

## Healing Visualization Meditation

The Following is a Meditation Routine that I recommend for healing physical injuries or illnesses that occurred in a past life and are now manifesting or causing difficulties in your current life.

1. Find a place where you will not be interrupted for about 15-30 minutes. Have some soothing music in the background. Music that relaxes you not invigorates you. Headsets or earbuds can be used.
2. Sit in a chair with your spine straight, hand on your thighs or in your lap, and close your eyes.
3. Become aware of your breathing, and focus on it. As you inhale each breath, imagine or visualize that you are slowly breathing in a healing light energy that is both soothing or calming and invigorating. As you slowly exhale, imagine or visualize that each exhalation is expelling any toxicity that may be in your body and is also releasing any tension that may be present in any part of your body. Do this for at least 7 breaths.
4. Next focus on the center of your forehead – your 3<sup>rd</sup> eye center and begin feeling a sensation of light forming there. You will either feel the energy of that light flowing into that point in the center of your forehead, or flowing out from you through that point. With each breath continue the awareness of a healing light energy flowing through, and relaxing your body.
5. After about 7 more breaths, begin to ask in your mind: (You can also verbally express this)  
“Father/Mother God, help me release the physical difficulty or illness that I am currently experiencing caused by a past life Karmic tie. I ask for thy Grace and ask for help in forgiving those individuals who might have harmed me and whom I might have harmed. I now forgive them and ask for their forgiveness and release them to their own Karma. Help me understand what I need to do to complete the healing that I seek.”
6. Hold the thought of this healing request in your mind for several minutes, and become aware of, or sense any area of your body that might be experiencing this past injury or illness. For example you might feel a pain in a part of your body that was caused by a sword, a knife, an arrow, a spear, a gun shot, a stone thrown at you, or an illness from the past that you are still experiencing, such as stomach or intestinal pain, shortness of breath, etc.  
You might become aware of scenes that are related to the cause of your pain or difficulty, or simply have a knowing about it, and if you do, ask for understanding about it. You might even become aware of a person in your current life that is associated with it. If you do, ask for their forgiveness and ask for help in forgiving them.
7. When you experience these sensations, consciously say:  
“I now release and let go of any resentment I might be holding and forgive myself and the persons responsible for causing me this pain or difficulty, and ask that this pain or difficulty in my current body be healed and that God’s Grace will overcome the Karmic reason for my experience.” Then begin to consciously send a healing light to that area or those areas you have become aware of.

Repeat this Healing Visualization process for the remaining time you have allotted to this meditation period as you continue to be consciously aware of your breath and the healing light flowing through your body. It is recommended that you spend at least 15-30 minutes each time you do this process, and that it be repeated at least every other day for 7 Meditation periods.

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If you are experiencing pain or difficulty in multiple areas of your body, you can either concentrate on an individual area with each meditation or concentrate on all areas and send the healing light to all areas that you are experiencing pain in. At the end of each meditation period say:

“Thank you Father/Mother God for your Grace and for helping me understand and release my past Karmic ties and for the healing that is taking place in my body. Help me become a better channel of thy blessing as I go about my day.”

**Rev. Lowell K. Smith**