

No. 2. Meditation on emotions I

This is a meditation which firstly guides you through the body and by that helps you get in touch with the emotional energies in you, which are ready to open themselves either wholly or partially. When these energies have given you their signal, you will be guided through a process where you will establish contact with them, and a transformation process will begin. In the following two meditations, you will receive guidance to wander deeper into these energies.

Sit upright on a chair and make sure you will not be disturbed. You can also lie down and do the meditation but sitting upright is preferable. Drink some water both before and after the meditation. When you are done with the meditation, it is a good idea to take some peace and quiet to let the effects of the meditation finish its work in your body. You can go for a walk in the nature, rest, do household chores or something else that makes you feel at peace and relaxed. But try avoiding too much contact with other people from whom you will receive energy inputs that will disturb your body and mind's attention. This calm and reflexive period after your meditation, can enhance the advantage of the meditation. If this calm period is not possible for you, the meditation itself will still have payed off.