

Explore Meditation is a website that offers
Information and Meditations for Spiritual Growth.

Please visit...

www.ExploreMeditation.com

Theta Meditation Script

By Brad Austen

Let's begin by becoming aware of your breathing. Take a deep breath in through the nose, allow your stomach to expand as you breathe in, hold the breath for a few seconds and then breathe out your mouth slowly. Allow your body to relax on the out breath.

I want you to consciously slow your breathing down with each breath you take; breathing in through your nose, holding it for a few seconds and then exhaling out your mouth.

With each breath you take, your body is becoming more relaxed, and your mind is becoming more clear and focused. Breathe in through your nose, hold it for a few seconds, and exhale out your mouth.

Continue now by visualizing a ball of energy in your heart area. You see this ball take on the energy of the heart chakra, which is emerald green and rose pink in color.

Allow your heart chakra to open. See the petals like a flower begin to twirl and open. Your heart chakra is now fully open.

Very slowly move the ball of light upwards. Feel it move up your chest to your throat chakra. The ball of light takes on the energy of the throat chakra, which is blue in color. Allow the throat chakra to open fully.

Again, very slowly, move the ball of light upwards towards your third-eye chakra which is between your eyes. The ball of light takes on the energy of the third eye chakra, which is indigo in color. Allow it to fully open.

Gently, the ball of light continues upwards, passing through your brain. It again changes to becomes violet in color as it merges with your crown chakra.

Allow the ball of light to exit through your crown chakra, being released out of the top of your head. It travels up your astral cord and through your higher chakras - towards your higher-self.

If you know it, repeat the name of your higher-self in your mind several times to assist the connection.

You are completely connected to your higher-self now. See your higher-self as a golden angel sitting on a throne. This is who you really are.

You are in awe of the beauty and the light. Take a few minutes to soak in this image of your higher-self now. Allow your mind to be still and receptive. Maybe your higher-self has a message for you?

Simply allow yourself to be still and wait for any guidance. (Pause)

It is now time to leave this meditation. Thank your higher-self, and thank yourself for taking the opportunity to connect.

Gradually bring your awareness back to your body. Give your fingers and toes a wiggle, and only when you are ready, come back to waking consciousness.

