

[Sea-Sponge Meditation](#)

1. Sit down comfortably. Close your eyes. Allow yourself to imagine that your body has become a giant sea-sponge.
2. Imagine yourself breathing through every pore in your body. In and out, through every pore in your body. Like a gentle wave on the ocean. Do this for at least 15 minutes.
3. Then, as you keep breathing the air through every pore in your body, I want you to use your wonderful imagination and **imagine that the air has turned into brilliant white light**. Notice the quality of your breathing. It has become slower and the light is dense to breathe. Allow this to take you deeper into your stillness and the silence, where you
4. Keep breathing the light in and out through every pore in your body. Do not be concerned if you cannot see the light. Just use your vivid imagination. Imagine it will be there and it will be there.
5. **A critical or analytical mind has no place in meditation.** You must release, trust and let go.
6. Continue this for as 20 to 30 minutes and explore this deep place of rest.
7. When you feel there is no time, that is a nice place to finish... :)

SydneyMeditationCoach.com

SydneyHypnotherapist.com

[Call Now! 8003 3067](tel:80033067)

[Email me: Trish@SydneyMeditationCoach.com](mailto:Trish@SydneyMeditationCoach.com)

Meditation Courses & Classes, Hypnotherapy & Quantum Manifestation Courses

[Learn to Meditate:](#) 12 Different Meditation Techniques including Mindfulness



SydneyMeditationCoach.com