

Introduction to meditation, trance and visualisation ©

This discussion is intended as a basic introduction to meditation. More detailed guidance and exercises can be found on the Facebook groups for both the [Waverley Healing Wheel](#) and the [Circle of the Golden Flowers](#).

What is meditation?

Meditation is a form of relaxation. It is not about concentration, but more about de-concentration. It's less about focussing one's thoughts on one thing than clearing your mind of thoughts. Meditation has several key **benefits**:

- A calm mind
- Improved communication
- Better concentration and clarity
- Relaxation
- Rejuvenation of mind and body.

It matters not which religion one follows, as meditation is for all – during meditation, a person is part of the universe and at one with the environment. It is often true that many people come to meditation for peace and quiet, but carry on in a transformed state. For example, some people may start meditation to decrease their stress levels, but find that their levels of concentration and productivity increase as a result of the meditation sessions.

What are the health benefits of meditation?

On the health and welfare side, meditation has both physical and mental advantages, ie the prana energy or the life-force present in every living thing is enhanced. In pure **physical terms**; meditation:

- Helps to lower high blood pressure
- Helps to decrease blood lactate, present in anxiety attacks
- Helps to minimise pain from tension, eg ulcers, headaches, insomnia
- Helps to minimise pain from musculo-skeletal causes
- Improves mood and behaviour
- Boosts the immune system.

In terms of **mental welfare**, regular meditation, promotes healing by reducing stress and decreasing mood swings:

- Less anxiety
- More emotional stability and confidence
- Better creativity and happiness
- Enhanced intuition
- More clarity and peace of mind
- Better problem-solving focus
- Expanded consciousness to handle problems
- Reduced tension, apathy, anger or frustration
- Increased awareness.

Starting meditation or trance

Regular practice is necessary to fully experience beneficial meditation – it is quite possible to have just a few minutes as a daily routine (or in the lunch break). It is vital though that you arrange the environment to be comfortable and private for your meditation period, well away from mobile phones, pets, children or computers. The following list gives *suggestions only* for a successful meditation.

- i. Pick some songs or a CD to listen to, ie something with a steady beat is best for this method (nothing too laid-back) — perhaps trance, dance or techno of about 45 minutes' length.
- ii. Find a spot without interruptions, eg a closed room or a comfortable spot.
- iii. Record the meditation instructions in your own voice or ask someone you trust to read them to you while you meditate — at a slow pace.
- iv. Sit in your normal meditation posture, eg preferably cross-legged on the floor or, if that's difficult, on a chair with your back and shoulders straight. It is possible to lie on the floor if you can guarantee not to fall asleep.
- v. Take a few deep breaths and calm your body and mind.
- vi. Close your eyes.
- vii. Listen to the spoken directions of the meditation and follow them to the end.

If the object is not to have a daily meditation, but to go into [trance](#), there are a few variations to the list above. The first two steps are the same, but then consider:

- Relax by lying down so you are comfortable.
- Turn on the music and focus on the beat in the first track, ie try to remove any surface thoughts from your mind — imagine them flying away.
- During the second track, stay with the beat and continue to lose any thoughts or distractions; once completed, try to imagine pictures that move or swirl to the beat, eg leaves in the wind, waves on a shore or a river current.
- Focus on these shifting pictures, relax and ignore any distractions.
- With practice, your mind may go blank or your heartbeat changes to match the music — this shows total relaxation.
- If you have achieved a trance state, your body will feel light and tingle. In some cases, people may use this opportunity for healing, self-knowledge and astral projection (which we can discuss on another day).
- When you come out of trance, you will feel refreshed and full of energy.

Visual meditation

Visual meditation means using your sense of sight to focus consciousness. You can either draw from your memory to create an image in your mind or you can use your sense of sight to observe an object sitting in front of you. However, visualisation is a powerful tool for meditation as it requires an active participation from the subject, almost like a form of hypnosis.

Another point is that visualisation cannot achieve a material result — it is an idea or sequence of ideas, but it needs a shared energy to translate that idea into effect. So, the process of translating an idea into reality needs self-belief, confidence and small objectives. Thus, to gain improvement via this type of meditation requires regular practice to lose negative energy and gain enhanced prana.

The steps to a visual meditation are basically the same as those above (not trance) – as you close your eyes, imagine yourself surrounded by a bubble of white light that fills you with peace and love. Breathe in the light with every breath so that it fills your being. Exhale any negative thoughts as black smoke. Any desired objectives, eg healing, should be imagined and considered how to achieve them later. When you finish, it is likely that you can move forward to achieve your aims, having rid yourself of negative thoughts.

Examples of some chakra meditations

Root chakra guided meditation

- i. Take a long and deep breath.
- ii. As you exhale, move attention to the base of your spine and imagine a ruby-red chakra glowing iridescently — the warm red glow of the chakra calms you and you feel serene and safe.
- iii. You feel grounded and unshakeable like a huge boulder cradled by the earth.
- iv. Imagine standing at the base of a snow-capped mountain, rising high into the sky. In front of you is a large opening to a cave. The red rhododendrons growing at the mouth of the cave sway in the gentle breeze and reflect the warm sunlight falling on them. The rays of the sun streaking in invite you to enter the cave.
- v. Step forward and go inside — the cave has smooth walls and a high ceiling with a warm gentle breeze making you cosy and comfortable. Walk further and notice your surroundings.
- vi. You see the path opening into a large, almost circular, room with a big rectangular stone lying in the middle. A gentle beam of light slipping in through a small crack in the ceiling bathes the stone with a warm glow.
- vii. You walk over to the stone and sit on it — sitting cross-legged is effortless.
- viii. You begin to feel a part of the mountain, deeply anchored and rooted to the earth. You feel safe, as the earth supports and feeds your entire being.
- ix. See your root chakra spinning and gaining strength. As it spins faster, a ruby-red light washes over you and joins with every cell in your body.
- x. Breathe deeply and feel the energy moving to the base of your spine.
- xi. Rest in this awareness.
- xii. Rise gently from the stone and walk out of the room, through the passageway to outside the cave.
- xiii. Look back at the mountain and feel at one with it.
- xiv. When you are ready, open your eyes and finish the meditation.

Power chakra guided meditation

- i. Take a long and deep breath.
- ii. As you exhale, move attention to the lower part of your chest (below the ribs) and imagine a bright yellow chakra. The sun-like yellow glow spreads to fill your chest and the rest of your body.
- iii. Imagine standing in an endless field of sunflowers swaying gently in the breeze. The sky is a cloudless blue and the sun bathes you and the field of flowers with its warm, nourishing rays.

- iv. Now look up at the infinite expanse of sky and lock your eyes on the sun. The rays don't hurt your eyes. You find it soothing and pleasant to look at the sun. You find yourself rising and being pulled by the sun toward itself. The yellow fields are now far below and you are flying faster and faster. Even the earth has become a ball of blue in the distance.
- v. You get closer to the sun and see its true size for the first time. Despite the heat and light, it looks warmly inviting and eager to embrace you. You head straight for its centre.
- vi. You become one with the sun's core and can see all the planets revolving around you.
- vii. See your third chakra spinning and gaining strength. As it spins faster, a yellow light washes over you and joins with every cell in your body.
- viii. Breathe deeply and feel the energy moving down your spine to the third chakra.
- ix. Rest in this awareness.
- x. Rise gently to float and fly again - this time toward the earth. You ride on the sun's rays back to the field of yellow flowers.
- xi. Look back at the sun and feel at one with it.
- xii. When you are ready, open your eyes and finish the meditation.

Heart chakra guided meditation

- i. Take a long and deep breath.
- ii. As you exhale, move attention to your heart, and imagine an emerald green chakra. The life-like green glow of the chakra spreads from your heart to fill your chest and then the rest of your body.
- iii. Imagine standing under a large tree with a huge green canopy spreading in all directions. The wind rustles through its bright green leaves with a gentle flute-like sound.
- iv. Start climbing the tree. As you move up, you pass thick branches laden with green. Even sunlight finds it hard to filter through these green leaves that provide a cool, soothing shade to you.
- v. You reach the top of the tree and get a panoramic view of the surrounding region. In every direction, there is a green sea of endless, lush vegetation.
- vi. The tree nurtures and nourishes you, just as it provides strength, support and safety to all its leaves.
- vii. See your fourth chakra spinning and gaining strength. As it spins faster, a green light washes over you and joins with every cell in your body.
- viii. Breathe deeply and feel the energy moving into your heart, which is bursting forth with fresh green leaves.
- ix. Rest in this awareness.
- x. Descend gently from the tree. You feel the love and care of the tree, whose branches support you on your way down.
- xi. Once on the ground, look back up at the tree and feel at one with it.
- xii. When you are ready, open your eyes and finish the meditation.