

SUNRAY BASIC MEDITATION



As one is sitting firmly upon the Earth recognize yourself as luminosity. Visualize two spirals of light, a double helix, dancing within the heart and throughout the center of the body. One spiral descends from the heavens, entering through the top of head; another spiral ascends from Earth, rising through the base. Breathe in, breathe out. Be present in the moment, one with the Dream of Life.

SACRUM

Earth energy as light, rises at the base up through the sacrum. Visualize a triangle within which burn the three Sacred Fires of Life: Blue Fire of Will, Intention, causing to Be; Red Fire of Love's Wisdom, manifesting compassion, caretaking wisdom, for all your relations; Yellow fire of Active Intelligence, the means to realize good for oneself and the people.

Chant the Earth Chant (1x), toning this energy center through which you realize your relationship with Earth and the building forces of life. Contemplate three fires spiraling in the center of the body moving with the breath.

NAVEL CENTER

Navel Center connects you with the source of life, receiving five rivers, five tones, five elements: Earth, Fire, Sacred Sound, Water and Air feed and sustain five organ systems. Visualize just below the umbilicus a forest green ring, five rivers of color and sound flowing into the ring. Sing the "Vowel Chant" (A-E-I-O-U 5x). Your thought made a sound, shaped your form; let the form be strong and harmonious. Sense navel area pulsing with the sacred energy of life, feel yourself nourished by your Mother, the Earth and Sky, Earth and Space.

SOLAR PLEXUS

Light continues to spiral through the center of your body to your Solar Plexus, center of instinctual knowing, seat of patterns of emotion and desire. Clarify and put aside fear, anger, shame. Visualize a blue square, symbol of harmonious form, filled with the brilliant orange sun of solar consciousness. Sing the "Ha-ha" Chant (4x), letting the diaphragm move with the sound. Release old

patterns of thought and emotion to become one with the stream of clear light flowing through you.

HEART

Ascending and descending spirals of light meet within the Heart, visualized as two triangles joined at their apex: "As it is above so it is below." Rose light of Love-Wisdom fills heart and entire being with compassionate love, expanding in multiple circles to all worlds. The sound "Ah" inscribed upon the heart is an affirmation, a prayer that all may be in good relation. Sing the Heart Chant and Prayer to Akteshna Ayna (2x each).

THROAT CENTER

At the Throat Center, see a deep indigo blue tunnel, a vortex of sound attuned with the Sacred sound of Creation. This is the Center of manifestation - your thought, your voice giving birth to tomorrow. Let the thought and song be of peace and harmony. Chant "oooo" (4x).

HEAD CENTERS

Light rises to enter the Head, where three centers of energy vibrate as one, awakening clear mind, receiving the message of the stars.

Medulla, lavender infinity symbol dancing, weaving the continuity of being, bringing awareness of past, present and future created in the ever-present now.

Pineal Center, a cup shaped like an open horn, colored palest indigo, receiving sacred nectar from above. Golden Triangle of Third Eye, Pituitary Center, manifests Awakened Mind, illuminated vision
Guiding enlightened action.

Chant to clarify the Inner Eye: "Eeee" (4x).

DIAMOND BODY PRACTICE

Above the head dance seven stars, each a gateway to realms of knowing ever more subtle and refined. Through Crown Center at top of head, receive cascading rainbow light from the stars above. Weave a tapestry of light, your life in harmony with Clear Will, Compassionate Wisdom, Right Action.

From seventh star, send a radiant beam of light to fifth star; taking a stitch, draw the light-thread up through sixth star and back again to seventh.

Complete this cycle three times (7 to 5 through 6 to 7), weaving strong your Diamond Body.

Then from fifth star let the light expand out as a rainbow torus ring out and down to third star, up through fourth and fifth again, making firm your stitches of light (3x).

From third star down to first star we weave the light, up through second star and back to third (3x).

From first star above the head, send a ray of light, that becomes a gold rainbow torus ring to Third Eye, drawing this thread up through the Crown to first star, it circles around (3x). From Third Eye let a glorious light arise, filling the Heart with its glow: draw the light through Heart, Throat Center and Medulla to Third Eye (3x).

Your whole being is infused with light, may you recall the Most Great Truth. Affirm:

I am Light

I am love

I am harmony

Rejoice. **AH-HO**

WAY NAY NAY CHANT (3x)

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