

Find a place that is quiet and comfortable. Outside is good, but not essential.

Sit and just breathe. Allow thoughts to just flow through and away.

Visualize Shoka, the Stone Nation.

Just allow those images to come. It might be rock formations
or a simple pebble on a beach.

Breathe deeply four to seven times as you allow that energy to merge with yours.

Visualize Kata, the Fire Nation

Holding the energy of Shoka, welcome images of fire. Earth fire, sky fire (sun).
Breathe deeply four to seven times as you allow that energy to merge with yours.

Visualize Loma, the Water Nation

Holding the energies of Shoka and Kata, welcome images of water.
It might be a stream or river, the ocean or lakes, or even rain and snow.
Breathe deeply four to seven times as you allow that energy to merge with yours.

Visualize Arrai, the Air Nation

Holding the energies of Shoka, Kata, and Loma, welcome images of air.
Breathe deeply four to seven times as you allow that energy to merge with yours.

Visualize Prana, the Plant Nation

Holding the energies of Shoka, Kata, Loma, and Arrai, welcome images of plants.
It might be a tree or blade of grass, a flower or fern. Just welcome whatever comes.
Breathe deeply four to seven times as you allow that energy to merge with yours.

Visualize Asharaji, the Creature Nation

Holding the energies of Shoka, Kata, Loma, Arrai, and Prana, welcome images of the
animal and creature nation. It might be a bird or land animal or ocean creature.
Just welcome whatever comes.
Breathe deeply four to seven times as you allow that energy to merge with yours.

Visualize Ahsa, The Earth

Holding the energies of Shoka, Kata, Loma, Arrai, Prana, and Asharaji,
they now come together for the wholeness of the Earth energy.
Breathe deeply four to seven time with this web of all life energies.

When you sense you are complete, breathe and give thanks for what you have received.
It may be that one Nation was more present for you than the others. Pay attention to what
that might be telling you about the energy you need to work with.