

Balancing Meditation

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For this meditation you sit on the ground - and it works ever more beautifully outside, literally sitting on the earth. But it can truly be done anywhere that you can project your intent to connect with *Pachamama* (Mother Earth, the Great Cosmic Mother) and *Hanaq Pacha* (the heavens, or spiritual realm).

This meditation can be used in full for balancing, or in part - either Pachamama only or Hanaq Pacha only - for help with grounding (Mother Earth) or inspiration (Heavens).

Here's the complete process:

- First, notice what your energy feels like before you start. Feel down deep in your body. Notice how you feel.
- Now place one of your hands on Pachamama (or the floor if you're inside) and the other on your body over the core or center of your physical being, located a few finger breadths below your navel.
- With intent (sincere pretending if you're new to energy work) form an energetic connection between your core and Mother Earth, and ask her to bring your core into harmony with her.
- Notice the effect of this connection, and continue until you feel that the energy of your core is in harmony with Mother Earth (usually a few minutes but maybe even just seconds as you become more adept).
- Next, take your hand from your core and place it on the ground or Mother Earth if you're outside, and take the hand that was on the ground and place it over your heart.
- Again, with intent, connect the energy of the two and ask Pachamama to bring your heart into harmony with her.
- When you sense that this harmony has occurred take your hand from your heart and place it on the ground and put the hand that was on the Mother Earth on your the center of thought (at the crown of your head). Continue until your mind has come into harmony with Mother Earth.
- Now we're going to follow the same process but this time coming into harmony with the refined pure energy of the Cosmos or the heavens, known as *sami*.

- Start by putting one hand over your core and raise the other hand toward the sky to connect with Hanaq Pacha, the energy of the Cosmos.
- With intent open a connection between the two and ask the Cosmos to bring the core of your being into harmony with it.
- Repeat with your heart and your mind, switching hands each time.

The Austin Shamanic Healing Meetup uses this meditation in our circles. Many of the members admit to practicing this every day. I use the full meditation, and admit that the grounding portion with Pachamama is the one I do most often.

This technique is great to use right before you wish to connect with the Q'ollary layer of Pachamama, the first temple in the Seven Layers of Pachamama, or K'anchis Wara work.

Thanks to author Oakley Gordon for the meditation. It's found on his [Salka Wind blog](#).