

Danny's Stardust Meditation

You can use this with hospice patients, their families, and also grief clients. You can vary it in several ways, depending on what you know about the person's spiritual perspective.

First, ground yourself to the earth. Imagine standing on the land where you live. See the landscape, feel the air. Acknowledge your connection to this place as your home.

Now look up to see a star-filled sky. As you breathe deeply, imagine that the stars are not white, but every color in the spectrum. They begin to spin around, like a sea of colored stardust.

As you breathe deeply, imagine that you're breathing in the beautiful light of these stars. Breathe them in and fill your body with peace, love and healing. When you exhale, release fear and doubt.

What you are breathing is THE LIGHT. As you inhale this light, know that it is the light of creation. The light of love. It is the energy that connects everything. And as you breathe it, you become more connected to universal consciousness. To the light. To God. Whatever you want to call it.

Now, call to yourself the image of someone or something that you love and trust. Someone safe who represents love and caring. Perhaps a loved one who has died, or a religious figure or an angel or a spirit guide, or your childhood dog. Call this being in, and when you see them, surround them with the colored stardust.

Imagine them smiling at you, radiating love. And allow them to breathe the stardust along with you, until your breathing is synchronized, and you are connected as one.

Once you feel that connection, if there is a message you'd like to share with this being, do so now. It might be a message to a departed loved one, or to God or to the spirit world. Perhaps a statement of gratitude, or a request for help.

OPTIONAL And now, while still breathing the stardust together, ask that being if he/she/it has a message for YOU. Simply breathe and listen. Trust what you hear.

After messages have been shared, it is time to return to this plane. Tell the being that you are grateful for having shared this moment. And know that you can return to this place anytime. Release this being into stars and allow him/her/it to fade away.

And now you too are being released, as you come back into your body. You are now back on the earth looking up at the stars. Notice the earth around you... the trees, the landscape. Rub your hands together, touch your knees or your face to ground back into your body. Open your eyes when ready.