



HEALING MEDITATION

Episode Transcript

Hey, it's Rebecca, and welcome to Returning. A podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning.

Today, I'm sharing with you a powerful restorative and deeply healing meditation. I hope you enjoy it.

Breathing in and out really deeply. Begin to close your eyes. And allow your body to enter a state of deep, deep rest. Of deep, deep rejuvenation, relaxation and replenishment. With each new breath, allow yourself to exhale deeper and deeper. Drinking in more and more oxygen and then releasing it. Allowing your body to surrender back into its natural flow, into its natural rhythm. And your heartbeat to beat back along with the heartbeat of the Mother, of the oceans, of the seasons, of the sun and the moon. Breathe.

Allow yourself to enter a state of deep, deep relaxation. In the center of your heart imagine a beautiful flower with its petals opening more and more. Revealing stairs which you begin to walk up. And as you do, a door appears. And as you open it, it reveals a sacred chamber within the temple of your heart. As you enter inside, you allow yourself to lay down and enter a state of even deep rest. A state where every single cell in your body is being replenished, refueled and rejuvenated. Breathe.

And allow your body, yourself, your mind and your spirit to drink up whatever it is that you need right now. Breathe.

Allow yourself to let go and rejuvenate. Breathe.

And exhale and allow yourself to be rebalanced, rejuvenated, replenished. Any part of you that believes it's not whole, now comes back to a state of wholeness. Any healing that you've been

praying for, comes to you. Knowing that healing is merely a state of being returned to your wholeness. Breathe.

Surrender. And allow yourself to be rejuvenated. Knowing that all you need to do now is to rest deeply. To receive deeply. To rejuvenate deeply. Feeling the energy of the earth coming up through your body. Feeling the light of the heavens showering down upon you. Receiving from the earth. Receiving from the heavens. Allowing your body to be replenished by both of these forces. Breathe.

And allow yourself to be replenished, healed, returned to your wholeness. Breathe.

Now allow every cell to be renewed, to be held to be rejuvenated.

Feeling how filled up you feel, knowing that this chamber within the temple of your heart is here for you to return to whenever you like. Take a deep breath in. And breathe out. And begin journeying out of the healing chamber. Out of your inner temple. Back into your body. Back into the here and now. Breathing deeply. Begin to stretch. And when you're ready, open your eyes and go about enjoying your day.

I'm so grateful for you being here. If you've enjoyed today's healing meditation, you can find so many more guided meditations, soul journeys, rituals, live sacred circles and classes, and so much more in the Sanctuary, which is my special sacred membership. Head over to rebeccacampbell.me/membership and you can find out more there. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. And if you do love this podcast and you've loved this meditation, I so appreciate you leaving a five-star rating or a review as it really helps other people find these episodes in this podcast too. Thanks for returning.