

YOU ARE HERE

MEDITATION

by Jessica Corotan

Dear Sister,

We are connected. We are connected in the journey you are on. I know the footsteps, the creaking of the hallway at night, when sleep escapes you.

The uncertainty of fear. The ache, I have felt the creaking of words in my ear drums, echo with a diagnosis that sends signals of chaos to the extremities.

You are not alone in this moment. Many stand before you, next to you, and around you right now. I am with you, tucked in the curves and the letters of this writing.

Breathe

Take a few moments with me, dear one. Sit on the floor, on the earth. Connect your sit bones to the ground. Feel your spine grow tall from your base up to your crown, pull your shoulders up and roll them back. Press the heart forward, peeling the chest bones away and opening the shoulders. Move the beating island closer to the surface of your skin. Place your hand on your heart. Search, dear one, for the rhythm of the body.

Say with me "I am alive and in love with my beating heart."

Take a big breath in. Feel the rising of the chest, the lifting and growing of the body. Now slowly exhale through the lips, noticing the grounding down, the letting go, the emptying out, just like that. Three deep breaths in and three slow breaths out.

Now feel the space between your brows. Soften the jaw, release the throat, relax. Notice and feel the rising of your essence, of the you, just under those three breaths. Go inside now and find the edge of your own shine. The healing. They're scattered in shells, in coral and soft sand, in the rising of the tide. Here where the heart beats under your palm. You are very alive, & tune, awake to your body.

Visualize

Imagine all your healthy cells swelling with nutrients, water, oxygen, vitamins, creation power. Imagine these healthy cells working in co creation with your organs, your blood, the medicine, gutting your body. Imagine the body and orchestra harmonizing to dissolve cancer cells. The body working to heal you. Take another big breath in and a slow retreat out scan your body for serving you for expanding movements for hands that can carry, lips that can kiss, eyes that can see a body that can be held and held at the same time.

See

Over the beating heart that drums and drums every day for you without request.

Open into yourselves.

Linking, dissolving.

A high vibration that you have created.

Signal, whisper.

With my beating heart"

Steve Dunns Cancer Guide

R Sandford



Steve Dunns Cancer Guide:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Steve Dunns Cancer Guide** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

<http://www.frostbox.com/book/book-search/index.jsp/time%20table%202014%20bece.pdf>

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