

To The Temples



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An Earth Lodge Herbals Guide to Horse Wellness

Breaking Eight

To The Temples

14 Meditations for Healing & Guidance



Maya Cointreau



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For Barrie, my teacher and my friend.

May your healing be strong.

May your healing be good.

“May you have the strength of eagles' wings,
the faith and courage to fly to new heights, and
the wisdom of the universe to carry you there.”

- A Native American Blessing

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Using this Book

The meditations in this book are journeys into other realms and other worlds, places without time constraints, preconceived ideas or limitations. They will take you to temples that exist out of this reality, places designed by Spirit to help you on your path to healing. Approach them with an open mind, and don't worry if you don't get there the first time. Just relax, let go of all your worries, and let your imagination flow free. Create the world you want to live in.

The guided meditations here were created as part of a seven-week course at Hygeia Holistic Health Center in New Milford, CT. Two temples were shown in meditation each week to the author, who in turn led others through the journeys as Spirit gave them to her.

After each meditation you will find blank, lined pages, just like in a journal. These pages are for you. Just like with dreams, details from meditations can fade over time. Important details from a journey can be totally forgotten within a few hours, even though they were crystal clear minutes after the meditation ended. Writing down the things you see and hear on your journeys is a great way to document your progress, and to help you remember all those important details. Writing down what happens while you meditate also helps root your

healings on the physical plane, in the forefront of your conscious mind. Keeping a written record will help you see where you tend to lose focus, and what issues act as your triggers.

Where a meditation calls for drumming, you may choose to drum yourself or use a drumming recording with a call-back (Michael Harner and Hank Wesselman have both created good CDs and cassettes for this purpose.) Repetitive drumming has been shown to alter the brain's theta waves to the same level as the waves that emanate from the earth, which helps facilitate meditative states.

You may also choose to simply journey in quiet solitude, or to sounds of nature. There is no right or wrong way to meditate. Find the way that suits you best. Experiment.

Enjoy.

1.

The Great Temple of the Willows

To begin this meditation, you take three deep breaths.

Breathe in. Breathe out.

Breathe in. Breathe out.

Breathe in. Breathe out.

See if you can feel the time of non-breathing, between breathing in and breathing out. Do not hold your breath in between, just let your breath flow naturally, deeply from your solar plexus. Can you feel when the moment of non-doing when the tide turns?

Breathe in. Breathe out.

Breathe in. Breathe out.

Breathe in. Breathe out.