Levitation Meditation

This script is good for the spiritually-minded individual who likes to ponder esoteric possibilities such as whether or not we can transcend ‘normal’ consciousness and physiology to achieve altered states and abilities. Be aware that abreaction can sometimes occur.

Some people believe that they can levitate themselves... and some people believe that even though they can’t do it, other people have the ability to levitate, that it’s part of a mysterious skill that some cultures might still maintain but which the rest of us have lost... and every so often we hear that an individual has learnt how to do it by spending a long time studying with an ancient master of the art...

I don’t know if it’s true or not that somebody might be able to float above the ground like that... but I do know that if you have the right sort of imagination... that allows you to explore possibilities... it’s often quite easy to feel as if you are floating... and maybe it’s easy to feel because, long, long ago, when there were not so many people in the world... perhaps some people could float like that... could levitate whenever they wanted to just by altering the state of their conscious mind... achieving a special sort of meditation, perhaps, that some of us have just the faintest of inherited memories about... passed on from generation to generation in some mysterious way that we don’t fully understand any more...

And all you need to do to feel that sensation is to allow your conscious thoughts to just drift wherever they want to for a little while... while I’m talking to you, you might think of things that happened yesterday, or at some other time... but it doesn’t matter... just see them and let them drift away, without trying to sort them out, without wondering why they come to you... just letting them drift by like leaves floating on a gently trickling stream somewhere... thoughts, feelings, memories of yesterday or last week or last year... all of them so unimportant now, all of them things that happened one time that have no importance to you right at this moment... just letting them drift out of your mind while I’m talking to you... so that you gradually begin to notice an ever-increasing sense of calmness and tranquillity, a serenity that seems to be flowing into every pore, every cell of your body... a quiet easiness where nothing matters, nothing needs thinking about... because just for now, nothing is important... just for the time being everything in your world is exactly as it should be...

Letting you mind empty like that and just listening to the words I speak and the sound of your breathing... is exactly what can allow you to experience the feelings of levitation... or floating... just concentrating on your breathing for a moment or two... noticing the sound and feeling of the breath you breathe in... and then the sound and the feeling of relaxation as you breathe out again... noticing that it is as if that breath flows into every part of your body and mind, flowing into every part of you... and if you think a single thought, then that breath will carry that single thought into your mind, into your body, into every single cell and fibre... the thought of a feeling as if you might begin to float on air at any moment... and that feeling can be so real that you might actually begin to wonder if you really are floating...
[OFFER ENCOURAGEMENT IF ARM LEVITATION OCCURS BUT THERE IS NO REASON TO ACTIVELY SEEK IT]

And I don’t know if it will start all over your whole body, as if you are just gently floating upwards, just a little bit... or if it will start in just one part of the body as it does for so many people... maybe starting in just one of your hands so that you feel as if first your hand, then your whole arm is becoming lighter and lighter... so light that you just know that it will begin to float upwards without you making any effort at all... and if you can use your imagination and your ability to concentrate on that sort of feeling really well, then your whole arm will begin to float up from where it lies... just gently at first, then more strongly, just as if it is being lifted upwards by a silken ribbon around your wrist... it’s a wonderfully pleasant feeling when your arm begins to float like that... or even if it’s just a feeling inside you that your arm might be floating or about to float... just an awareness of an increasing lightness...

And when you have that feeling in one part of your body, you can imagine it gently spreading outwards to other parts of you... so that it soon begins to feel to you as though your whole body is weightless... or almost weightless... and some people begin to find something very special happening just after that... a feeling of somehow losing touch with your physical body, a feeling of just an awareness of yourself... and when you can find that special feeling of just an awareness of self like that, you know that your subconscious mind is perfectly in tune with your conscious mind... so perfectly in harmony that it is as if your entire being is working in perfect unison... where the physical body is actually of no great importance for a little while... and your awareness of self is heightened in a very special way, a way that allows you to easily absorb ideas and concepts that are for your benefit... an awareness that gives you a very special sense of the real you, the you that really matters in the world...

You can notice the clarity and easiness of your mind... as you are aware of just yourself... or perhaps of an exquisite sensation of having levitated just as our ancient ancestors may have done so many thousands of years ago... and you know and understand that when you are aware like this your mind is working in exactly the way it is designed to work...

[NOW TO DEEPENER]