



## **Cosmic Orbit Balancing & Protection MEDITATION**

Prayer and Meditation help to keep our field strong. Ultimately, our energy field is tightly knit together. Fear, trauma, anxiety and hopelessness can loosen the fabric of the tapestry that would naturally make an intact energy field around us. The field can be strengthened by consistent practice of the Cosmic Orbit Balancing and Protection Meditation.

You may add chakra acknowledgement or clearing chakras; the four directions and a meditation within the orbit. Heart Opening practice is also nice to do within the orbit. I am happy to teach you any of these additional practices.

The Cosmic Orbit Meditation places each of us in synchronic rhythm with the sun, moon and earth and with all the elemental beings that make us up—earth, air, water, fire.

The meditation allows you to let go of destructive thought patterns: I do not belong, I do not know what my purpose is, I have no place in the world. This meditation physically, emotionally, mentally and spiritually accentuates our belonging and place with our elemental makeup and connection to all of life and the cosmic forces.

Best done in the morning at sunrise and at night at sunset, but can be done anytime, anyplace. After repeated times, your energy field begins to knit back together re-creating your natural state of being protected.

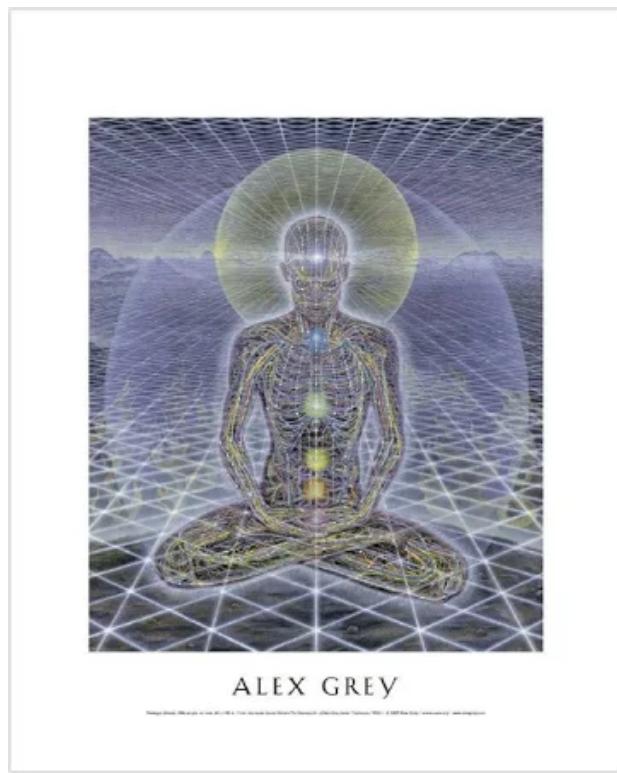
### **Cosmic Orbit Balancing & Protection MEDITATION 11-step process**

**Define your energy field knowing you are at the center of this orbit:**

**1. Define your energy field:**

- A. Bring your hands to Prayer Pose in front of your heart; arms move with hands together to the top of your head, then spread arms out along your sides outlining a circle, then palms will move down to your legs fingers pointing to earth.

- B. Bring hands together again at your heart and move up and out in front and back of your body. Visualize the orbit around you as wide as your outstretched arms.
- C. This is an outline of your energy field. This field extends from fingertip length all the way around your body and top to bottom equally.
- D. Use your breath, deep inhale, longer exhale to help form this field and begin to relax your sympathetic nervous system. 4 in - 8 out breath.



## 2. Visualize your well ancestors

surrounding the outer perimeter of your orbit. You don't have to know who they are. Invite them as protection. They are always there and they are protectors. Unwell ancestors are not welcomed and you can say so. In addition, Iron can be visualized to be spun on the outer periphery of the orbit as protection from earth.

3. **As above, so below:** from your center (you are the center of your orbit) at your umbilicus (naval) imagine a golden cord connecting deep into the center of the earth. Imagine a silver cord connecting up to the sky, tethered to the Celestial Realm. You are the Axis or Center of your world: of yourself and your place in the world.

4. **Four directions anchor:** east, south, west and north directions give us an additional anchor in the cosmic field.

Imagine these cardinal points anchoring you.

- In addition you can add their qualities.
- 5. **Connect with your *Stillness*** (the quiet, deep feminine nurturing energy). Stillness is felt throughout your body, limbs and interior, quiet and relaxed. Take as much time as you need to get here.
- 6. **The Breath**
  - A. **Breathe in** - Notice that as you breathe in, you are taking in oxygen, which is released by trees and all green-growing things.
  - B. **As you breathe out**, you exhale carbon dioxide, which in turn is being taken up by trees. Let yourself feel your connection to the air, to the trees, and grass, and everything green.
  - C. **Now, forcefully send your *breath* (air—6%)** to the inner perimeter of your field. This strengthens the fabric, interior walls, of your energy field. You can yell POUW (like Pow) with breath 4 times, imagining it going to

each direction. Forcefully send the sound Pow out to the inner perimeter—this is to release any energy that does not belong in the space and further create protection for the interior of your space.

7. **Imagine the Sun** (as it is rising or setting) shooting an arrow of light (**fire—4 %**) to the moon; the moon then shoots an arrow of light to the earth and the arrow of light is shot from earth to your heart. Feel the warmth (fire).
8. **Imagine water** flowing (**water <>70%**) in your body. This is Moon energy, the Grandmother who is in charge of rhythm, balancing the fire energy. Now let yourself sense the inner motions within your body.... Maybe you are aware of the gurgling in your belly or the throb of your beating heart. Sense the circulation of blood as it moves through your body.... Your body carries rivers, lakes, and the ocean. Feel the flow and how you are a fluid being within the rhythm of life. Flowing like a river, moving around obstacles. This is you—you are 70% water! Imagine 8 billion people flowing like a river of life.
9. **Imagine you (earth—12%)** as the axis of your world and your orbit. Earthing energy is your soul which carries the blue print of your genius. Let yourself feel the weight of your body in the chair.... You are as solid as the earth and made from the same atoms of carbon, oxygen, hydrogen, and nitrogen that make up the earth....
10. **Scan your body.** Get a sense of your body as a whole....all the elements that make up your body came from stars that exploded millions of years ago....
11. **Experience Silence** (the masculine force—movement-doing and not doing). Here you stop doing or simply watch your thoughts pass by like the wind. To not engage in thought. Do this until you are clear, no thought.

You can spend as much time in this orbit as you like. The goal is to awaken your center of connection to the great cosmos and mother earth, and to awaken to your divinity and being nature. You can add a guided meditation or hang out exploring each of the elements, the sun, moon and earth.

Contact Deanna Jenné at [djbuttefly5@gmail.com](mailto:djbuttefly5@gmail.com) for more on healing.

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