter of nutrients and waste in the body. While you are cleansing energetically and externally, give your body the tools it needs to cleanse internally, too. If you experience any discomfort during the bath please stop the meditation process and bath immediately. **Use caution entering and exiting the bath** as this product contains essential oils. Clean the bath after use to remove any residual oils.

Personal Meditation: Stop Doing and Be Still

As you review these question, notice what memories or thoughts arise. Be kind to yourself, we're not looking for perfection, but for room to grow. Keep a light-hearted approach. Start out with a pat on the back for the steps you have taken just to reach this point. Great job!! As you ask the questions, and find your answers, allow yourself to be okay with the lessons you have learned and the paths you have traveled, and breathe – use your breath (and whatever other tools you may have) to help you release and regain. If possible, writing down your responses. You may even want to repeat this exercise again, and you may find the answers have changed. You may even find yourself ready to move into a new phase of 'secure and rested', with even more old energy you are ready to release!

1. **When you create a quiet time, such as now, what happens?** Does your mind flood with things to do, plans, actions, activities? Are you able to suspend all outside activity, for the moment?
2. **Who taught you how to 'be still'?** For a child, being still is not always so easy. Was being still more of a punishment than a time of knowing? Did you embrace your stillness as a time of renewal, or run away from it? Are you still, spiritually, running away?
3. **What would happen to your world if you put it aside, for the moment?** Can your world, in your mind, be put aside for a moment? Is there any distinction between you and your creations?
4. **Can you set aside your burdens? Give them to a "higher power"?** Create a balloon for one of your burdens. Fill that balloon with your burden, and let it float away, across the room. You may find you want to let go of that burden completely. Have some fun. Pop the balloon, or drain it into the sink, or even flush it!
5. **Let yourself redefine 'being still' and without the burdens.** Is carrying the burdens "your job"? If so, when do you get time off? Is it a 7/24 job? Are your burdens just overworked projects with the fun squeezed out of them? Can you renew your projects and responsibilities, put the 'fun' back into functional? Pick one (maybe two) projects. Run them through the energetic car-wash till they are squeaky clean, but don't pull them back into your circle of responsibilities until AFTER the meditation, OK? Better yet, hook them to your car keys to pick up in the morning, and take the evening off.
6. **Let's give 'be still' a practice run, okay?** Here you are, in your own private bubble. Be aware of the edges of that bubble, how it glimmers in the light, how it floats so gently and easily around you. Be aware of your breath, and with each breath the bubble takes on a new light. With your eyes closed, look before and see your own private canyon, open, but not empty. Send a hello across that canyon, and let it echo back to you. Send an invitation to be at peace, in the stillness, and listen for that invitation to come back to you. Know that all this is within your bubble, yet it has no bounds. Amazing. Let the sun rise across that canyon, and as it rises let it shine to every corner of your private bubble and fill your world with its pure and vivid light. Breathe.