

No. 3 – Mediation on emotions II

This is a mediation which guides you through your body and thereby helps you get in contact with the emotional energies in you. This is the third out of four mediations. The first instructed you in a beginning contact to emotional energy tensions in your body.

This meditation continues the instruction of energy tensions in the body but will delve deeper than the previous one. It is hard and often painful to deeply explore these emotional tensions, so you should train your ability slowly. This instruction takes you one step deeper into the tensions, however, only as far as you feel is best for you. Proceed cautiously and you should try more than once rather than forcing the process.

Sit upright on a chair and make sure you are not disturbed. You can lie down and do the meditation but sitting upright is preferable.

When you are done with the meditation, it is a good idea to take some peace and quiet to let the effects of the mediation finish its work in your body. You can go for a walk in the nature, do household chores, rest or something else that makes you feel relaxed. If the emotional energies you worked with in this mediation were very deep and powerful, you can feel very exhausted and tired afterwards. In these cases, make sure you take the time to relax and take care of yourself. Be patient and caring with yourself. Everything will calm down, but it can take time. It can take an hour or sometimes a whole week. Make sure to give yourself the time it takes and respect the powerful processes which are activated by this type of meditation.