

The Sunshine Buddha Meditation



Inspired
Living
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with
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This is an excellent basic meditation to adjust your chi to support good health and good fortune. It can help release one's life from the restrictions and pressures of family, society, and the environment.

I find this meditation especially helpful if you have been feeling low in energy, depressed, or are seeking a positive infusion of energy. Repeat this exercise 9 times a day for 9 or 27 days. If that overwhelms you and prevents you from trying, then do it in the morning, afternoon, and evening for one day, or three, or nine. However many you can; just get started.

Step 1:

Stand in the sun with hands above your head, palms facing up toward the sun, feet set shoulder width apart. If you are sick or weak, you may do this sitting down

Note: You do not have to do this outside in the sunshine. You may do this meditation anywhere at any time, even in a dark closet. All you must do is visualize the sun as you perform each step.

Step 2:

Visualize sunlight entering your body through the center of each palm and the middle of your forehead (the "Three Points"). Visualize it traveling very *quickly* through your body and coming out the bottom of your feet, seeping into the ground. *NOTE: For emphasis visualize moving the bad deeds of the body out with the light (killing, stealing, adultery, etc.)*

Step 3:

Repeat step 2, inviting the light into your body through the three points. When the light reaches the bottom of your feet, visualize it circling back, moving *quickly upward*, and exiting through the Three Points – exhaling the energy back toward the sun. *NOTE: For emphasis visualize all bad speech moving up and out with the light (lying and swearing.)*

Step 4:

Repeat step 2, inviting the light into your body through the three points. When the light reaches the bottom of your feet, invite it to circle back and move *slowly upward in a spiraling motion*. (The spiraling movement is counterclockwise, however, you may turn the spiral clockwise if it is more natural for you.) Visualize sunlight slowly encircling each cell, blood vessel, tissue, and organ in your body, especially any part afflicted with illness. Then visualize the light exiting through the Three Points, releasing all ill fortune, exhaling the energy back toward the sun. *NOTE: For emphasis visualize all bad thoughts such as greed, anger or ignorance, moving up and out with the light.*

Important Notes:

If necessary, you may rest your arms between each step. When you have the energy keep them up facing toward the sun.

As you progress, you may add heat to the visualization of the sunlight.

As you progress further, you may:

- (a) Release bad deeds from all three lifetimes {past, present and future} on step 2
- (b) Then release all bad deeds of body, mind and speech (The Ten Negative Karmas) on step 3
- (c) Then release all bad luck and bad health on step 4