

## ***Moving Energy Meditation:***

### ***Releasing the Heavy and Bringing in the Light Through the Four Elements***



Use this meditation to release and gift heavy energy—despair, grief, anger, depression, fear, powerlessness, and so on—to each of the four elements from specific areas of your body, and receive elemental, light, refined energy into your body to replace what you have removed. You can use this meditation to work with your own energies as well as the energies of people and situations around you and around the globe. It is a powerful tool for lightening the world, and a way of holding space for us humans to get through whatever arises in these times of transformation.

The meditation uses the Inca *nawis*, roughly equivalent to the Hindu chakras, for releasing and filling. The italicized words are Quechua, provided for your interest but not necessary to the meditation. Thanks to Elizabeth Jenkins ([www.inka-online.com](http://www.inka-online.com)) for the form of the meditation.

#### **The Meditation:**

Open the top of your energy bubble (*poq'po*, or aura) and receive highly refined energy (*sami*) from the cosmos, the Upper World, from the Divine.

Let any heavy energy in you drain through your body, down your legs and out through your feet.

- Open the center at the base of your spine—where your tail would be if you had a tail (*siki nawi*)—and picture a pathway extending to the nearest body of **water**: a river, a lake, the ocean, or the groundwater beneath you. Send any heavy energy in you through this pathway to the water as a gift, a delicious snack...

Now receive the wonderful refined energy of water through this pathway into your tail center, letting it join with all the water in your body. Repeat this until you feel full.

- Staying open to water through your tail, open the center in your belly (*qosq'o nawi*, hara, dan t'ien) and picture a pathway extending from your belly into the **earth**. Send any heavy energy in you through this pathway to the earth, as a delicious snack and gift for the earth...

Now receive the wonderful refined energy from the earth through this pathway into your belly, letting it flow to all the organs of your body, to your bones, your cells, your skin. Repeat this until you feel full.

- Staying open to water through your tail center and to earth through your belly, open your **heart** to the sun (*sonq'o nawi*) Picture a pathway extending from your heart to the sun and send any heavy energy in you through this pathway to the sun, as a gift...

Now receive refined energy from the sun into your heart, liquid flowing gold until your heart glows and the golden glow spreads out through all the blood vessels and cells of your body. Repeat this until you feel full.

- Staying open to water through your tail center, to earth through your belly, to the sun through your heart, open your **throat** center (*kunka nawi*) to the wind, the moon and the stars. Let any heavy energy in you flow out through your throat on the wind to the moon and the stars, as a gift...

Now receive the refined energy of the wind, the moon and the stars through your throat center. Let the silvery light fill your brain, flow down your spine and spread through your nervous system. Repeat this until you feel full.

- Staying open to water through your tail center, to earth through your belly, to the sun through your heart, and to the wind, moon and stars through your throat, open the top of your energy bubble (*qanchis nawi* --7th eye/3rd eye, which includes the 2 physical eyes + the top of the head + the top of the energy bubble) to receive the refined energy of the Divine flowing in as purple light to balance and harmonize all the energies in your body.