



## GUIDED MEDITATION FOR ORGAN CLEANSING

This practice can be done in the standing, sitting or lying down posture.

Allow yourself to breathe in and out naturally. This will provide a foundation of calm and relaxation. Cultivating an inner smile will also be helpful.

We begin with the liver. It is connected to the element wood and the color green. Bring your awareness to the liver and visualize it surrounded by a beautiful green aura. As you breathe in, invite love and compassion into the liver. As you exhale, let your breath carry away anger. Repeat as many times as you like for each of these cleansings. Five times would be a good start.

The heart is connected to the element fire and the color red. Bring your awareness to the heart and visualize it surrounded by a red aura. As you breathe in, invite generosity, contentment and tranquility into the heart. As you breathe out, release craving, excessiveness and excitement.

The spleen is connected to the element earth and the color yellow. Bring your awareness to the spleen and visualize it surrounded by a yellow aura. As you breathe in, invite harmony, balance and trust into your spleen, breathing out, release disharmony, imbalance, and self-doubt.

The lungs are connected to the element air/metal and the color white. Bring your awareness to the lungs and visualize them surrounded by a white aura. As you breathe in, invite acceptance, gratitude, joy, and integrity into your lungs, breathing out, release anxiety, worry and depression.

The kidneys are connected to the element water and the color dark blue. Bring your awareness to the kidneys and visualize them surrounded by a dark blue aura. As you breathe in, invite self-confidence and wisdom into your kidneys, breathing out, release fear and loneliness. Finish with abdominal breathing and let the mind clear naturally.