

***Soul Path
Meditations***



***Seven Offerings for
Mind-Body-Spirit
Renewal!***



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Lmbt, E-Ryt, Intuitive Lifestyle &
Wellness Guide

Helping others along their journey
towards Health, Happiness & A
Balanced Lifestyle



LET'S BEGIN AGAIN

Each new day, new lunar cycle, or new moment can be an opportunity to begin again, to become present in the moment, to connect again to the true self.

When we re-connect through self-care and mindfulness practices we enable ourselves to heal and then move forward with more clarity, more joy, refueled, and ready for the challenges and ups and downs of life.

Let's utilize the rhythms of the natural world, the rhythms of our own breath and heartbeat, to reconnect and honor our life's essence, our own eternal and vital energy.

These meditations are for your busy lifestyle and can be done anywhere, anytime, without any special clothing or equipment.

I am excited to embark on this healing journey with you!



WELCOME!

“The soul loves to meditate, for in contact with the spirit lies its greatest joy.”

Paramhansa Yogananda

“The thing about meditation is: You become more and more you.” David Lynch

“Quiet the mind, and the soul will speak.”

Ma Jaya Sati Bhagavati

“Meditation is being in tune with our inner energy source.” Anonymous

“Meditation speeds up the evolutionary process by gradually purifying negative tendencies.” Master Choa Kok Su



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ONE

For Harmony & Energy Flow

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MEDITATION FOR HARMONY WITH THE HEART

This meditation will help channel energy from the Earth and open a gateway for energy flow. It will help calm our stress response and help us shift into a more resilient state of being.

Combining the act of feeling connected to the Earth's energy with the simple act of focusing on the heart area and longer, slower breaths helps to draw energy away from distressed thought and feelings.

This process brings about more coherent heart rhythms, improves mental capacity, and opens us up to deeper levels of healing.

RELAX SEATED OR LAYING DOWN.

- 1 – First feel grounded and connected to the Earth. Then focus your attention in the area of the heart.
- 2 – Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. (Suggestion: Inhale 5 seconds, exhale 5 seconds, or whatever rhythm is comfortable).
- 3 – Visualize a gateway opening for healing heart centered, compassionate energy to flow to you.
- 4 – Practice this meditation for just a few moments or for up to 30 minutes. The great thing about this meditation is that you can practice it anywhere, anytime, and easily incorporate it into your life.



TWO

For Inner Purity, Releasing
Negative Energy, and For
Forgiveness

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INNER PURITY MEDITATION

The state of inner purity helps us flow more easily through challenges and find more balance in daily lives. Heart focused breathing and this meditation help support alignment between our heart, mind and emotions when we are making decisions, communicating and planning.

This meditation helps release negative energy, and bring in inner purity and forgiveness toward yourself and all beings.

Let's help ourselves move forward consciously and with grace, rather than repeating old stressful patterns...

RELAX SEATED OR LAYING DOWN.

1 – Focus your attention in the area of the heart. Imagine your breath is flowing in and out at your heart, breathing a little slower and deeper than usual.

(Suggestion: Inhale 5 seconds, exhale 5 seconds, or whatever rhythm is comfortable.)

2 – With each breath, imagine drawing in a feeling of inner purity. Visualizing a cool and very clean stream or waterfall washing over you to cleanse any negative energy letting go of anything you do not need. Breathe long, slow, cooling breaths for several minutes. You may see the colors white, light blue or soft bright orange.

3 – Set your intention to anchor the feeling of purity, clarity, and forgiveness at your heart center as you end this meditation and engage in your daily life, projects, challenges and interactions.



THREE

For Connection to Higher Self
& Intuition

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HIGHER SELF MEDITATION

This meditation is for gaining clarity, preventing energy drains, and for balancing your mind and emotions so that you can have more clarity in decision making.

RELAX SEATED OR LAYING DOWN.

1 – Acknowledge a problem, issue, or decision you are trying to make; whatever pops into your mind first or is strongest in your consciousness right now. Then identify your feelings about it...

2 – Now for a few moments, focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. (Suggestion: Inhale 5 seconds, exhale 5 seconds , or whatever rhythm is comfortable.)

3 – Now for a few moments, imagine a great wind being blown over the body and up to the higher self. Imagine a connection and deep knowing of your Infinite True Soul Self, whatever that may mean to you personally.

4 – Now for a few moments, bring your attention up to your heart again. Notice what you feel most grateful for or appreciative of in your life right now.

5 – Now for a few moments, from this new place of awareness, recall the issue you thought about at the beginning of your meditation. Quietly observe any subtle changes in perceptions, attitudes, or feelings. Commit to sustaining a new beneficial energy field and attitude as you complete this meditation and act on new insights.



FOUR

For Recharging Mind, Body &
Spirit. For Manifesting Goals

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MEDITATION FOR RECHARGING MIND, BODY & SPIRIT

This is a powerful meditation for helping you shift into a more beneficial state of mind, body, and spirit. It will help you clear negative karma to create a more positive “new normal” state of being for you.

Old karmic patterns may be draining your energy and preventing you from moving forward. This meditation is for helping you release so that you can manifest your goals and dreams.

RELAX SEATED OR LAYING DOWN.

- 1 – Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. (Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable.)
- 2 – Now for a few moments, draw your attention down below your rib cage as you continue with long deep breathing. Visualize your inner flame at your solar plexus, growing brighter and lighter, burning away anything you do not need in your consciousness.
- 3 – Now for a few moments, bring your attention up to your heart again. Notice what you feel most grateful for or appreciative of in your life right now. Notice where you easily feel compassion towards someone you know and/or yourself.
- 4 – Now for a few moments, radiate a new renewing feeling toward yourself and others. You may visualize a beautiful pure light growing within you and expanding outward.



FIVE

For Grounding & Renewal

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MEDITATION FOR GROUNDING & RENEWAL

This meditation helps reduce fear and anxiety and replenishes your energy.

With this meditation we connect to the cycles of life, the Earth, completion, and balance.

RELAX SEATED OR LAYING DOWN.

1 – Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. (Suggestion: Inhale 5 seconds, exhale 5 seconds, or whatever rhythm is comfortable.) .

2 – For a few moments, feel completely supported by the Earth.

3 – For a few moments, in your mind's eye, imagine the body growing with beautiful flowers.

4 – Then imagine or feel a regenerative feeling such as gratitude for someone or something in your life.

Try to re-experience the feeling you have for someone you love, a pet, a special place, or an accomplishment; or simple focus on a feeling of calm or ease.

5 – Wind down your meditation by gently moving and stretching your arms, hands, neck, shoulders, ankles, feet.

This meditation can be done anywhere, anytime, when you feel anxious, scattered, or not grounded.



SIX

For Conscious Compassion &
Uplifted Spirit

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COMPASSIONATE UPLIFTMENT MEDITATION

This meditation helps boost the effects of all the other meditations in this series.

We will connect the elements of Earth, Water, Fire, and Air to help remove doubt, fear, anger, and heal the past.

With this meditation we will also start to heal our communications with others and honor ourselves.

RELAX SEATED OR LAYING DOWN.

1 – Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

2 – For a few moments allow yourself to feel completely supported by the Earth.

3 – For a few moments, in your mind's eye, imagine you are floating gently, letting go of all tension.

4 – For a few moments, feel warmth and light at your center, filling you with a beautiful brilliant light that radiates through you and outward.

5 – For a few moments feel light as air, notice your breath as a light breeze, notice the air around you, touching your skin.

6 – For a few moments reflect on a communication you have had or are about to have with someone. The first one that pops into your mind. Set an intention to listen for the essence of what is being said, without judgment or getting pulled into a negative frame of mind. Holding judgments or anger blocks your ability to move forward now.

7 – Reconnect to your breath now. Make a commitment to yourself to listen with conscious compassion and commitment to staying in your heart space as you interact with others today.

8 – Reconnect to your breath now. Thank yourself. Honor yourself for doing something for you today with your meditation practice.



SEVEN

For Self Healing

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SELF HEALING MEDITATION

This meditation is for your self care. When we take the time to care for ourselves, we are better able to show up for others in our life with joy and compassion.

Relax laying down in a comfortable, quiet setting.

- 1 – Place your hands on the top of your head and take 3 long deep breaths. Feel connected to the Universe and all life.
- 2 – Bring your palms together and rub them vigorously to create heat. Then immediately place your hands over your eyes. Take 3 long deep breaths feeling the soothing and healing touch of your hands.
- 3 – Place your hands at the base of your throat for 3 long breaths, feeling completely at ease.
- 4 – Place your hands over your heart for 3 long breaths, feeling completely loved.
- 5 – Place your hands over your solar plexus for 3 long breaths, feeling relaxed and joyful.
- 6 – Place your hands just below your naval, feel as though you are floating gently.
- 7 – Rest for a while, at least 5 minutes with your hands by your sides, palms down on the Earth. Take your time to sit up. Then place your hands on your feet. Take 3 more long breaths. Now feeling grounded and energized.



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Several Options for Your Health & Happiness...

1. Schedule Your Distance Session ! (Guided Meditation, Reiki, Intuitive Life & Wellness Coaching)

2. Schedule Your In Person Session! Wilmington, NC USA only. (Guided Meditation, Reiki, Intuitive Life & Wellness Coaching, Yoga Small Group & Private Sessions, Massage Therapy, Thai Yoga Bodywork, Reflexology)

3. Get in touch at www.setphanieellis.info !

ABOUT STEPHANIE

After a winding path of seeking her true calling in life and learning how to thrive while doing what she loves, Stephanie has been a yoga instructor, yoga teacher trainer, licensed massage therapist, continuing education provider, massage therapy instructor , and life coach for several years beginning in 2001.

Previously she earned her Bachelor in Fine Arts from UNC-Charlotte and has always enjoyed bringing creativity to her work.

Stephanie has a passion for helping others along their journey towards health and happiness by providing a variety of offerings for her clients/ students. She is a lifelong learner and seeker of ways of being that are positive, joyful, and contribute to the well-being of others.



Stay in touch!

www.StephanieEllis.info

Is home for

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&

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