

Soul Activation

Symbol Meditation

This is a short explanation of how to work with my symbols.

If you want to tap into the energetic field of a symbol and receive energetical updates you can do the following meditation:

- print the symbol in A4 and in color (make sure to get a good copy so you can see all the shapes clearly)
If you don't manage to make a print you can put it on your screen... but I recommend printing it out
- Create a sacred and calm space for yourself, e.g. light some candles and incense to calm you down
- get a journal or a piece of paper to write down your experience after the meditation
- Make sure you won't get disturbed for at least 15-20 minutes
- move into a comfortable seated position, make sure your spine is straight and you can sit comfortably for at least 7 min
- place the print at eye sight so you can look straight at the centre of the symbol

- start the timer for 7,5 minutes
- Close your eyes and take a deep breath in
- open youreyes again and look at the Centre of the symbol for 7min straight
- try to blink as little as possible
- open up your heart, your soul and your entire being to the energy of the symbol to get the most out of it
- observe any kinds of sensations, emotions or processes inside of you (it may take a few times to become more comfortable with this kind of meditation
- after your meditation make sure to close your eyes gently and observe what the symbol is showing you
- sit in meditation as long as you want and let the activation process settle slowly into your system. Your body might need some time to integrate new information and energetical updates
- feel free to journal after the activation and write down your experience including all insights

Feel free to contact me and share your experience with me.

I love to receive feedback and learn more about my work through you.

Much love and light,

SUNA