

Creative Meditation

By Colleen Mauro

15-Minute Meditation



To begin, find a comfortable seat, close your eyes, and follow your breath, in and out, for a count of ten.

Now lift your attention to a focal point outside and above your head. See this as the rational mind, now still and receptive. Now project a line of light upwards to your soul about six inches above your head. Imagine your soul as a brilliant sun, a radiant source of energy.

Now visualize this line of light reaching even higher, toward the higher, or intuitive, mind. Take a moment to hold this lighted alignment.

Allow yourself to experience the light and energy of your soul. And now, while you hold your mind steady in this light, meditate for 15 minutes on this seed thought: ***Let the actions of my soul motivate my daily life.***

To end your meditation, visualize a pure white light pouring down from your soul, illuminating your mind, calming your emotions, and invigorating your physical body. If you'd like, you can also send this light out to someone who needs healing, or to humanity as whole.

I recommend that people practice this meditation for six months before moving on to the more advanced meditations in my book, *Spiritual Telepathy*. If you practice this meditation day after day, you will anchor small threads of energy that will eventually, thread by thread, create an inner stairway to higher worlds.

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