

<https://chaosandlight.com/we-are-stardust-guided-meditation/>

We Are Stardust Guided Meditation



This guided meditation is part of a weekly Living Light Meditation gathering in the Chaos & Light Community. This meditation takes you through a brief grounding technique called earth breathing. Then invites you to travel back to the original spark of creation as you connect with the light and intelligence at the beginning of the universe. You are then guided to embrace the expansiveness of the cosmos.

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Meditation Script

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So in a seated position, I want you to begin breathing deeply into your belly. Letting the belly expand and become soft on the in-breath. And letting it gently fall back toward the spine on the out-breath.

Continue this for a few moments until you bring your presence fully into your body.

EARTH BREATHING TECHNIQUE

(do not read this title aloud, can be used separately)

Now I want you to begin just focusing on the out-breath alone. Breathe in naturally at your own rhythm and pace and only focus on the exhalation. On the exhalation, I want you to see if you can move your breath down through the body and out the soles of the feet.

Breathe in and on the out-breath, move the breath down the body and into the earth. Do this for a few moments.

Pause

Continue to focus on the out-breath but now I want you to think of that breath as energy and as you move the breath through the body, on the exhalation, let that breath and energy sweep anything that is ready to be released, let it move down the body and out the soles of the feet.

Letting the earth receive anything that is no longer needed or serving your mind, body or soul. Knowing that earth holds the frequencies to neutralize anything you release to her.

Pause

Okay, now we are going to continue to have awareness of the out-breath, but we are also going to pay attention to our in-breath as well.

As we inhale now we are going to draw the earth's energy up into the body, bringing with it any light, frequencies and intelligence that the body requires for harmony and balance.

And on the out-breath letting the breath move back out and into the earth.

Drawing the earth's energy up and into the body on the in-breath and moving the breath and energy back into the earth on the out-breath.

Continue this to a point of equilibrium. That is until the energy you are moving feels in balance between what is coming in and what is going out.

And when this feels complete, having a deep connection with the earth beneath you, I want you to contemplate the idea that you are intimately related to not only the earth but the entire cosmos.

Imagine that you are lying comfortably on a blanket in a field on a warm summer night. You are far away from the lights of the city. It is a beautiful clear sky. As you gaze toward the stars, it is lit up by a million soft twinkling lights.

You can feel a slight breeze on your face, the relaxing sounds of crickets in the background. You feel safe and loved. The night holds a quiet magic. You are filled with a sense of awe and expansion as you breathe it all in.

As you gaze at the stars, you are reminded that in order for you to witness their brilliance they were awakened millions of years ago. And yet they twinkle tonight and share this moment with you.

Breathe in light....breathe in darkness. As the night sky reaches out to you.

We are going to take a trip back in time to the deep history of our universe. As you stay still, time travels all around you. You are taken back to a time, to the moment of the Universe's birth.

You see a brilliant flash of light that fills your entire being. It is powerful, yet gentle. Immense and yet familiar. You understand that it is the spark of creation that you are witnessing. The very birth of all things in this universe.

Breathe in this beautiful light as it connects you to the very nature of your being. To every cell..... to every molecule..... to every atom in your being. Let this spark of creation rejuvenate, activate, and speak to every part of all that you are.

As you hold that spark of creation in your heart, mind and body, witness the expansion of the cosmos from this moment of light.

See its whirl of magnetizing forces as it brings form out of the formless. Witness the beautiful array of colors – deep and penetrating. As it draws together everything that is needed for life in this universe. Calling forth the color, energy and frequencies required for the magic of creation.

Holding that spark of creation in your heart with a deep knowing that everything that birthed those stars, are the very things that birthed you.

Pause

Return now to the blanket...looking over the whole sky breathing in the beauty of both the darkness and the light. Feel a sense of intimacy that exists between you and the stars.

As you bask in the magic of this moment, let go of the boundaries of your identity, the boundaries of your body, the limitations of your mind. Allow yourself to expand and reach out in the wonder of this moment.

As you sit here on the surface of the Earth, you realized that outward and inward are the same. Space is in every direction, out there, and inside of us.

Sit for a few minutes in the expanded state. Breathing with the universe – her intelligence, her darkness, her lightness – as she holds both the form and formless within her.

Long pause

Take a moment to call yourself back into your heart center. Drawing your expanded self back into the body. Taking a few deep breaths.

Pause

Feeling your body supported by the chair, floor or bed beneath you. Breathing deeply. Following the moment of breath as it moves in and out of the body. Bringing your full attention and awareness into the room around you. Shrugging the shoulders softly, wiggling the fingers and toes. And when you are ready, opening your eyes – aware and alert.

Take a few moments to just sit there until you feel ready to move on with your day.