

LAMMAS MEDITATIONS AND AWARENESS PRACTICES PDF

SENSING INTO NATURE:

Allow yourself to feel the heat of summer. Feel the excess of it. I find myself seeking water at this time of year, to balance out the hot dry atmosphere. As I walk around the nearby lake, I notice the wild grasses coming to seed. Although it is hot, the days are getting noticeably shorter. Tune into the energies of the sunrise and the sunset and feel these shortening days.

Enjoy the abundance of Mother Nature. There are so many fruits and vegetables available this time of year. You might want to go to the farmer's market and marvel at the bounty. Pause and think: "Where does all of this come from?" Here in Colorado the peaches are ripening at this time. The golden and peachy color of this fruit looks like the sun itself came down and kissed it. The juicy sweetness embodies the best of life. Let your energy field open and celebrate in the abundance of life.

LYING ON THE EARTH MEDITATION:

Lie outside on the earth or inside on the floor. Allow your energy to sink into the earth, feeling hundreds of little rootlets grow down into the earth. Begin to sense, see, and feel your body as the body of the earth. Tune into the subtle energy pulsing through your body. This is your life-force energy, the same energy that moves through the body of the earth. Imagine the grasses and other plants sprouting up from your body. They grow upward, pulled by the sun. And now, imagine all this life-force energy concentrating into the seeds of the plants. The winds dry the grasses and the seeds ripen. Eventually the grasses bend down toward the earth and gently lay the seeds on your body.

LAMMAS TREE-OF-LIFE MEDITATION:

Warm-up: In a seated position, send your energy down into the earth and establish firm grounding. Breathe very quickly (breath of fire) for a few minutes. At the end of the last breath, hold the breath in and contract the root chakra. Draw the subtle energy up the spine as far as it will go, then spiral it down outside your body to the earth and below. Repeat several times.

Repeat the warm-up, only this time draw the energy all the way up to the crown chakra. Spin open the crown chakra. Exhale and inhale as you need, continuing to spiral your energy out the top of your head in the higher dimensions of consciousness. Connect with this higher energy and draw it down through your crown chakra to your third eye chakra. Spend some time spinning your third eye chakra. Visualize the whole green earth alive and vibrating with energy. See the plants, animals, birds, and insects emerging from the earth in a joyous celebration of life.

After you have spent some time merging with the life force of the earth in your visualization, ground your energy into the earth again, and return to ordinary consciousness.