

My self-treatment path

Moon Breathing Meditation:

Sit comfortably and take a deep breath.

See, know or feel that a Full Moon lies above your head
bathing you in beautiful soft white light.

The light flows over you and through you.

(Pause)

Feel or know that it flows into your lower belly, filling it with moonlight.

(Pause)

Breathe normally.

As you breathe in, say in your mind:
'I open to this feminine light.'

As you breathe out, say in your mind: *'I let go and accept this light.'*

Feel all tension flow away and gentle strength fill your being
as you gently breathe and open and accept the light.

When you are ready to finish the meditation,
place your hands over your lower belly and feel gratitude.

Smile.

Open your eyes.

And take your moonlight into the world.

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My thoughts and feelings:

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