



Warmth from the Setting Sun

A meditation to help you let go
of something that is troubling you.

It can be a very little trouble
or a very big trouble

You may wish to soften the space around you to be in a relaxed frame of mind in preparation for a meditation. You can dim the lights, turn off the telephone, play soft music, light a candle.

Settle into a comfortable position. Close your eyes. Take a slow deep breath... in and out.

Imagine you are sitting in a chair with your arms on your lap and your feet touching the floor. Feel that your body is supported and your head is balanced comfortably on your shoulders. With your mind's eye, see yourself on your chair in an open meadow facing a western horizon. It is a warm sunny afternoon.

Take the time to feel the soft warm earth under your feet.
Feel the warm sun bathing your face and shoulders.
Notice a warm gentle breeze on your skin.

The air is fresh and clean. You can just detect the smell wild flowers in the distance.
Slow deep breath.

With your eyes closed, imagine you see a hillside far across the meadow.

The hillside is covered with tall green grass swaying gently with the wind, and dotted with strong pine trees reaching toward the sky.

You see fields of white, yellow and pink wild flowers among the grass stretching before you.

You notice a bird with wings outstretched quietly sailing above you into the distance.
Continue a slow, easy, rhythm of breathing.

Behind you runs a babbling brook. The clear water runs gently, swirling over shiny stones.

Listen to the sound of the bubbling water. Feel the warmth of the sun on your shoulders and the strength of the earth under your feet.

Enjoy the sun-dappled green, yellow, white and pink colors of the meadow before you, and the shimmering blue of the sky above you.

You are comfortable. You feel peaceful.
You are protected now, settled in your chair in the meadow.

With your mind's eye look over the meadow to the far hillside.
Notice the sun is beginning to set.

The sky grows orange and the sun moves slowly down through the tops of the trees.

As you sit, comfortable and peaceful in your chair in the meadow, bring to consciousness something that is troubling you.

Pull the trouble up and out. Hold it in your hands. All of it.
Bring it from your heart and from your gut and from your head.

Scan your body and your thoughts and your feelings to be sure you have the whole trouble in your hands.

For just a moment, honor this trouble, for it did serve you in some way.

Now it is time to let it go.

Hold your hands together, palms facing heavenward. With your imagination, or with your real arms, lift your hands upward slightly.

And as you do this, send your trouble to the setting sun.

Your trouble flows easily and steadily to the setting sun.
Soon it will be fully absorbed into the sun's fire.

Stay there as long as you like.
When you are ready, lower your arms to their resting position.

You are still in your chair in the meadow. *Slow, deep breath.*

Notice the setting sun is sinking lower.
You see its deep orange arc over the hillside.
It has your trouble in its fire as it descends into the earth.

The mighty sun can easily accept and purify the energy of your trouble, transforming it completely and absolutely to goodness and light, and sending the goodness and light to spread into and over the earth with the return of tomorrow's morning sun.

Focus now on the soles of your feet.

Notice the warmth of the earth and sense the earth's energy gathered at the soles of your feet.

Allow any remaining dark thoughts or feelings within you to drain down through the soles of your feet and into the earth below you.

You feel free. You feel enlightened. Enjoy the feeling.

Look up now, toward the sky with your mind's eye and see that it is again daylight.

The sun glows brilliant in a blue sky holding white fluffy clouds. You share the sun's power.

Take a deep breath and feel yourself rising, preparing to meet the brightness of this day.

When you are ready, open your eyes, stretch your body, have a sip of fresh cool water.

Join the day, enjoying the moment you are in right now.