



**ENERGY HEALING INSTITUTE**  
Education for The Consciously Curious

## **Return of the Light Solstice Meditation 2018**

Take a breath

Take a moment

Ground your energy by focusing your awareness on your first chakra, at the base of the spine in men and between the ovaries in women.

Create a ball of bright green energy as wide as your hips.

Let the ball drop and form a cord of energy that travels rapidly to the center of the Earth.

Feel, sense, acknowledge your relationship to the Earth and how she holds you in current time.

Now, bring your awareness to your Astral/emotional aura

Say 'hello' to your inner darkness.

Be aware of and present to whatever emotional energy activates that impedes your organic lightness, brightness and validated, autonomous self.

Acknowledge that this emotional energy is activated because you are ready to clear it, resolve it and let it go.

With the intention to acknowledge, own and release inner darkness, gather up the activated energy with psychic hands and compress it into a small ball.

The energy could be above your head, below your feet, in front of you, behind you and out to your sides. It could be close to your body, or at the edges of your aura, about 3' away from the surface of your body.

Imagine bringing the ball of compressed energy to the base of your aura, two feet below your feet and release it into your grounding cord.

Repeat this process until you feel complete.  
Do you feel brighter? Lighter? More vibrant and whole?

Let's illuminate your inner light.

Bring your awareness to your heart chakra in the center of your chest.  
Place your hand on your upper chest, and gently breathe  
into that entire space, your Compassion Center.

With the intention to acknowledge, own and share your inner light,  
imagine bringing rose quartz colored energy  
from the horizon into your Compassion Center.  
Feel it streaming in and filling your Compassion Center  
so that you are vibrating compassion throughout your being.

Imagine this energy as a flowstate, streaming in to fill you,  
with the excess spilling out, available to, shared with others.  
Your compassionate inner light.  
Always in flow.

Create a figure 8 of compassion energy and connect it to your heart chakra.

Take a breath.

Take a moment.

Be Who You Are

Blessings of the Solstice to you and to all  
in the unity and oneness of the light