

“Stay in Bed” Meditation or the Four of Swords Meditation - Variations! Part 1

Because variation is the spice of life and I get bored easily.

Also, listening to our bodies and inspiration - that is one of the purposes of this meditation after all! - is important! So here's a kickstart:

Crown energy center:

I am open to Divine Inspiration
I am open to the World's messages
I listen to the Divine
I listen to Inspiration
I hear the World's messages
I receive Wisdom from above
I listen deeply
I intuit deeply
I trust

Palm energy center(s):

I listen and respond from center
I give and receive easily
I receive and share with ease
I give and receive money easily
I receive and give wealth easily
I give and receive work easily
I create easily and effortlessly
I craft myself and my world
I receive an give joyful work with ease

Soles of the feet:

I retain and share with ease
I am grounded and ready to act
I retain and share wealth with ease
I am grounded and ready to take the next step
I retain and share resources with ease
I am connected with what has come before
I am connected to the ground
I am connected to and guided by my past
I am powered by the Earth
I give and receive Earth
My roots are deep and nourishing
I receive and share my Foundation
I receive and share my Ancestry
I may walk or remain still
I may move or remain still
I am grounded while moving

Let your imagination play! What comes up for you? If you want to share, I'd love to hear at kate@grouptarot.com.