

Healing Sands Meditation

Close your eyes and get as comfortable as possible. Tighten up your face for a second and relax it, tighten up your throat and shoulders and relax them, tighten up your chest and back, relax. Tighten up your abs and backside, relax. Your legs, relax, calves and feet, relax. Arms and hands, relax.

Imagine a bag of sand sitting on your forehead. This bag is soft, warm and comfortable. This is healing sand that takes away all negativity, pain and imperfections. The bag has a hole in it and the sand is leaking out. Imagine the sand flowing over your face, warm and comfortable, over the back of your head, flowing through your mind taking away all negative thoughts. The sand is running through your throat and chest, cleaning out your lungs and heart. Through your digestive system and over your skin, taking away all toxins and leaving you clean. Through your legs, through your arms, and out your fingers and toes. The sand is now flowing over and through your body and exiting out your fingers and toes. It's taking away all negativity, all illness, all pain. Now focus on your breath. Every time you breath in, imagine the sand flowing through your body, healing you. Every time you breath out, imagine the sand taking away all your imperfections. Now relax in this position for 15 more minutes if possible.

You can do this exercise with friends as well, having one directing the rest.