

# LEGACY BURDENS

## Track 1

So let's just take a moment to allow ourselves to arrive.

Taking some time to feel yourself supported by your chair, feeling your chair at your back and underneath you, and taking a moment to just allow yourself to arrive back home in your body, just inviting your energy back from all the activities, all the things that it's been involved with. Just inviting your energy back home to your body.

And imagine collecting your energy right down at the bottom of your spine, imagine gathering your energy there.

And like a plant or a flower, imagine sending roots right down through the chair, down into the earth, down through the different layers of the earth, and all the way down to the core of the earth, feeling that dark, nurturing energy from the core of the earth, grounding you, supporting you, holding you, and imagining those roots going all the way through space and time, through the land, through the oceans, all the way back through time, connecting you to your ancestors, going way, way back, feeling your connection to these ancestors, and beginning to feel your connection to all the humans and all the trees, the animals, the plants, the flowers, and inviting all of that beautiful energy that was also nourished by this deep nourishment of the earth. Knowing that it can also nourish you. And inviting that nourishment to begin moving up through these roots, up into your toes, into your feet, your ankles, into your calves and your knees, to your thighs, to your hips, your pelvis.

Nourishing all your reproductive organs and digestive organs, nourishing your stomach and your spleen, your liver, gallbladder, pancreas.

Nourishing your kidneys and adrenals, nourishing your lungs and allowing that deep, dark nourishment from the earth to move right into your heart, letting your heart be filled with nourishment so full that it begins to spill over. And imagining a fountain or a grail above your heart, knowing that others can drink of this nourishment. But that's not your concern. Your concern becomes nourishing from within. Nourishing your shoulders, your arms, nourishing your hands and your fingers, nourishing your neck, your face, nourishing your jaw, near cheekbones, nourishing your temples, nourishing your scalp, your entire head.

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Then bringing your attention up to the sky, the stars, the sun, the moon.

Feeling the vastness of all of that as it holds you.

And then inviting in any beings from the other side, maybe guides, maybe your connection to the divine.

Inviting them to be here with you, experiencing their unconditional love for you, their unconditional regard for who you are, and allowing yourself to receive that unconditional care, allowing yourself to receive it, taking it deep into your body, into your heart.

And as you feel yourself held between the earth and the heavens, feeling into that enriched heart. Just notice if there are any parts of you today that may need some of that attention of care, turning that attention of care to anything inside of you. Maybe a bodily sensation, maybe feelings or emotions, and any parts of you that may need that attention of care, just taking this time to offer it.

