

Discovering Your Spiritual Intention: A LifeForce Yoga Meditation

Let's begin by finding a comfortable position for a visualization practice. You may wish to lie down or maybe find a seated meditation position. Feel how the body is supported by the earth. Feel how the body breathes itself in and out and let's take 3 deep full breaths here. and one more.

And now let's clear our internal space a little bit. For this we'll use the tense release practice so taking a deep breath in all the way up and now hold the breath and begin to squeeze as many muscles as you possibly can. Making fists of the hands scrunching up the face

With a sigh let it go, ahhh. Invite everything to relax. Let's do that again. Taking a deep breath in holding the breath at the top and again scrunch up the face the fingers the arms, the toes, the glutes, as many muscles as possible, and let it go. One more time. Make it count. Deep breath in [deep inhale] and scrunch everything, hold the breath, squeeze squeeze, squeeze, squeeze, squeeze, squeeze, squeeze, and let it go.

Let the breath return to its natural rhythm, perhaps feeling a little more ease of breath, or a little more relaxation in the body. Begin to imagine yourself fulfilled on a spiritual level. What does that feel like for you? Where do you feel spiritual fulfillment in your own body? Become totally absorbed in imagining that you are spiritually fulfilled.

Notice where the attention is drawn within the body. Is there a relaxation present? A sense of ease? A softness? How does the body breathe when you are spiritually fulfilled?

Imagine this spiritual fulfillment. Where is the breath in the body? How does the breath flow? Is it long or short? Notice the speed of the breath and perhaps you even notice colors or images. Welcome whatever is present.

Now imagine seeing your self in this place of spiritual fulfillment. What are you doing? Where are you in the world when you are spiritually fulfilled? Or does that even matter?

There may even be beings present that support you on your journey of spiritual fulfillment. Who are those beings? Let yourself dive fully into this experience. Fully present to your experience of your spiritual fulfillment. Keep breathing with your experience of your spiritual fulfillment. Your visualization of your spiritual fulfillment.

You might even ask yourself how did I get here? How did I arrive in my spiritual fulfillment and let whatever answer come. Let go of any self editing. Even the urge to say no that's not right, that's not possible.

Receive from yourself and feel free to stay here as long as you need, communing with the you that is spiritually fulfilled. Whenever you are ready deepen your breath begin to move the body. Write down anything about this experience that you wish to record.