

Together Around a Campfire



Get comfortable in your chairs, rock and adjust to find the right spot. Feel your weight settling into the chair, your legs, feet, hands. Feel your weight drop into your spine, elbows, hands and feet.

Take a few deep breaths. In and gently out. And in. And as we breathe in, focus on the gratitude for this opportunity to come together. Continue breathing gently.

Imagine the heat from the fire, feeling it on your face, nose, eyebrows, shoulders, arms, torso. Don't hold your feet too close to the fire; just close enough that you can feel the heat on your legs. Imagine joining hands with others in the circle beside you, feeling the heat of the person beside you.

Now, imagine a snow or gently falling white light above us. And as we breathe in, the white moves down through our crown and through our chakra system, bringing a light-balancing release as it moves down through our body, spine, bellies. Everything is relaxing to the base of our spine. The root chakra opens to receive the light and is warmed by the fire and light. Everything relaxes and rests down to the feet, even the small bones there.

So, we'll take three deep breaths together and then we'll come back. Breathe in this lovely effervescence. This time feeling your whole body sparkling and relaxed. Breathing out with an awareness of the hands of your partners beside you. Give the hands a squeeze, and gently release their hands.

Opening your eyes, know that you are welcome to join in this campfire.

Suzanne Hale