**GUIDED SYNCHRONISED MEDITATION**

**with Stephanie Harrison**

This recording is approx. 30 minute long but there are points when you can pause the recording so can take longer if you wish. I suggest you allow an hour altogether for the process to include time to prepare in advance and complete the meditation at the end.

IMPORTANT: Please do read the following notes ***before*** listening to the recording.

**IMPORTANT NOTE:**

**Please only listen this recording at a time when you can safely close your eyes and fully relax. THIS RECORDING MUST NOT BE LISTENED TO WHILST DRIVING, OPERATING ANY SORT OF MACHINERY OR WHEN INVOLVED IN ANY ACTIVITY THAT MIGHT REQUIRE ANY OF YOUR ATTENTION.**

Before we start please ensure you will not be interrupted - switch off your phone and choose a time and space when you can fully relax, close your eyes and focus only on this meditation.

It is essential that you only listen this recording at a time when you can safely close your eyes and listen with your full attention. **THIS MUST NOT BE LISTENED TO WHILST DRIVING, OPERATING ANY SORT OF MACHINERY OR WHEN INVOLVED IN ANY ACTIVITY THAT MIGHT REQUIRE ANY OF YOUR ATTENTION.**

I recommend you work in an appropriate space that you find supports your spiritual practice. You might like to have a candle alight, if it is safe and acceptable to do so. Perhaps have something that is sacred to you to focus on - such as an image or statue. Or you may simply like to have something that you find beautiful and inspiring like some flowers or a beautiful crystal or picture.

Please have pen and paper to hand to record your thoughts and feelings at the end of this meditation and have some water nearby to drink.

**IMPORTANT - PLEASE READ:**

**AT THE END OF THE MEDITATION :**

Please drink some fresh water. I recommend you record your thoughts and experiences by making some notes, this ‘grounds’ the energy and is a good way to help you bring your focus back into a conscious state ready for day to day activities.

Please also have a good stretch and move a little. I recommend you take a least 15 minutes to fully realign after this meditation. Do not rush straight onto some other activity.

**SOME NOTES AND HELPFUL TIPS TO READ BEFORE LISTENING TO THIS MEDITATION:**

I suggest you do this meditation either seated on a chair or sitting cross legged, lotus style, on the floor rather than lying down. Being seated upright will keep you more alert and will be more in keeping with the theme of this meditation.

NB: If sitting on a chair, remember to keep your legs uncrossed and/or feet **flat** on the floor, you can always place a cushion beneath you feet if this helps you to connect to the floor more easily.

Dsirng this meditation, I will ask you to imagine or visualise certain images, you do not have to literally ‘see’ these images, having a sense of them or simply holding the intention that they be there will be just as effective.

**Always work in the way the feels right and good and true** for you. And please change any words, expressions or images I use to something that resonates with your soul energy. Whatever i suggest here is only for guidance.

If you have not worked with me before and are a little uncertain if this meditation is right for you, you might like to simply listen to the meditation first of all, so you know what it contains and then can choose to ‘follow’ the meditation in a relaxed and receptive state afterwards. However, still only do this at a time when you can safely close your eyes and fully relax - NOT when operating any sort of machinery, driving or any other activity that may require your attention.

Remember, you can pause the recording wherever you wish if you need to take longer to prepare in the early stages or want to take more time to explore certain points in this meditation. I'll also highlight some times when it might be especially appropriate to pause during the meditation.

**Please remember to take your time after completing this meditation - drink some water, stand up and have some good long stretch. Also make some notes about your experiences. ensure you are well grounded before recommencing your usual day to day activities.**

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*NB: during this meditation you are asked to create ‘a living temple of light’ - please know that should you repeat this mediation in the future, this sacred space can [and likely will] change form to reflect your soul’s needs. It will evolve as you evolve. So in the future when you visit this place time and time again you may find on each visit that it has subtly altered. It will mirror your own sacred soul energy.*

*Also know this is a place you can come to for solace, for guidance, for comfort. A place to explore your own cosmic wisdom that resides deep within your core.*

When you are ready, please click on the link below.



<http://lifeguidanceandinspiration.com/soundfiles/guided_synchronised_meditation.mp3>