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Drawing down the Heavens

Contacting positive feelings and sensations, and bringing them right into our body, is one of the best healing practices. It can be done in many ways. Following your own instincts is better than following external instructions, but instructions can help you get started.

After coming to a good Basic Standing position, put your feet a little further apart (more than shoulder width), and bend your knees slightly. Now begin to imagine something very beautiful, nourishing, wonderful, in the space above you. Feel that this is something you want to bring into your being.

Sink down a little to gather momentum, then let the arms float out and up to your sides as you rise, reaching up towards the beauty above. Imagine reaching all the way up to it, then begin to invite it down towards the top of your head, like a gentle rain of light. Guide it with your hands, and feel it come in through the top of your head, then slowly down through your whole body. Feel that it fills and nourishes you, and that it sweeps away tension, tiredness and toxins. Imagine everything unwanted leaving through the soles of your feet, to be “composted” by Mother Earth! As the hands complete the downwards movement you return to straight natural standing, and feel the changes in the sensations and images in your body.

FEELING is the most important thing here. Do this in whatever way you find enhances your positive feelings and sensations. You can do it with the breath—breath in as you reach up, out as you come down. You can do it very slowly, letting the breath do as it wants. If you run into difficulties, don't be concerned; everyone does at some point, and we can definitely show you ways to work with any apparent obstructions.