

A Healing Meditation for All

Allow the beautiful white, golden light of your angels to move through you, flowing down from your crown and filling every cell of your body.

Allow the love and light of your angels to gently surround your body. Breathe in their healing light. Send you roots to Mother Earth and thank her for her love and caring. Feel her love in return.

Send strands of golden thread up to the heavens, and send your love to Father Sky—the sun and moon and stars. Feel their love returning to you.

Notice now that the place where you are is filled with angels of light. They are joyfully watching and caring and offering their energy to join with yours to give thanks and offer healing light and energy for all that is.

Focus your intention first on the land and plants and trees of our Earth. Remember in your mind's eye the beauty of the deserts and mountains. The richness of colors and the smell of fertile black soil. Remember the cliffs and the rolling hills. Remember the tropical forests and the pine forests of our Earth. Remember the wonderful colored flowers and plants all over the Earth.

Send your love to these places and these plants and trees, offering for them to be filled with healing, cleansing light. Allow healing love to radiate outward from your heart, your hands, your belly, you forehead—flowing outward in whatever way is right for you.

Your angels of light are joining their healing light with yours. See the land and plants and trees of our Earth looking healthy and strong and full of life, glowing with Divine perfection.

Now focus your intention on the water of the Earth—its oceans, lakes, waterfalls, ponds, underground springs—anywhere there is water. And join with your angels of light to send love and healing energy to the waters of the Earth. See water everywhere taking in the healing love being offered. See the water throughout our Earth as clear and clean and fresh. Smell its freshness and feel its beauty.

Now shift your intention to all the animals of our Earth--the birds, the fish, the four-leggeds. Join with your angels of light and see the animals of our world bathed in Divine love and healing light. Vision them taking in this energy and feeling safe and at peace and full of health and joy. See their bodies moving easily, healthy and strong.

Now, offer your healing light and love to the air. See the air of the Earth becoming clean and fresh and full of life. Smell the freshness of the breezes, see it playing with the trees and soaring under the wings of the birds. Feel thankfulness for its many gifts.

And finally, offer healing light to each and every person on our world. Remember the children. Remember the adults and the older ones. Remember every continent. Every country. Offer love and healing to each human. Remember our oneness as humans of Earth, as caretakers of our world. Remember the power that can come if we all join in love.

Fill your heart with love. Radiate this love outward in all directions, stating your intention that it is being offered to all who wish to be touched by love.

Give thanks to your angels of light for their love and praise. Give thanks to the sun and moon and stars for their beauty and gifts. Give thanks to the Divine for your self and the Divine creation that you are.

And give thanks for the knowledge that you are never alone, as you are at one with all that is. The spirit of the Divine burns within you and within each and every living thing of our Earth.

As each person and thing heals and grows closer to the Divine in love, we all are healed and grow closer to the Divine in love.

For this we give thanks. For this we send love to all that wishes to be touched by love.

Copyright 2002 Brenda J. Hafner. MSW.

This information may be copied for non-profit purposes if copied in whole with all copyright information intact.