

Magdalena Healing

Practitioner Program

Meditation on the Magdalena Energies

Let's all take a deep, deep breath together....
And I invite you to bring your awareness to the top of your head, your crown chakra. Envision your crown chakra opening even wider. Your crown chakra is pure Light...

And begin to notice, to sense, to feel that there's a tube of Light that connects you to the higher realms, to heaven, the higher dimensions—many different names it's called by—allowing this crown chakra to be filled with the Light that comes to you from the heavens.... And with a deep breath, allow this Light to pour into your brain. And you can imagine that it moves from the left hemisphere to the right hemisphere in a figure eight pattern...Enjoy that.

And then, with another breath, allow the Light to move into the center portions of your brain, your emotional brain, your limbic brain.... And allow the Light to fill all the structures in that part of the brain with Light, with healing... And feel as your whole brain now becomes bathed in Light.

Bring your awareness to the area between your eyebrows, your vision centers, your "first eye" they call it.... And allow that to be bathed in Light, allowing you to see beyond the vision... knowing what's right and what's perfect for you, knowing your next steps with ease.

Then with another breath, bring this Light into the throat. There is a vortex of Light there in your throat called your throat chakra. This is where truth and authenticity reside... Allow this to be bathed in Light.

And from here, take another deep breath, and allow the Light to move into your heart, allowing

your heart to open and to expand...fill your heart with gratitude...gratitude for all the gifts you've received in this lifetime...for your friendships and your home, your loved ones...your communities...

And with another deep, deep breath, bring this Light into the belly, your solar plexus...allowing it to move into all the organs and glands...allowing yourself to shine.

With another breath, allow it to move even lower, into the sacral plexus, the sacral chakra. This is about your relationships with others. Allow it to heal any wounds that might be there.

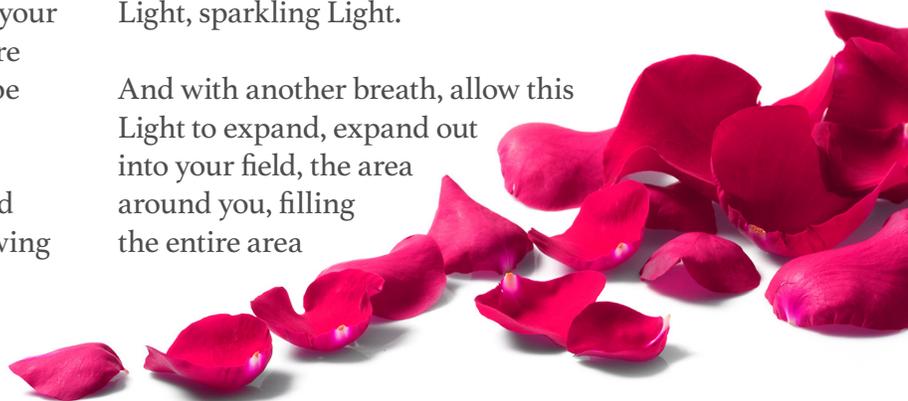
And then with another deep breath, allow yourself to bring this Light into the base of your spine, all the way down to the root chakra, and activate there trust. Safety.

And with another deep breath, bring this Light down to the soles of your feet, allowing the Light to go all the way out of the soles of your feet down to the core of Mother Earth...and feel yourself anchored on planet Earth, fully here, a pillar of Light, bringing heaven to Earth...

And feel as Mother Earth responds, sending Light up from the core and anchoring that Light in your heart.

Allow your whole body now to be filled with Light, sparkling Light.

And with another breath, allow this Light to expand, expand out into your field, the area around you, filling the entire area



around you, called your subtle bodies, with Light.

And here you are, a pillar of Light on planet Earth, here to serve, here to shine, to play your role.... Many of you have a knowingness deep within you that there's a purpose for you to be here. There's something that you came to do or be part of...

And now I invite you to invite the presence of Mary Magdalena to stand before you, allowing yourself to be open to the grace of our beloved Mary Magdalena.

Mary Magdalena brought to the planet the Divine Feminine energies. Jesus, the embodiment of the Divine Masculine, and Mary, created a beautiful union, a union of Souls, that brought in the Divine Masculine and the Divine Feminine.

Initially, in those times, Mary had to keep her role subjugated, we could say. Because women at the time were not honored.

And many of us have also subjugated our own power. And by power, I don't mean force. What I mean is the power, the grace of the Divine Feminine that we've suppressed, we've subjugated.

And for many of us, now is the time to step into owning, being, powerful feminine leaders... Leaders who are ready to take their place in the Grand Design. Not by force, but by merely welcoming and embodying the sacred feminine energy and merging that energy with the sacred masculine energy that's within each and every one of us.

It's not about being a feminist; it's not about fighting against. It's about truly stepping into and welcoming the Divine Feminine, the grace, the power with tenderness, the power with heart, the power with compassion.

And that is what this time is about. Do we wake up and own and claim, truly claim, our feminine qualities, our feminine power? The grace that is within each and every one of us, male and female alike. For we know when this is in balance, when this is in harmony, when we truly stand in our authentic power, that includes the heart.

I invite you to envision Mary Magdalena standing in front of you and feel how she places her hands on your heart, awakening within you the Divine Feminine, activating within you, tenderness.

Allow this energy, this Light, this Love to permeate your entire being.

A gift from our beloved Mary Magdalena. Allow yourself to bathe in this gift.

And I invite you to ask for the clarity that you too can step into your role in the Grand Design. Mary Magdalena played her role in the Grand Design, and she is here to support each one of us to play our role with grace, with tenderness, with heart.

Thank you for saying *yes*. Thank you for being on the planet at this amazing time. *Thank you.*



Listen to this meditation at
MagdalenaHealing.com