

# The Earth of the Never-setting Sun

*A Meditation for Regeneration of Body, Mind and Soul*

Lie down and/or sit comfortably in your favorite chair,  
place or bed, but better on a soft blanket on the earth.

Take a slow breath through your nose, counting to Seven.  
Fill the abdomen first with air, and then the chest.

Hold your breath for Seven moments,  
then push the air out of your mouth by Seven steps using  
the abdominal muscles and diaphragm.

Normalize breathing.

And now, clench your fists, thumbs to wrap around the fingers.  
Tighten every muscle in your body, starting with the facial muscles, jaws (clenched  
teeth), neck, arms, back, chest, abdomen, pelvis, thighs, calves, feet.  
Maintain strong muscle tension throughout your body for Seven Moments  
and then relax each muscle at once.

Relax!

Inhale and exhale calmly and rhythmically through the nose.  
Feel the Energy spill freely and strongly all over your body like a molten Gold.  
Feel the Weight of this Gold drawing you to the Center of the Earth,  
as if you are sinking into the earth.

Feel the Earth taking all the fatigue and tension out of you and  
suddenly pushes you up like a light feather.  
You no longer have weight – you are in absolutely weightless bliss!

Now you have the feeling that you can fly as soon as you wish and you're able to  
reach your highest dreams and favorite places out.

Imagine you are on the beach.  
The warm breeze gently caresses your hair and sides.  
The sea foam melts on your feet.  
You "feel" the buzzing of busy bees and it fills you with joyful anticipation.  
The aroma of the sea, honey and lavender penetrates into every pore of your skin.

Love pulsates in your veins and makes you feel the Goodness and Light  
radiated by every single person on Earth.

You are experiencing true bliss, which you wish to share with the whole World!

And now, open your eyes, before this reality  
became an illusion!