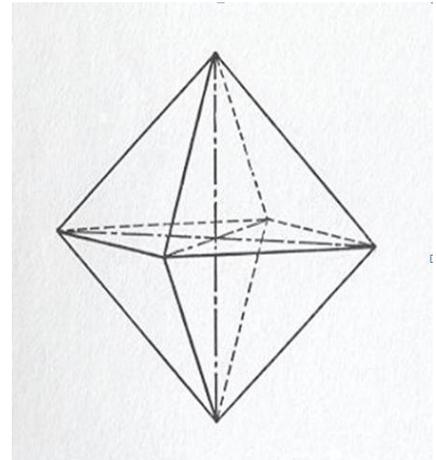


The Octahedron Meditation

The Octahedron is a geometric form that holds harmony and stability. It is, in fact, one of the fundamental building blocks of the Universe and exists in your own energetic body.

When you intentionally activate this form within your personal energy field it promotes coherence and inner stability. It helps you stay centered, balanced, and embodied no matter your external circumstances.

Because this mediation activates a form that already exists within your field, when you cultivate it with intention and regular practice, you can improve your ability to stay balanced in times of stress or conflict.



The first step to activating your own Octahedron is to visualize the form in your mind's eye.

Using your imagination, visualize a square-based pyramid with four sides rising above the square. A second 4-sided pyramid extends an equal distance below the square base. In other words, both pyramids emerge from the same central square.

Note: If you're not a visual person, you can use the diagram included here and simply "feel" the shape.

The next step is to imagine yourself positioned within the Octahedron

- If you are sitting, you can imagine your chair and feet resting on the square base. One pyramid rises above your head, one extends below your feet. The point or "cap" of the upper pyramid is directly above your head.
- If you are standing, you can imagine the octahedron suspended around your body. The upper point is above your head, the lower point is beneath your feet. You are positioned within, perfectly aligned with the vertical axis that runs from top to bottom.
- If you are lying, imagine yourself lying on the square, with the point above you centered directly over your heart.

For the purpose of the guided meditation, I will speak as if you are sitting, as in the diagram at the top of the page. For most people it is easiest to first access the form when they are sitting straight up in a chair, but you can start from whichever position you choose. Ultimately you will want to practice all three positions, sitting, standing /walking, and lying down.

Steps to the Octahedron Meditation

1. Settle yourself in a chair. Take a breath and connect within. Find a still calm place inside. Take another breath. If there's any resistance or tension relax into it with another breath. Feel your rhythm slow and become calm and quiet, moving with the natural rhythm of the Earth.
2. Feel yourself anchored and stable on your chair. When you are ready, imagine yourself sitting on top of a square that extends around you. The size of the square is a comfortable distance with you at the center. Feel or see a pyramid rising above you until the point meets over the center of your head.
3. Feel or see a second pyramid extending beneath your feet, into the Earth, with the point centered beneath your feet. There is a line inside the pyramid that extends from the top point to the bottom point and runs along your spine. Feel yourself perfectly centered and balanced in the middle.
4. Take a moment to experience the walls of the pyramid around you. They may feel transparent or solid. Perhaps you see the color gold, or another color. As we proceed these details may change.
5. When you are ready, imagine that a beautiful crystal capstone appears at the top of the pyramid above your head. Another crystal appears at the point beneath your feet.
6. Place your attention to the crystal above your head. You see that the crystal is receiving a clear beam of light. This light comes directly from the Center of the Galaxy and is the pure strong frequency of love. As the light hits the crystal, it directs a focused beam that shines inside. The beam shines down on your head and runs through your body. It also begins to fill the interior space with light. There is now light all around you.
7. The capstone begins to rotate very slowly. As it does so, you can feel or see the light rotating around you. It moves in front of you from your right side to your left, spinning slowly in a counter clockwise direction. As it rotates, it gently and effortlessly clears away any resistance or density it encounters, whether within your body or within the space around you.
8. As it turns, the light spirals gently down from above. It moves around you and through you and then begins to move through the floor and into the pyramid beneath you. Now the pyramid beneath you is also filled with light. You can feel and see the light swirling until it reaches the lower point. When the light touches the lower capstone, it lights up and glows like the sun. Light is filling the entire Octahedron.
9. Now you notice that when the bottom capstone is lit, the light shoots out and down into the Earth, and connects directly with the heart of Earth, which is an iron quartz crystal. Perhaps you can feel or see this connection as it happens. Or you can just trust that it is there.

10. Return your attention within the Octahedron. The swirling may continue for a few more minutes. Any remaining resistance or density or past limitations are carried with the light and offered as elemental energies into the Earth. Notice the feeling or color or sensation of the walls around you and the space within.
11. Now the crystal stops spinning above you and the light swirling around you slows and stops. Take a moment to feel the pause and the stillness and the waiting space.
12. Now you notice the crystal above your head begins glowing with a new light. It shines brightly and the bright light begins to fill the octahedron, falling down on you as a pure waterfall of source energy and love.
13. The crystal begins spinning again very slowly, this time in the other direction. Now as the light travels around you it moves from left to right across your body in a clockwise rotation. Once again, the light spirals gently down from above. As it flows around you and through you it activates the space and brings gifts and blessings. Feel the light of new energy, new inspiration, and new creative life force .
14. Feel, see, experience, the light as it dances around you, spiraling through you and filling the pyramid beneath you. This time, when the light touches the lower capstone, it lights up and glows like the sun. Now the Octahedron is fully activated. The light that travels to and from the capstone crystals is fully connected to Source and to Earth, and you are perfectly balanced between, and filled with light.
15. Take a few moments now to explore your inner space. Feel the spaces inside your body, as well as the space around you in the Octahedron. What color are the walls? Are they the same or different? What color is the space inside? Does it have a fragrance? A temperature? A feeling? A name? A sound?
16. This is your space. Take a few moments now to sit with your balanced body. Explore the space, using intuition or your imagination, or just sit quietly in the vibrant stillness.
17. When you are finished, the final step is to ask that the crystals above and below you be calibrated now to provide the frequencies that will support your daily life (or whatever activity you are about to begin). When you feel the integration of the energies for your stability moving forward the meditation is complete.
18. When you are ready, extend your thanks to Source, and to Gaia, and to your Self for creating this container of support. Know that you hold this sacred form within you and with practice you can activate it at a moment's thought or intention. Open your eyes, take a breath, and say "Yes."