



SPINAL LIGHT MEDITATION

Spinal light meditation uses breath awareness and visualization to focus the mind and shift energy.

The spinal column is the physical counterpart to the main energetic pathway in our body **known as the sushumna nadi in yogic philosophy.**

Sushumna translates to “**a joyful mind**” and **nadi** translates to “**channel**” or “**flow**”.

You can **begin to shift your own energy by focusing your awareness on this energetic pathway** which can be useful in several ways:

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1. **Shift your feelings from negative to positive-**
2. **Change your mental state from harmful to helpful-**
3. **Physically energize your entire body-**
4. **Bring healing energy to a specific part of the body suffering from chronic pain, injury or disease-**

Before you begin, **pick one of the four options listed above** so you are not distracted with decision-making in the middle of your practice.

You do not have to use this meditation energetically.
You can simply use the breath and light as focal points for concentration.