

My Book of Meditations

FREE DOWNLOAD



Julie Narewski

These are some of my latest and favourite meditations, I use them in classes and in life. Feel free to adapt and share with others, but not for resale.
Suitable for anyone.

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Foreword

By an enthusiastic healer.

Through meditation we can discover the treasures within, with a little practice the mind calms allowing you to see your inner wisdom, your unique magic.

We all want to feel happy and balanced in our lives, looking for this in material things doesn't work, spiritual masters have always said this.

Our environment, work, financial situation, our homes, furniture we buy, will always change, even our relationships, while our minds are cluttered with thoughts of what happened yesterday, what's going to happen tomorrow. so you cannot place this as your way for happiness, the fact that things change so much is why,

You could liken this to a rough sea, unable to see what's beneath the surface. When the sea is calm like in the caribbean or sometimes here in spain, you can see everything beneath.

Meditation allows this to happen, seeing and feeling what's there, understanding our gifts, and seeing this in others, this type of discipline brings permanent happiness for your life.

Julie Narewski

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A lovely meditation to do at the beginning of spiritual classes, Reiki shares, or meditation groups.

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Taught to me by a travelling Buddhist monk

Paraphased by Julie Narewski

A simple and effective meditation it can be used in any situation.

RAISING YOUR VIBRATION

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An excellent one to use before a healing session, or for group meditations, a great precursor for any spiritual work. Also stands on its own.

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A healing meditation for specific illnesses, works for genetic, physical and emotional conditions. Use directly after the raise your vibration meditation.

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Based around the 5 principles of Reiki

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This can easily be used by anyone, to start your day, or, to use the principals as a discipline, for Reiki folk, lovely pre-healing session.

SIMPLY BEING

Based on a Richard Miller meditation

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a free gift from "the yoga summit".

If you suffer from mind chatter, thinking about what has happened, what might? this is for you. Empowering, to call on any time of the day.

CEREMONY FOR THE FULL MOON

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Paraphased by Julie Narewski

A powerful ceremony that helps you connect in a way I have never experienced before, Heals the earth and you at the same time. Can be used every day but most powerful on a full moon.



Heaven and Earth Connection

By Julie Narewski

Take some deep breaths.

We take this breath for every living thing on the Earth and the Earth itself.....

As you breathe place your hands on your heart, feel and connect with your heartbeat....

With our heartbeat let's connect with the heartbeat of everyone who has gathered here today. Connect with them with acceptance, peace and kindness....

Now let's connect our heartbeats to the spirit of the land where we are gathered.....

Connect to the heartbeat of Mother Earth.....

We invite our own higher spiritual self, and our innate intelligence to be with us, merge with us.....

We invite our Reiki Guides, helping Teachers Angels, Archangels God consciousness to join us, merge with us, Share your healing and protection with us, share your strength, Fill us with your healing light.....

Now allow this light, without effort, to radiate through every cell of your being.....

Now connect our lights together.....

Experience that light radiating within and throughout this entire Earth, touching all of life..... (a few minutes meditation here.)

As you still feel this healing light radiating through you, imagine deep roots going into the Earth grounding you.

As you do this feel yourself coming back fully present.

Feel your heartbeat still connected with everyone in this room and to the heartbeat of all life as we move back into life.



Buddha Meditation

*This was taught to me by a traveling Buddhist Monk
Paraphrased by Julie Narewski*

Relax and sit cross legged, or in a chair, with your back straight and your head slightly tilted forward, hands in your lap. Close your eyes, breathe deeply and slowly several times concentrating on your breathing. When you are in a relaxed state follow the steps below.

1. Imagine a Buddha sitting in front of you.....
2. Imagine a white light coming from the Buddha's 'third eye' straight into your 'third eye'...

Your head gets filled with the white healing light from the Buddha. Any worries of the day just fall away as the white light takes over – Be with this for a minute or so.....

3. Imagine a red light coming from the Buddha's throat chakra, directly into your throat chakra, filling your throat with powerful red healing light. The energy of things you have said that are not good for you to say, or, good for others to hear, just floats away, until the healing light takes over. – Be with this for a minute or so.....
4. Imagine a turquoise light coming from the Buddha's heart, directly into your heart, filling your heart chakra with healing turquoise light. Any fears or anxieties of the day just float away, as the beautiful turquoise light fills your entire heart chakra with loving energy. – Be with this for a minute or so.....
5. Imagine all 3 lights together now, the white, the red and the turquoise....
6. Now sit with the energy you have created for a few moments, or as long as feels natural....

When ready imagine deep roots going into the earth, grounding you, as you do this feel yourself coming back fully present. Keep the light energy you have created as you move back into life.

During this meditation your gifts can become apparent to you.



Raising your Vibration Meditation

By Julie Narewski

Higher Self: this is your soul energy which loves you and has been with you through many lifetimes.

Innate Intelligence: this is the inborn intelligence of your body, of your cellular structure, your D.N.A.

This can be used as a precursor to a healing session, other meditation, or before distance healing.

Take some deep breaths.

Breath for the whole of your body....

Imagine your breath going to every single cell of your being.....

Now Invite your higher self, your innate intelligence, any other helping spirit of pure light you are used to working with, or God consciousness, to join you in this meditation.

Take your awareness to your legs, instruct the cells of your muscles, bones, connective tissue, your skin, everything that makes up your legs, instruct all the cells here to raise their vibration, use your breath to help them, notice them become lighter, healthier, happier.....

Take your awareness to your body, to all the organs, hip area, stomach, solar plexus, heart, lungs.

I instruct the cells of my body here to raise their vibration.

Notice them listening to you.....become lighter.....happier.....use your breath to help them.....

You may experience a tingling sensation, this is your cells becoming more expansive.

Take your awareness to your head neck and face.

Instruct the cells here to raise their vibration, notice them feeling lighter, use your breath to help them, they are listening to you, they are perfect.....

Take your awareness to the whole of your body, breath for every cell of your being, feel how perfect you are, expansive, connected to all life.....

either go on to another meditation or healing practice at this point.

Or imagine deep roots going into the earth grounding you, as you do this feel yourself coming back fully present.

Still connected to all life as you move back into life.



Marker Meditation

By Julie Narewski

This meditation helps with anything carried down through the family. It is ideal to use before a healing session.

eg. This one is for arthritis, but this can be adapted for anything including cancer, neurological illness, or emotional things like anger.

Start with a raise your vibration meditation.

Then, say:

"I instruct the Cells of my body, through my innate intelligence, my higher self and my D.N.A. to Remove the Marker that caused arthritis in my body. Take away the marker that has caused this.

I ask for this to be done in the past, present and future and I give permission for this.....

I ask for all the cells in my body to remember their perfect state and to remake themselves in their perfect form, ignoring any imperfections.

I ask for this to be done in the past, present and future and I give permission for this.....

I ask to add a marker to my D.N.A. to remind all the cells to remake only in their perfect form.

I ask for this to be done in the past, present and future and I give permission for this"

Sit quietly for 5 minutes allowing this process to complete.
Go on to a healing treatment.

Marker Meditation for Cancer

Get as many members of the direct family to do this, if possible all at the same time, or if done at different times ask that it is linked to whatever time the first member of the family performed it. Even if there are just two of you it will be much more powerful.



Gasho Meditation

Based around the 5 principles of Reiki,

By Julie Narewski

Although based on Reiki principles, this can be used by anyone.

Gasho means 2 hands coming together.

This technique is the first pillar of Reiki. Usui Sensei practiced twice a day, morning and evening. He would sit in Gasho position and repeat the Reiki principles out loud and to his heart.

You don't have to use Reiki to do this meditation.

Bring your hands together (palm to palm) next to your heart. Say to your heart out loud, and to yourself.

This is the secret art of inviting happiness.
This is the miraculous medicine of all disease.

Take some deep breaths.

I take this breath for every living thing on the Earth, and the Earth itself.....

I invite my Reiki guides, helping spiritual teachers, god consciousness, to be with me and merge with me in this meditation. Share your healing, your power and protection with me.....

Just for today I will not worry.
Allow all thoughts to effortlessly drift away from your mind.....

Just for today I will not feel anger.
Imagine any anger or fears physically floating away from your solar plexus and stomach areas.....

Just for today I will be grateful.
Without effort, create a feeling of gratitude in your heart.
Allow any thoughts about this to drop from your head into your heart.....

Just for today I will be kind to everyone I meet.
Feel kindly towards yourself and everyone you think about, and everyone you meet that day.....

Just for today I will be mindful of these promises.....

Keeping your heart connected to all life, the earth, and your helping guides.

Sit quietly in the energy you have created, for as long as feels natural, this can be a few moments or much longer.



Simply Being

Inspired by Richard Miller

This provides you with an ever present tool that you can use to experience deep relaxation profound healing and wellbeing at a moments notice.

Lie or sit in a comfortable position, open your senses to your surroundings, sounds, light....

Open to the feeling of the environment around you....

the touch of air on your skin....

The sensations where your body touches the surface that's supporting it....

The feeling of your entire body....

and your felt sense of simply being...

Take a moment, enjoy this moment of simply being....

Take delight in not having to be somewhere....

Let go of whatever you were previously doing or thinking, just this moment, just being.....
Nothing to do, nowhere to go, simply enjoying the easy feeling of just being.....

As you listen to each of the following questions, let go of previously held ideas or experiences.

As you enjoy the easy feeling of simply being, answer the questions from your own experience as being.

1st messenger

Feeling and experiencing yourself as just being, how do you describe your experience of where you're located in space – where for instance is your innermost centre – Where is your outermost boundary – as being. When you're just being, do you have distinct borders or boundaries – Take a moment – with an easy feeling of simply being – yourself, as a field of radiant sensation – without border or boundary.....

2nd messenger

When you're just being, without going into thinking, or memory, what's your experience of time – when you're just being, what happens to time....

3rd messenger

When you're just being, is there anything that you need to acquire that will make you any better or more perfect than you already are – as being, do you need anything more....

4th messenger

When you're just being, is there anything that you need to understand that would make you any more connected than you already are....

5th messenger

When you're just being, is there anything that you need to do, that by accomplishing it would make you any more complete than you already are as being.

Is there anything you need to do that would make being any better than it already is....

Take a few moments now to simply be, without going into memory or thinking – feel your wholeness of being – spacious – and open – without border or boundary – timeless, outside of time when you just being – perfect – just as you are, complete just as being is.....

Taking your time, while still experiencing the feeling of being and wholeness, and as you are ready, start to sense yourself becoming fully alert.

Feeling present at this moment, the sensation of your body, your thoughts, your emotions, the environment around you, even as you continue to experience your underlying feeling of being and wholeness, as you move back out into the world, continue to feel this ease of being – spacious – timeless – perfect – connected and complete – your wholeness of being just as you are, as you move into life.....



Full Moon Transfiguration Ceremony

Paraphrased from Sandra Ingerman

Please feel free to use this, pass it on or adapt to suit you.

Prepare your space, have a fire or candle, water, and something representing the Earth. Read out the following allowing breaks where there are dots.

Ceremony

Connect with the Sun, you only have to love it to do this. Create effortless gratitude in your heart for the Sun for lighting our days, giving us warmth and giving us and every living thing the energy to thrive. Invite the spirit of the Sun to join us in this ceremony..... Take a few deep breaths..... We take this breath for every living thing on Earth and the Earth itself.....

As you breath, place your hands on your heart, feel and connect with your heartbeat.....

Let's connect our heartbeats together.....
We do this on behalf of all of life and the Earth.....

Let's connect our heartbeats to the heartbeat of the spirit of the land where we sit.....

We invite our helping ancestors who have loved this land so much and join in with us in our work.....
Connect with the heartbeat of Mother Earth.....

Who you are beyond your skin, is spiritual light.
Before we were born and just a little tiny light looking down on this great Earth, we were excited about this incredible adventure of being born into a body, and being spirit that can manifest spirit into form just like the creator and the creative forces of the universe.

I invite you to travel inside to your inner world just imagine traveling within.....

Our light is like a star, starlight. Stars don't try to shine, they radiate through you effortlessly, and they dont say I think I am only going to shine just on this one place on earth.
They dont send their light they just shine.

Our light is like the Sun, sunlight.....
Our spirits are like the Sun that shines above us feeding all of life with the energy to thrive, unconditionally, never asking for anything in return so you can experience your own inner sunlight.
Our light is like the flame of life, all life.

Travel within yourself into your inner world and experience yourself merging with a star or the Sun.....

Experience the flame and let that light radiate through you. Absorb it into every single cell of your being, like a flower that absorbs the Sun, or a plant or tree that absorbs the rain and soak it in.....

Now allow that light, it is an allowing process, without effort, let that light radiate through you, throughout this place where we sit lets connect our lights together.....

Now experience that light radiating within and throughout this entire Earth touching all of life.....(leave at least 5 mins for this, followed by the closing part.)

Still continuing to radiate light through you, I invite you to relax your arms with hands and palms facing our Earth.....

Allow that light to “without effort” radiate through you while we tone together the sound of creation. (3 Oms).....

As you still feel that light radiating through you, Experience your body and the preciousness of life.

Imagine deep roots going into the Earth grounding you..... As you do this feel yourself coming back feeling fully present.....

Feel your heartbeat still connected to the heartbeat of all life.

We do this work for ourselves and we do it on behalf of the Earth itself.

Doing this on a full moon, will be very powerful, you will be joining thousands of others, the exact time doesnt matter as its done outside of time.

You can do this as a daily practice working towards bringing it into your everyday life adapting it to suit you. Its not so strong outside of the full and new moons, but still very helpful.

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