

SPIRITED

Connect to the Guides
All Around You

Rebecca Rosen

with Samantha Rose

Foreword by James Van Praagh

Read by Rebecca Rosen

A Sampling of My Symbolic Vocabulary with Spirit

Pillow=Dreams

Lemon=Bittersweet situation

Scooby Doo or Snoopy=Pet dog

Garfield=Pet cat

Hawaii on U.S. map=Trip to an island or beach

Rainbow=Hawaii or gay or just a rainbow

My Grandma Flo=Someone who's polished, fashionable, hip for their age

Stoplight: Green=go forward or yes; yellow=caution, slow down or wait before acting; Red=stop or no

Wave along=On the right track, keep going

Mountain=At the top of one's game, reached one's peak, success

Flashback to me in Vail or Aspen=Trip to the mountains or home in mountains

Flag=The military, proud of being in the service or has an important flag

Hand or wrist=Wearing special ring, watch, or bracelet

Land line phone=Communication or connection

Cell phone=Spirit has been messing with the phone, strange activity with the phone

Lightbulb on a lamp=Spirit has been messing with the lights

(Continued)

Light switch=Spirit has been messing with electrical appliances and wires in the home

Plane=Travel

Passport=Overseas travel

Pumpkin=Halloween or late October, early November

Trivial Pursuit game board=Being pulled in many directions at once, juggling responsibilities, overextended

Box of chocolates or chocolate bar=Chocoholic, sweet tooth, or diabetic

James Dean=Good looking

Seinfeld, Letterman, Leno, Johnny Carson=Comedian, great sense of humor

My dad and grandma's headstones at the grave=Cemetery

Giraffe=Courage, sticking neck out

Eagle=Freedom, soaring

Third eye on forehead/brow area=Psychic/intuitive

Ear=Listen or hear spirit clairaudiently

Zip lips=Keep mouth shut, don't volunteer information or opinion

Pulling hands back=Stay out of it, don't interfere, do nothing

Hands extended=Spirit expressing, "How may I serve you?"

Holding head in hands=A head injury, mental illness, or depression

Spinning, tornado-like image=Intoxicated or very confused

Liquor bottle=Alcoholic

(Continued)

Toasting a glass of wine or beer=Enjoying a drink or congratulations

Suitcases=Emotional baggage

Christmas tree=Holidays, special ornaments, or just a tree

Balloons=Celebration or birthday

Burt Reynolds=Mustache or facial hair

George Burns=Cigar

Ashtray=Quit smoking

Pinocchio=The truth, honesty

Table=Lay it on the table, come clean

My Grandpa Harold=Integrity, hard worker to provide for family

Cross, Rosary, or Star of David=Faith or belief in God

Toilet=Plumbing issues

Martha Stewart=Homemaker, crafty or creative

Clock or watch=Divine timing

Nod head=Yes or agree

Shake head side to side, head bowed=Regret, disappointment

Wedding ring=Married, engaged, or it's in the cards to get married

Wedding ring being taken off=Divorce or lost ring

Cobwebs=Clear out old, stuck energy

Boxes=Move or pack up and get rid of things

Feet kicked up=Relaxing or playing

Buddha=Spiritual more than religious, oneness, all religions

(Continued)

My dad and a watch=Punctual

My husband or my Aunt Connie=Being pokey or always late

Apple=Teacher

Books piled high=Educator, or school or avid reader

Nurse's hat=Caregiver or in health care profession

Rocking/cradling a baby=baby in spirit, either unborn, miscarried,
or aborted

Chess game=Strategy

Fabric softener sheets=Laundry

List of Struggles

1) MANIFESTATION/ DAY-TO-DAY	2) STRUGGLE/ISSUE
I eat for comfort rather than hunger.	Emotional eating
I can't seem to lose these last ten lbs.	Weight issue
I'm anorexic.	Weight issue
I'm obese.	Weight issue
I overeat, abuse drugs and/or alcohol, chain smoke, to numb anxiety.	Unhappy in career
I use drugs/alcohol/cigarettes to numb my pain/anxiety.	Addiction issue
I fill my void with material things or substance abuse.	Unclear on life purpose
I'm always struggling financially.	Money issue
I hate my job but can't leave it.	Job issue
I'm always in debt.	Money issue
I can't seem to advance and earn more money in my career.	Career plateau
I'm a compulsive shopper/spender.	Money issue
I'm always sabotaging good relationships.	Relationship issue
I choose unavailable guys/girls to date.	Relationship issue
I'm unfaithful in my relationships.	Loyalty/dishonesty issue
I'm very guarded with my feelings in all my relationships.	Relationship issue
I attract unhealthy relationships and feel unappreciated.	Insecure and low self-worth
I have no patience for needy people/relationships and cut them out.	Relationship issue
I'm having an affair with a married man.	Lonely and unhappy marriage
I'm overly controlling with my child.	Power struggle
I'm afraid to speak up to my husband.	Authority issue

(continued)

1) MANIFESTATION/ DAY-TO-DAY	2) STRUGGLE/ISSUE
I'm judgmental, critical, negative.	Attitude issue
I'm short tempered with my family, yelling too often.	Family issue
I gossip about people excessively to win friends.	Insecurity issue
I guilt trip my family and friends.	Passive/aggressive issue
I often hear myself being critical and complaining of other people.	Judgmental/critical
I find myself always apologizing or feeling wrong.	Chronic guilt
I have insomnia and my mind races with anxiety.	Sleep issue
I'm unable to get pregnant/miscarrying.	Infertility issue
I get several colds a year.	Chronic illness/self sabotage
I have constant migraines.	Health issue
I'm always getting sick.	Health issue
I feel burned out or exhausted.	Job issue
I lie in bed all day or never leave my house.	Depression
I have too many car accidents and other minor daily accidents.	Accidents
I swallow my feelings and let this dis-ease reside in my body.	Confrontation fear
I never pass the audition/interview.	Career issue
I'm scattered, unorganized, and unproductive.	Self-destructive habits, behaviors
I'm a perfectionist and must be number one with everything I do.	Competition issue
My home has been on the market forever!	House/real estate issue
I can't get past the death of a loved one.	Grief

ROOT ISSUE CHART

Below is the chart of common struggles introduced in Chapter Three: What's Your Damage? (I told you it was coming back.) You'll notice I added a new column that identifies the root of these struggles. Again, this is not a conclusive chart—it's just a guide that highlights the issues I hear spirits most often address. It's only meant to give you examples of what *could* be at the root of your struggle. Take a look and check in with your intuition and ask—*is this me?*

1) SYMPTOM/ MANIFESTATION	2) STRUGGLE	3) ROOT ISSUE
I eat for comfort rather than hunger.	Emotional eating	Sexual abuse/loneliness
I can't seem to lose these last ten lbs.	Weight issue	Low self-esteem
I'm anorexic.	Weight issue	Ignored as a child/ low self-worth
I'm always struggling financially.	Money issue	Low self-worth/ grew up in poverty consciousness
I'm obese.	Weight issue	Sexual abuse in childhood
I'm always sabotaging good relationships.	Relationship issue	Fear of intimacy/fear of rejection or abandonment issue
I'm overly controlling with my child.	Power struggle	Powerless in childhood
I'm afraid to speak up to my husband.	Authority issue	Verbal/mental abuse by dad in childhood
I use drugs/alcohol/cigarettes to numb my pain/anxiety.	Addiction issue	Projected fear from parent in childhood, internalized, and acted out
I choose unavailable guys/girls to date.	Relationship issue	Fear of intimacy due to incestuous relationship with parent

(continued)

1) SYMPTOM/ MANIFESTATION	2) STRUGGLE	3) ROOT ISSUE
I'm unfaithful in my relationships.	Loyalty/dishonesty issue	Abandonment issue—Dad left Mom for another woman
I have insomnia and mind racing with anxiety.	Sleep issue	Unconscious guilt over death of loved one or death of a situation in past
I'm unable to get pregnant/miscarrying.	Infertility issue	Shame from past sexual encounters
I'm a compulsive shopper/spender.	Money issue	Loneliness and purposeless; disconnected from the truth of who we are; spiritual void
I have constant migraines	Health issue	Past life—stabbed in side of head, behind left eye: where pain is now
I'm always getting sick.	Health issue	Resistance to life/ fear/ego control
I'm judgmental, critical, and negative.	Attitude issue	Low self-love
I'm short tempered with my family/spouse, yelling too often.	Family issue/turmoil	Resentment about being a stay-at-home mom
I feel burned out or exhausted.	Job issue	Unmet need for fun and play
I hate my job but can't leave it.	Job issue	Low self-worth
I never pass the audition/ I never get the part.	Career issue	(Unconscious) fear of failure
My home has been on the market forever!	House/real estate issue	Fear of change—energetically holding on to it
I'm very guarded with my feelings in all my relationships.	Relationship issue	Emotional abuse as a child

(continued)

1) SYMPTOM/ MANIFESTATION	2) STRUGGLE	3) ROOT ISSUE
I'm scattered, unorganized, and unproductive.	Self-destructive habits	Fear of power due to childhood verbal abuse
I have no patience for needy people/relationships and cut them out.	Relationship issue	Growing up around narcissistic parent
I gossip about people excessively to win friends.	Insecurity issue	Low/no self-love or self-worth
I fill my void with material things or substance abuse.	Unclear on life purpose	Verbal abuse as child: told not good enough
I'm a perfectionist and must be number 1 with everything I do.	Competition issue	Self-esteem issue/fear of failure or not being good enough
I lie in bed all day or never leave my house.	Depression	Unresolved grief tied to death of loved one and unconscious guilt about moving on with life
I am always in debt.	Money issue	Poverty consciousness from childhood/acting out limitations of our parent's consciousness
I guilt trip my family and friends.	Passive/aggressive issue	Feeling unworthy, unheard, or unloved as a child
I can't get past the death of a loved one (living in the past).	Grief	No/low self-worth, or abandonment issue—recurring from when dad left
I attract unhealthy relationships and feel unappreciated.	Insecure and low self-worth	Born out of wedlock; made to feel like a "mistake" and "unwanted"
I overeat, abuse drugs and alcohol, and chain smoke to numb anxiety.	Unhappy in career	Meeting and fulfilling our parent's early demands and expectations rather than our own desires
I get several colds a year that sabotage my career and personal life.	Chronic illness/always sick	Being sick in childhood was a way to get love and affection

(continued)

1) SYMPTOM/ MANIFESTATION	2) STRUGGLE	3) ROOT ISSUE
I can't seem to advance and earn more money in my career.	Career plateau	Living under the limitations of our parent's consciousness
I often hear myself being critical and complaining of other people.	Judgmental/critical	Others serving as a reflection of us; really complaining about some aspect of yourself
I find myself always apologizing or feeling wrong.	Chronic guilt	Manipulated by guilt as a child; don't respect yourself
I have too many car accidents and other minor daily accidents.	Accidents	Deep-seated guilt and a need to punish ourselves
I swallow my feelings and let this disease reside in my body.	Confrontation fear	Raised in a family where it was not allowed to express anger
I'm always trying to excel at the next thing and prove myself.	Overachiever / busybody	Parents didn't give approval as a child; basing self-worth on external achievements; Belief in not being good enough
I'm always feeling tired, drained, bogged down.	Chronic tiredness	Resistance to what is; wishing things were different; a lack of enthusiasm for life
I sponge up other people's negative energy and feel taken advantage of.	Boundary issue	Putting other's needs before our own—raised by a "martyr," feeling unsafe in saying "no"
I avoid speaking up for myself and end up feeling resentful.	Confrontation issue	In a family where it was not safe to express feelings and truth as a child
I'm often procrastinating or avoiding doing something.	Procrastination issue	Resistance; fear of facing the truth

(continued)

1) SYMPTOM/ MANIFESTATION	2) STRUGGLE	3) ROOT ISSUE
I often withdraw from family or friends, not answering calls, not making social plans, etc.	Anti-social issue	Allowed others to steal your energy and feeling depleted with nothing left to give; not wanting one more person to ask something of me or need me
I find myself shutting down around my husband when he does not listen or respond to me in a positive, supportive way.	Shutting down issue	Feeling misunderstood or unappreciated as a child; feeling unsafe and a need for protection
I feel strongly one way about something but go against this knowing because of society's or other people's opinions and expectations.	Not being true to self issue	Not trusting intuition; lack of self-confidence
I'm having an affair with a married man.	Lonely and unhappy marriage	No self-love; a disconnect from ourselves, seeking to fill the void with something external

Appendix A



Meditation Menu

Start Breathing

Easy Peasy Meditations

Mind Tricks for Those Who Can't Stop Thinking

Get Grounded and Plug In

Let Go and Fill Up

White Light Protection (Psychic Shielding)

Release the Grief and Forgive

Meet Your Guides

Planting the Seeds

Heart Opener

My Body Is My Temple

Tips for making the most of your meditation practice:

- 1) Set aside time each day, preferably the same time of day, for yourself to go within and meditate.

- 2) Create an atmosphere that is relaxing, familiar, and quiet. Lighting candles, burning incense, or diffusing fragrant oils can assist in calming your mind and connecting intuitively.
 - 3) Decide on a comfortable position, either seated with your spine straight and feet planted firmly on the floor, a cross-legged position, or lying down. Close your eyes and relax.
 - 4) Breaths should be slow and deep, breathing in through the nose and exhaling through the mouth.
 - 5) Just allow whatever mind thoughts that come up to pass, and simply return your focus to your breath.
 - 6) Relax in the knowing that you are always in control, and at any point in time you can safely come out of the deep meditative state.
-

Start Breathing

{THIS SIMPLE BREATHING MEDITATION HELPS TO QUIET THE MIND AND GET PRESENT AND IS THE BASIS FOR THE FOLLOWING MEDITATIONS TO BUILD UPON.}

What you'll need: Five undisturbed minutes. Choose a quiet place where you feel comfortable. It doesn't matter where you are, as long as it's an environment that puts you at ease.

Close your eyes and begin to breathe deeply. After a few deep breaths, focus on clearing out your “icky” energy. Take a minute and ask any negative energy that’s hanging around to hit the road. Continue to breathe. Notice your breath start to slow down and become a steady flow of inhales and exhales.

For the next five minutes focus on quieting your mind chatter. Release thoughts about yesterday or last week or last year. The goal here is to stop thinking about the past or the future and to learn what it feels like to be fully in the present moment.

Breathe. Let your worries and anxiety drift away. Continue like this for five minutes, or as long as you'd like.

Easy Peasy Meditations

{DO ANY OF THESE TO SIMPLY QUIET DOWN THE INNER CHITCHAT}

Below is a short list of places to be and activities that I find allow meditation to occur not only more easily, but also more enjoyably. I suggest picking one that suits you and finding a time in the day when you can regularly commit to doing it.

- 1. Get outside.** Getting out into the fresh air within a natural setting is an easy and spectacular way to calm the mind. Nature grounds us in our bodies and clears our stagnant energy. Whether you sit in a city park, your backyard, take a hike, or walk along the beach, your mind is likely to stop the constant chatter and allow you to be in the present moment.
- 2. Take a bath.** A great way to clear our toxic energy is by soaking in a bath sprinkled with sea salt or any other natural, aromatic scent that pleases your senses. It is a simple yet effective way to melt away anything that might be standing between you and your ability to connect intuitively. (Salt is known to cleanse negative energy and water often enhances our intuitive ability, especially if you are a water sign.)

- 3. Cook.** Cooking is a love and a passion for many people because it can be so therapeutic and creative. If being in the kitchen is a positive space for you—a place where you allow yourself to relax and quiet your mind, then make this your meditation space. The next time you are preparing a dish, focus on staying present and open to your intuition.
- 4. Listen to music.** For many of us, music has a powerful effect on our spiritual energy. It can calm, inspire, and uplift us. It often takes us out of our left analytical brain and puts us into our right intuitive and creative brain. Take five minutes and listen to a piece of music that particularly speaks to you. Don't use this as an opportunity to multitask, but as an excuse to slow down, quiet your mind, and connect with your higher self.
- 5. Move.** When we don't make time to open up our bodies and allow energy to move through us, we tend to get blocked, stressed, and irritable. Inactivity affects our physical and mental health, making it difficult for us to connect intuitively. Physical activity, such as walking, running, hiking, cycling, swimming, rollerblading, weight training, and yoga, are excellent ways to stay centered and balanced. I like to do yoga postures to help me stay focused on the present. When my mind starts to drift to my to-do list, my postures weaken and I tumble over.

If none of these meditations works for you, then find something that does work for you and do exactly that! There is no right or wrong here. Use your five minutes of daily meditation time to do whatever it is that allows you to feel safe letting go. More than how you do it, what's most important is your

genuine intention to quiet your thoughts. Eventually, your mind will slow down, open up, and make room for a deeper level of awareness.

Mind Tricks for Those Who Can't Stop Thinking

{DO THIS WHEN THE MIND'S THOUGHTS ARE KEEPING YOU AWAKE.
THE FOLLOWING EXERCISES WILL GIVE YOU SOMETHING FOR YOUR
MIND TO FOCUS ON, ALLOWING YOU TO PARK IT IN THE PRESENT.}

What you'll need: A comfortable pillow and the lights out!

Lie in bed, close your eyes, and mentally count backward from 100. You may visualize the numbers in your head, or mentally say them. That's not important. What *is* important is that you count each breath, so for example, inhale on 100, exhale on 99, inhale on 98, exhale on 97 and so on and so on. Most likely, you won't get very far into it before you start to drift off to sleep. If your mind wanders between numbers, don't worry about it. Return to your number count as soon as you recognize it.

Choose a word or mantra that speaks to you, and mentally repeat it over and over. I have two favorite, simple mantras: *Just be* and *Let go, let God*. Sometimes I repeat my mantra when I'm having a difficult time clearing my mind or getting to sleep. I mentally repeat my mantra over and over (maybe for fifteen or more minutes) until I start to receive intuitive insights, spiritual connections or simply nod off.

Place a notepad and pen next to your bed and when your mind starts racing, write everything down. Unload your thoughts on paper and get them off and out of the mind. This could be to-do lists, grocery lists, appointment reminders, plans for the future, unsettled feelings, or ideas for a project. When I unload and write it down in my notebook, I'm able to fall back asleep knowing that I've made a list and can tackle it in the morning, but for now—SLEEP!

Get Grounded and Plug In

{DO THIS TO GET GROUNDED INTO YOUR BODY AND OPEN YOUR MIND TO INTUITIVE THOUGHT. GREAT TO USE IF YOU'RE FEELING SCATTERED, SPACEY, OR PULLED IN TOO MANY DIRECTIONS!}

What you'll need: Five to ten undisturbed minutes. A place to sit quietly.

Stand or sit with your spine straight and your body balanced. Don't cross your legs if you're sitting in a chair or your ankles if you are sitting on the floor. Begin by closing your eyes and becoming aware of the rhythm of your breath—just let it *slow down*. Slowly breathe in through your nose and exhale out through your mouth. Imagine all your worries, fears, and mind chatter flowing out of you with each exhalation. Concentrate on your breath and feeling calm and completely present.

In your Mind's Eye, imagine that you have an hourglass figure—if you're lucky, this may only require you to think of your *actual* hourglass figure! Think of the top portion of your body as a wide open funnel, able to let spirit energy in, the narrow mid-

dle section of your core as strong and supportive, and the bottom portion of your body as a full skirt sweeping wide around you, grounding you firmly into the Earth. When we get our minds into a balanced state, this is what our *energy body* looks like—open on top, strong in the middle, and grounded to the Earth on bottom.

As you breathe slowly and deeply, visualize yourself as your favorite tree (I like to imagine myself as a strong and mighty oak). Your branches stretch out above, your roots stretch deeply into the ground, and your trunk is straight and strong.

Breathe in through your branches. Imagine the warm sun filling you up. Take the breath right down through your trunk and breathe out strongly through your roots, deep into the ground.

Now breathe in from the Earth, and draw the breath back up through your roots, up through your trunk, and all the way into your branches—out into the fresh air and sun.

Take another breath in through your branches, allowing the sun to fill you up, and again take the breath right down through your trunk and out powerfully through your roots, deep into the Earth.

Now again, breathe in from deep within the Earth, drawing the breath up through your roots, up through your trunk, and all the way into your branches, and out into the sky above. Imagine a current of dynamic, white light running through your branches and reaching toward a storm cloud of magnetic light above. Concentrate on this image and continue to breathe, all the while setting the intention to connect with your intuition.

Repeat these two breath sequences for a few minutes.

Once you feel like you've really gotten into the mind-set—after five minutes or fifteen, whatever you need—gradually let the visualization fade and feel yourself deeply rooted into the Earth, centered and grounded in your body, your central column now a clear and open channel for energy to flow into and out of, and your mind wide open and receptive to intuitive clarity.

Let Go and Fill Up

{DO THIS MEDITATION TO RELEASE STRESS AND TOXIC, BLOCKED ENERGY, AND MAKE SPACE FOR POSITIVE THOUGHT.}

What you'll need: Somewhere quiet to lie down.

Start with your simple breathing meditation. After getting as present as possible, locate any tension, stress, negativity, or fear in your body and mind. Continue to breathe and become aware of how you feel and where you feel tension. Can you locate where in your body you are holding on to this negative energy? Is it your head, neck, back, shoulders, stomach, chest? It may be in more than one area. Become mindful of where you are holding stress.

Continue to breathe.

Next, imagine plugs on the soles of your feet. Just as we unplug a bathtub to let the dirty bath water drain, you're going to unplug the soles of each foot, draining negative, stuck energy from both the left and right sides of your body. Visualize unplugging

your feet. Feel a rushing and swirling of energy draining out of each foot. Feel the blocked areas in your body become clear.

Continue to breathe.

Once you feel the draining is complete, visualize lightness within. Concentrate on a white, safe, and loving light filling your body.

Now that you've let go of unwanted negative energy, there's room to bring in fresh, positive, and loving energy. Close your eyes again and go within.

Now, imagine an opening at the top of your head and a glass pitcher, or a watering can, filling you up with white light from Source and Spirit. Feel it flood your entire being, from the crown of your head down to the soles of your feet. Imagine the positive light energy washing away all heavy, stuck, dark, negative energy and leaving you feeling light, joyful, and full of optimism.

Come back to this meditation whenever you feel blocked with nasty energy that you want to flush out and release.

White Light Protection (Psychic Shielding)

{DO THIS WHEN YOU WANT TO SHIELD YOURSELF FROM PSYCHIC VAMPIRES AND PROTECT YOUR ENERGY. COME BACK TO IT ANYTIME YOU FEEL DEPLETED OR VULNERABLE.}

What you'll need: Concentration and focus. Other than that, you can do this anywhere and anytime. (I do this meditation every morning before I get out of bed. I hold the vision and set a mental

(intention to be held in this bubble of safety, light, and love throughout the day. I visualize any toxic energy that I come into contact with as unable to penetrate my bubble.)

Close your eyes and take several deep breaths. Visualize a brilliant white light—brighter than the sun—descending from the crown of your head and slowly expanding all around you, wrapping you in a large bubble of intense, radiant light. As you breathe, the bubble continues to expand in all directions, extending several feet out from your body, shielding your entire body from all negativity and fear-based energy.

Mentally invite your passed loved ones, spirit guides, and Archangel Michael, the angel of protection, into your day, giving them permission to guide and protect you as needed. You might say . . .
Thank you for fully shielding and protecting me today in a bubble of white light, from all darkness, negativity, and fear I may encounter. Please bounce all negativity off and away from me. Let my white light transform all darkness back into light and love.

As you continue to breathe deeply, visualize the light filling your entire being with pure, positive, loving energy. Continue to visualize this protective bubble until you are ready to open your eyes and face the day.

Release the Grief and Forgive

{DO THIS WHEN YOU WANT TO RELEASE PAST HURT AND
FRUSTRATION AND RECLAIM YOUR FREEDOM AND
PERSONAL POWER.}

What you'll need: A candle and a match. A place to sit quietly.

Find a quiet place to sit quietly. Have your candle and match at your side. Close your eyes and do your simple breathing meditation. Take several deep inhales and exhales and get present. After a few minutes, open your eyes and light your candle while affirming:

I am letting go of all pain, suffering, and despair I experienced in the past from (this person, situation, my own creation). I surrender it to God's hands and reclaim my freedom and power right now.

Close your eyes once again and mentally invite your spirit guides in to help you release any pain you're holding onto. Imagine your spirit guides taking your icky feelings into the light for healing and transformation.

Breathe. Allow your mind to be still and quiet . . . seeing, hearing, or feeling nothing but the stillness. Just be. Sit in this space of lightness, peace, and love for as long as feels right for you. When you feel ready to let go and release your grief to the universe, blow out the candle.

Meet Your Guides

{DO THIS MEDITATION WHEN YOU WANT TO MAKE CONTACT WITH YOUR SPIRIT GUIDES.}

What you'll need: Fifteen minutes and a place to sit or lie comfortably.

Start with your simple breathing meditation. Once you feel grounded and connected to the Earth, and your higher self is

awakened, imagine yourself in a beautiful setting where you want to meet your Spirit Guide. Envision a specific spot where you'll meet up each time you want to connect. For me, this is a deck overlooking the ocean with the sun going down. I put myself in this scene and drink in the sights, sounds, and smells of this moment. When I'm in this place, I feel free. Free from the past and free from expectations of the future.

Breathe and meditate on this spot for a few minutes.

Ask mentally or aloud, "*Who are you? How do you work with me? What do you want to teach me? Do you have any messages for me?*" Mentally ask your guide to respond to you and to identify himself or herself with a name or a symbol.

LISTEN!

Pay attention to all your senses. You may get a visual response or a flash of light. You may hear a whisper or get a strong feeling or knowing. The more you do this, the easier it will become to connect.

When I'm in this meditation, I sit for a minute or two in my comfortable deck chair feeling relaxed and totally present in the moment. Then, a combination of deceased relatives, angels, and my guides meet me on the deck. These light beings gather around me in a circle and encourage me to unload. I release my fears, concerns, and anxiety. Once I have emptied out all my frazzled energy, I let their white light of love and truth fill me up. I imagine light coming in through the palms of my outstretched hands and in through my mind's eye and inflating me like a white wave. As the light pours in, I receive thoughts, feelings, symbols, and words of guidance. Sometimes

it's like watching a movie play out in my mind. Whatever form it takes, I make a conscious effort to stay open and let it all pour in without criticism or self-editing.

When the process is complete (this could be five minutes or an hour later), they slowly pull back their light and disappear and leave me alone in my special place. I come back to the awareness of my body and my breath and feel WIDE AWAKE. I am recharged and reconnected and even though my spiritual guides are gone for the moment, I don't feel alone. I feel loved, supported, and alive.

Planting the Seeds

{DO THIS WHEN YOU WANT TO CLEAR YOUR MIND OF NEGATIVITY AND MAKE SPACE FOR POSITIVE THOUGHT.}

What you'll need: A quiet place to sit or lie down

Close your eyes, and begin to breathe slowly and deeply. With each breath, let your mind and body relax and let go.

Breathe . . . And allow yourself to drift off into a state of deep relaxation.

Breathe . . . and now imagine a vacuum placed a few inches above the crown of your head, set to a comfortable speed, that will allow you to cleanse your mind, body, and spirit of all negative debris. As you breathe, imagine this vacuum sucking up all the stuck and dark energy that no longer serves you.

As you continue to breathe, slowly and deeply, feel your body and mind lightening and softening, as you allow yourself to be cleansed and freed from all that has weighed you down.

And now say aloud . . .

I free my mind of all unnecessary stress and concerns that only stand in my way.

I am willing to release any worries or cares that weigh me down.

I surrender all resistance and fears that keep me from my highest good.

I say “cancel” to every negative thought that comes into my mind.

I free myself now from all self-destructive thoughts, habits, and behavior

And now, as you continue to breathe, imagine reversing the switch on the vacuum and drawing down a stream of liquid white light into the crown of your head. Allow this bright powerful, healing light to fill and heal your mind, body, and spirit. Feel it wash away all negative thoughts. Continue to breathe it in, drawing it all the way down into your core and into the soles of your feet. Visualize it expanding out through your physical body and creating a glow on top of your skin. And now say aloud . . . *I am safe and secure and I only allow positive and loving energy into my life.*

Heart Opener

{DO THIS TO RELEASE ANY NEGATIVITY THAT YOU MAY BE HOLDING IN YOUR HEART.}

What you'll need: A comfy place to sit and a lit candle.

For this meditation, we're going to work with a high spiritual energy known as the violet flame. When we work with the violet flame in meditation, it creates a healing in our body, mind, and soul, stimulating forgiveness and love.

Light your candle, set your gaze upon it, and breathe deeply. Feel it descend into your body from the top of your head, down into your Mind's Eye, through your throat, and into your heart. Continue to breathe deeply and feel the light expand. Let its strength and power engulf you. Mentally call on Spirit, your guides, and your higher self to release you from anything that is blocking your energy. Ask for clarity regarding the source of negativity or fear you may be holding on to. Ask that it reveal itself in either a picture, symbol, word, or feeling. You may also ask to see anyone's face or name that might be hooked into your energy, causing you to feel drained. Continue to breathe and just sit with this for a few minutes, observing what comes up for you. Remind yourself that you are in a safe environment to acknowledge your feelings. Imagine holding your feelings in a big bear hug, or cradling them in your arms. Take three deep breaths and with each exhale, release your feelings back into the flame. Visualize the flame transforming all negative energy into positive, loving, and forgiving energy. Feel the light washing away all feelings of pain, despair, suffering, and resentment. After you've taken three breaths, take one final deep inhale and slowly let it out. Feel the shift in your energy as your heart opens. Now, silently give thanks for being in this place of peace, and know that it is always available to you. You can reconnect with it at any time. All you need do is go within.

My Body Is My Temple

{DO THIS WHEN YOU'RE FEELING NEGATIVE TOWARD AND SEPARATE FROM YOUR BODY.}

What you'll need: Five minutes and a quiet place to concentrate.

Start with your simple breathing meditation. Draw your breath and awareness down to the soles of your feet and observe what you're feeling there (tension, aches, tingling).

Mentally thank your feet for carrying you around every day, getting you everywhere you need to go. Send love and gratitude to your feet.

Next, move on up to your ankles, calves, knees. Pay tribute and show gratitude to every major bone and organ you can think of, all the way up to your head. If you get to a part of your body that is prone to injury or often gives you trouble, spend some extra time sending it love and healing energy. (I often say something silly like, *thank you knees for all that you do. I know I often overlook and sometimes abuse you. I promise to pay more attention to you and treat you sweetly. Don't give up on me!*)

Continue all the way up your body until you feel gratitude for all the work it does for you. Once you feel the process is complete, open up your eyes and get back to the rest of your day.

Appendix B



Additional Meditations for the Hard Core

Just a friendly warning—the following meditations are a bit more advanced and take longer to do.

Energy Clearing and Balancing
Over the Rainbow

Energy Clearing and Balancing

{DO THIS TO KEEP YOUR SPIRITUAL CHANNELS OPEN AND CLEAR.
DO A VERSION OF THIS DAILY.}

What you'll need: A quiet space to lie down.

Begin by taking three slow deep breaths, in through your nose and out through your mouth. Continue to breathe slowly and deeply, releasing all tension and stress with each exhale while breathing in positive energy with each inhale. Continue to breathe as you start to shift out of your mind and into your

higher self. Notice any fear-based mind thoughts that come in and simply release them to your guides and angels. Just continue to breathe in and out—letting go—and open up to healing, peaceful energy. Once you are relaxed with a quieted mind and feeling a deep sense of inner peace, feel where your body meets the surface of where you’re sitting or lying down. Become aware of your body from head to toe, of your weight, of the heaviness of your limbs. Continue to breathe, slowly and deeply. As you do this meditation, imagine climbing a rainbow spiral staircase. Each time you go up and around, imagine lighting up an energy center until you get to the very top.

R O O T C E N T E R

You’ll begin by clearing the energy center at the base of the spine. This is the root chakra. Its energy is red and it grounds us in the physical world, in our natural environment. It’s related to our basic needs for survival, security, and safety and when it’s balanced, it attracts health, prosperity, and a sense of security into our life. If this energy center is blocked you may feel fearful, anxious, insecure, and frustrated. Specifically, blockages manifest in an inability to trust nature and in a heightened attention to our material possessions. When our minds are consumed with finances, our careers, and our “stuff,” the health of our root center is in trouble. Additionally, when our root center is out of whack, physical problems like obesity, anorexia nervosa, and knee troubles can occur. Root body parts include the hips, legs, lower back, and sexual organs.

In your Mind’s Eye, visualize this particular energy center; note its color and vitality. As you meditate, take note of any symbolic symptoms of disease. Have you been caring well for you body lately? Does your root energy appears dusty, dirty, torn, or a brownish red color? Imagine

your hands or those of your guardian angel massaging your root energy center. Clean away any and all dirt and darkness, and dump it into an imaginary bucket placed before you. Allow those hands to repair any imperfections, and when you feel that your root center is cleaned, hand the bucket to your angel and watch as she flies away carrying the bucket off into healing light. Turn your attention back to your root energy center. It is clean and illuminated. See it as a translucent ruby red, like stained glass appears when sunlight passes through it. Imagine the room glowing red with this energy and feel its strength and power. See red swirls of energy flowing through your root center. As the energy swirls, visualize your root center growing large and strong. Allow the energy to fill your root center until it extends several feet out from your body in all directions. Visualize and feel your root center as a brilliant red swirling vortex of physical energy.

Breathe.

S A C R A L C E N T E R

Next, move your focus up to the area between your navel and the base of your spine. This is your sacral, or belly chakra. It governs your sense of self-worth, your confidence in our own creativity, and your ability to relate to others in an open and friendly way. It's influenced by how emotions were expressed or repressed in the family during childhood. This energy center is orange. When this energy center is in balance, or flowing freely, we're sexually fulfilled and we have the ability to accept change. Blockage manifests as emotional problems or sexual guilt. We may feel emotionally explosive, manipulative, obsessed with thoughts of sex, or a lack of energy. Physical problems may include kidney weakness, stiff lower back, constipation, and muscle spasms. Take a moment to observe it and note its color and vitality. Our thoughts and feelings regarding cravings,

addictions, and our body image affect the sacral center. If you're holding on to any stress or concerns about your body, your sacral center will appear small and dirty. And you may feel sluggish, insecure, or have difficulty in expressing your feelings.

As you breathe deeply into the sacral center, ask those invisible hands to cleanse this area, to repair or heal it. Now simply toss all darkness and fear into the bucket and send it off with your angel to transform the energy back into light. Visualize the sacral center again. It is now clean and balanced, glowing a bright orange like a fresh tangerine.

Set the intentions to draw in orange creative energy and feel the space around you begin to radiate orange. Feel the energy swirl into your sacrum, charging it with vitality, with creativity and clear thought. Watch as your sacral center grows and whirls, until it extends several feet out from your body.

Continue to breathe.

THE CENTER OF THE SOLAR PLEXUS

Now turn your attention to the solar plexus, located right behind the navel. This chakra spins at a faster rate than the root and sacral centers. It appears in shades of bright yellow. This energy center relates to power, will, emotions, and ego. It gives us a sense of personal power in the world. When healthy, this chakra brings us energy and effectiveness. Blockage manifests as anger or a sense of victimization, a need to dominate, insecurity, and distrust in the natural flow. Physical problems may include digestive difficulties, liver problems, diabetes, nervous exhaustion, and food allergies.

Take a few moments to examine this energy center and note its color and appearance. Mentally ask yourself, *do I have fear of owning my*

power? Have I had any experiences lately in which I've felt overpowered by another person? Do I have any fears of being controlled by others? Or a fear of losing control?

When we hold on to these types of fears, the solar plexus will take on a muddy yellow color and appear quite small. Now, allow the invisible hands of your higher self or your angel to cleanse this center and heal it, discarding any impurities or imperfections into the bucket. Then send the bucket into the loving hands of your angel for purification and healing. Now, return your attention to the solar plexus. It is now a clean, bright yellow, and perfectly enlarged. Mentally ask Source to send you yellow energy to achieve your goals and to be of service in the highest way. Feel the yellow energy surrounding your body. And with a tingle, feel the energy swirl into your solar plexus. In your Mind's Eye, see your root center, glowing and whirling, your sacral center pulsing brilliantly, and your solar plexus glowing brightly and extending several feet out from your body.

Continue to breathe.

H E A R T C E N T E R

Now breathe yourself into the middle of your chest, to the heart center. The fourth chakra is known as the seat of the soul and it connects our mind, body, and spirit. It glows a beautiful shade of green and it is the center of love, compassion, and spirituality. This center dictates our ability to give and receive love, show compassion, be empathetic, and see the good in people. Blockage can manifest as immune system or heart problems, or a lack of compassion. When the heart center is out of balance you may feel sorry for yourself, paranoid, indecisive, afraid of letting go, afraid of getting hurt, or unworthy of love. The heart center marks the

beginning of the upper charkas, which govern spiritual issues, versus the lower charkas, which govern physical and material issues.

Take a moment and examine this energy center. Note its color and vitality. If you notice any darkness in or around your heart, gently invite those invisible hands to cleanse and purify it. As you breathe deeply into your heart center, reflect on how you've been feeling emotionally lately. Ask yourself, *am I holding on to any anger, resentment, or sadness? Have I experienced any challenges with regard to giving or receiving love?* If so, it's now safe to release any fears, imperfections, or impurities into the bucket, and send them off with your angel into the light where they are fully healed. As you continue to breathe deeply focus your attention back on the heart center. It is clean and a beautiful green color. It whirls strongly and brightly. Mentally ask Spirit and Source to open your heart fully to the world and to everyone who crosses your path. Ask that your heart be filled with loving energy so that you may be an expression of love, unconditionally giving and receiving love in every moment. Feel the green energy whirling into your heart. Watch your heart expand and glow and spin with this new energy.

Continue to breathe.

THROAT CENTER

Now breathe yourself into your throat center, where your throat chakra is located. It is a sky blue and spins at a faster rate. It governs communication and speaking your truth. When unbalanced, you may feel timid, want to hold back, and feel unable to express your thoughts. Physical illnesses or ailments include hyperthyroid, skin irritations, ear infections, sore throat, inflammations, laryngitis, and back pain. When this chakra is balanced we may feel inspired musically or artis-

tically, and have the ability to speak and write effectively. Examine this energy center, noting its color and any imperfections. And now mentally ask yourself, *have I been honoring my own beliefs and speaking my truth when I should? Have I been talking over others or not listening well lately? Have I been feeling shy and afraid to extend my energy in communication with others? Have I been feeling choked up lately, having a difficult time expressing my feelings and emotions?* If you are holding on to any fears, your throat center may appear a cloudy bluish-gray color. Allow those angelic hands to cleanse and purify this energy center.

When you're finished, once again, send the impurities into the bucket, into your angel's loving hands and off to the light. Now your energy is clean, strong, and a bright blue. Feel the air fill with blue universal energy. Feel the throat open as this energy swirls into the throat center. This energy is magnetic, drawing others to you.

Continue to breathe.

MIND'S EYE CENTER

Now breathe yourself up to the area between your two eyes in the brow area, the Mind's Eye, which is the pineal gland. This energy center has the capability of looking upward, where we see clairvoyantly. Your Mind's Eye center is a deep indigo blue color with sparkles of purple and white light. It governs psychic vision and intuition. Blockage manifests as a closed third eye, blindness to psychic visions, bad retention of dreams, the rejection of spiritual aspects, and a focus on science and intellect only. Physical symptoms may include headaches, blurred vision, blindness, and eyestrain. When this chakra is balanced and open it allows us to see clearly, in all directions of time, and we may experience telepathy,

astral travel, and past lives. We lose any and all fear of death; we are not attached to material things.

As you visualize this oval-shaped eye, you may feel a slight pressure in this area. Examine this center and note the color and any imperfections. Perhaps it's closed due to fear of a past traumatic experience or the fear of knowing the future. Perhaps it's no longer spinning out of neglect. If you sense your third eye is partially or fully closed, allow the angelic hands to cleanse it, to remove and heal any blocks and release them into the bucket and into your angel's hands and into the light.

Now visualize your third eye center. You may notice an eye staring back at you, beautiful, bright, and indigo. Know that infinite psychic energy is available to you. Now is a good time to offer a prayer for increased psychic power and insight.

C R O W N C E N T E R

Now breathe yourself all the way up to the crown of your head. This is your crown center and it should appear as a violet color, fading into a bright white halo above your head. Your crown center connects you with Spirit, Source, and messages from higher realms. It is your connection to a timeless, spaceless place of oneness and all knowing, enlightenment, and spirituality. Blockage of the crown manifests as feelings of separation and loneliness. You may feel depressed, unsatisfied, and joyless and feel an inability to overcome anxiety and fear. Illnesses may include migraine headaches and depression. When in a balanced state, this energy center provides us knowledge, wisdom, understanding, spiritual connection, and bliss. It allows us total access to the unconscious and subconscious minds. An open crown can feel like a floating or tingling sensation on the top of the head. As you examine this energy center, take pause and reflect on your spirituality. Mentally ask yourself, *have I been open to divine guidance and insights? Have I taken the time to slow*

down and still my mind through meditation? Do I listen to and trust my inner voice of wisdom?

Note any blocks within or around your crown center and allow any healing needed to take place. Simply allow the divine hands to cleanse and heal, and release all blocks created from fear that would leave you feeling separated and alone. See your angel carrying away these impurities in the bucket and off into the divine healing light. Now, see your crown center as brilliant, violet, and glowing white around the outside. Mentally reach out to your divine source, to God or the Universe. Feel loving energy flowing back to and through you. Offer gratitude for your spiritual connection. Feel the violet energy flowing in, embracing your spirit with love. Visualize your crown growing larger and larger with white energy that surrounds your whole body.

All your energy centers are now clean, charged, and perfectly balanced. Visualize the clean and clear line of spiritual energy beginning at your root center, up through the sacrum, into the solar plexus, up to the heart center, into the throat and third eye center, and finally into your crown. Your energy is now full of vitality, spinning and glowing brightly. You are completely replenished, calm, and peaceful. Your intuitive and spiritual channels are now open and activated.

Your energy is now flowing like a river of light though your seven centers, and you want to keep it that way. With your energy channels wide open, you become extra sensitive to intuitive and outside energy.

Over the Rainbow

{DO THIS MEDITATION WHEN YOU WANT TO MAKE CONTACT WITH
YOUR SPIRIT GUIDES.}

What you'll need: Fifteen minutes and a place to sit or lie comfortably.

Take a long deep breath, close your eyes, and begin to relax. Set the intention to relax every muscle in your body from the top of your head to the tips of your toes.

As you inhale and exhale, notice your breathing; notice the rhythm of it for a moment. Be aware of any sounds around you; whatever you hear from now on will only serve to relax you. And as you exhale, release any tension and stress you may be holding on to. As you inhale, imagine a cleansing white light washing away any stressful thoughts in your mind; begin to feel them melt away, allowing for a deep sense of inner peace and relaxation.

Begin to feel all tension melting away from your body, starting with the muscles in your face. Let your jaw relax and release all tension in your temples and forehead. As you feel them relax, you'll be able to drift and float into a deeper and deeper level of total relaxation. Rest your eyes and imagine your eyelids feeling so heavy, so comfortable, so relaxed. And now let the muscles in the back of your neck and shoulders relax. Feel a heavy weight being lifted off your shoulders, as you feel relieved, lighter and more relaxed. And feel that soothing relaxation go down your back, down, down, down, to the lower part of your back, and those muscles let go, and with every breath you inhale, just feel your body drifting, floating, down deeper, down deeper, down deeper into total relaxation. Let all of the muscles in your shoulders, running down your arms to your fingertips, relax. And let your arms feel so heavy and so comfortable, so relaxed. And now inhale once again and relax your chest muscles. As you exhale, feel your stomach muscles relax. Let them go and let all of the muscles in your legs relax, completely relax right to the tips of your toes. Notice how very comfortable your body feels, just drifting and floating, deeper, deeper, deeper. And as you are relaxing deeper and deeper, imagine a beautiful rainbow bridge.

This bridge is a few feet in the distance, and as you make your way closer to the rainbow bridge, each gentle step takes you closer to the safe, beautiful, and special place that lies on the other side of this bridge.

Breathe.

And now you are standing at the base of the rainbow bridge. You feel a complete sense of freedom and weightlessness. You feel no fear. You feel absolute trust, protection, and security. You're reminded of your soul's knowing that you are filled and surrounded by the universal light and love of Source.

Breathe.

As you take your first step onto the brilliant rainbow bridge, you feel an overwhelming sense of peace and calm flow through you. You are totally immersed and surrounded by the first color, red. Breathe in this deep ruby red and feel yourself taking on all the positive aspects of this color.

Breathe.

Now feel yourself gliding out of the red color and into the next color of the rainbow bridge, the color orange. Again, feel or imagine yourself pausing here in the orange energy. Breathe in this beautiful shade of orange. Next, find yourself moving into the next color, yellow. Pause and allow this bright, yellow light to fill your entire being. As you feel lighter and freer, you drift into the middle of the bridge and the next color, emerald green. Take a deep breath and fill yourself with the healing energies of this green light. Once you're ready, feel yourself gently floating into

the next color, sky blue. Breathe it in completely and allow this brilliant shade of blue to fill you with a sense of deep peace and calm. Now continue moving forward along the bridge, into the next color, indigo—a dark purplish-blue. Allow this deep color to fill and surround your body and open up your third eye. Now glide into the next color, which is violet. Feel or imagine that this powerful violet color is absorbed into every level of your being. This violet light serves as protection from all lower energies, while lifting you higher and deeper into relaxation and love. As you glide toward the end of the bridge and into the last color, radiant white light, you feel a deep sense of well-being and positive energy flow through you. Pause for a moment while you soak up the rejuvenating and healing white light. As you move off the bridge and onto the other side, you emerge deeper into this beautiful white light, feeling a sense of oneness with Spirit.

Breathe.

You pause for a moment as you sense a gentle presence standing at your side. You are filled with feelings of unconditional love and acceptance and realize the presence is that of your spirit guides and guardian angel. Take a moment to allow these angelic beings to reveal themselves to you. It may or may not be energy you knew in this lifetime. Mentally ask your guides and angel their names. Pause.

Now ask your spirit guides and angel for any messages that would be in your highest good in this moment. Your spirit's response may come in the form of a vision in your Mind's Eye, a word, phrase, or dialogue in your inner voice, or an impression of thoughts and feelings in your mind and body. Just breathe deeply, relax, and allow the energy and angelic information to

flow to and through you, knowing you are safe, protected, and deeply loved.

Pause for a few minutes.

Once you feel complete, healed, and at peace with the guidance and loving presence of your angels and guides, gently move forward into the bright white light . . . feeling a deeper and deeper connection and oneness with Spirit and Source. As you drift into the light, you start to notice a meadow with a gentle flowing brook in the distance. You slowly move forward, feeling drawn toward this healing and peaceful energy. As you approach the grassy meadow, you notice a bench facing the water, and somebody sitting on it. You approach the bench and feel a deep loving presence inviting you in. You feel inspired to sit down next to this familiar soul presence and immediately recognize it as a deceased loved one. You are overwhelmed with emotion as you reconnect with this spirit. Now spend some time in this space with your loved one. Allow in any other spirit energies important to you, keeping the intention for only those in your highest and best good to come forth. Bask in this loving and light energy for however long feels perfect for you.

Breathe.

You are now ready to make your way back to the rainbow bridge. As you leave the special bench by the brook, you are filled with a deep sense of inner peace and well-being. You know these positive feelings will stay with you long after this experience is over, for the rest of this day and evening and into the days to come. Allow these positive feelings to grow stronger and stronger, and know that each time you choose to do this meditation, you'll be able to relax more deeply and gain greater clarity and truth. Regardless of the stress and tension in your life,

you may now feel more at peace, more calm, more relaxed with the knowing you can always reconnect with your spiritual guidance and loved ones in Spirit. All you need to do is open your mind and heart to receive their loving energy.

Breathe.

You float back toward the base of the bridge and gently step from the white light into the violet color and on into the indigo, gliding next into the sky blue, and now halfway across the bridge into the emerald green . . . gently drifting into the sunny yellow . . . and on into the orange and, finally, the ruby red color. As you step off the rainbow bridge, you feel a sense of gratitude for your experience with your loved ones and guides in Spirit.
