



YOGA ENERGY  
DANIELLE SMYTH

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## Heart Centering Connection

- **Face East:** Sit, stand or squat and orientate yourself so you are facing east. Your heart faces east, as this is symbolising the rising light and energy within you.
- **Acknowledge the four directions:** north, south, east and west (symbolic of your physical (*earth*), mental (*fire*), spiritual (*air*) and emotional (*water*) bodies respectively)
- **Ground to Earth:** Then ground yourself to the earth's iron core. Imagine/visualise an anchor coming from you and grounding yourself to Earth. Feel its magnetic energy grounding you. Earth's iron core is magnetic and holds our gravitational force. I have always loved using the examples of the visualisation of a loving embrace to Mother Earth, or wrapping a cord around a large crystal at the centre of Earth for this grounding process. Best to use an image of something that suits you and your personality.
- **Harness a healing Earth Energy:** Draw this energy all the way up through the Earth and into you and your chakras. This can be a simple process of light been drawn into you or you can make this a longer meditation and you can visualise each of the colour for the chakras (red, orange, yellow, green, blue, indigo, violet) – (pink (surrounds all of your aura) and white continues upward – your cord of Light)
- **Connect to Universe:** Continue drawing the energy up beyond your head and connect up to the stars and the Universe. Connect to Universal Energy, The Light of Creation - whatever that is for you personally. Now you are Grounded and Connected!
- **Heart Connection:** Draw this combined energy (Magnetic Healing Earth & Infinite Divine Universe), braided down into your heart. Then feel from your heart this empowering connection. Live today from your heart.
- **Affirm:** I live from my heart.

This is extremely powerful and very healing. It is nice to have a guideline, but once you know the basics feel free to play with this meditation. Whatever comes up for you will be what you need.

There are many variations that you can do with this: add your own prayers and affirmations, do this during a favourite yoga pose, make it a simple and quick meditation anytime you need it. This is just a reminder of how connected and grounded you are always, and that this connection is held at your Heart – the seat of your Soul.

