

Find Your Path



Find Your Path

This is a lovely meditation from Goddess Isis.

I would love if you could try and let me know how it feels.

Sit down with your hands on your heart and your eyes closed.

Breathe slowly and deeply but without effort.

Sit and relax into the breath, follow the ebbs and flows of your breath.

Do not force it, just observe it and allow yourself to relax and be at peace.

If a thought comes, observe it.

Do not judge it, do not push it away.

Let everything be as it is.

When a sound distracts you,

Listen to it.

Do not judge it.

Come back to the breath.

Breathe and let go of any expectations, any ideas of how everything should be or should go.

Simply sit,

Smile,

Breathe,

And allow yourself to be...

No judgement,

No explanations or expectations,

No right or wrong....

Spend some time with your breath.

Then when you feel ready, imagine you are walking down a white dirt road.

Nature in Her full glory surrounds you. You could find yourself in any season and any time of the day.

Keep walking and feel absolutely accepted, supported and loved by Mother, the Divine or Nature (however you see it).

You come at a crossroad, one road goes left and the other one turns right.

You stop, you touch your heart with your left hand and feel the energy of Grace, Strength and Courage arising from within.

How does it feel?

Spend all the time you need here to feel the Strength and Grace of the Divine within.

When you are ready, do not choose any path.

Do not go left or right.

Those are the paths that someone else traced before you.

From now on, you will have to follow your path, speak your knowledge, your wisdom and your truth.

Your path has not been paved yet.

Your path is new,

Your path is different,

Your path is you...

Take a deep breath and with courage and grace walk where there is no path.

You are leading the way for something new (or very ancient) to unfold.

With every step you take

With every heartbeat

With every breath

Your path becomes clear,

And you keep going.

Because deep within your soul, you know it is time to surrender and let go of all that is not your truth.

The time has come.

A long time ago, with one hand on your heart and one hand on Her heart, with your eyes looking deep within Hers you promised and

She promised:

"Let go and surrender. I am here, within you.

You are fearless,

You are courageous,

You are strong,

You are Mother,

And your children are waiting for you...."

Take a full deep breath in and slowly breathe out.

Lie down.

One hand on your heart and one hand on your womb.

Rest for a while and let your wisdom guide you.

When you are ready, before you open your eyes, sit down on the ground and repeat a mantra to seal the meditation.

When I say mantra, I mean a repetition of words that are powerful for you.

It doesn't have to be a Sanskrit or Buddhist mantra.

Ex: "Goddess Grace surrounds me, Goddess strength supports me, Goddess love guides me".

Say it 3 times,

Relax and feel your body, move your body a little and when you are ready you can open your eyes.

Drink a glass of water and rest for a while before going on with your day.

Copyright © 2021 Michela Sborchia. All rights reserved.

Distribution and reproduction are strictly prohibited by law. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form, or by any means, electronic, mechanical, photocopying, recorded, scanning, or otherwise without the prior written permission of the author. Requests to the author should be addressed to heartalchemy@protonmail.com

DISCLAIMER AND TERMS OF USE AGREEMENT

This meditation is for informational purposes only. Many factors will affect your actual results. While every attempt has been made to verify the information provided in this report, neither the author nor the publisher makes any representation or warranties with respect to possible errors, accuracy, or completeness. The author and publisher shall in no event be held liable for any loss or damages incurred, directly or indirectly, from the usage of this publication. Nothing in this report should be considered personalized Health Care Advice. Although Michela Sborchia may answer your general customer service questions, she is not licensed health care professional. Any Health Care recommended in this report should be made only after consulting with your Doctor and licensed Health Care Advisor.