

BECOME POWERFULLY FEMININE

with  
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(y)  
*Powerfully Feminine*  
INTENSIVE



## **Meditation**

Welcome to the Art Of Power module in the Powerfully Feminine Intensive, I'm Candice Oneida.

In today's lesson you are going to learn the "microcosmic orbit" meditation which will show you how to circulate the "etheric" or Qi(chi) throughout the body.

### **Today you'll learn:**

1. What different types of meditation are for
2. How to meditate to cultivate your energy
3. The "Microcosmic Orbit" meditation

### **What Is Meditation?**

Meditation can mean many things. In many spiritual traditions from the East, meditations were often designed to get you out of your little ego and head you straight to Nirvana...a type of practice that is to get you out of life and heading directly to spiritual worlds. Nothing wrong with that hey, sounds pretty great to me...merging with the Divine and not having to deal with daily life!

But, we are people of the world and we live a life, work and relationships that may require a different type of practice to provide the type of transformation and power that we need to deal with everyday life and continue to evolve, awaken and be the best possible version of ourselves.

So, some types of meditation like those of the **kundalini, tantra and kriya yoga traditions as well as that of taoism and western alchemy, are based on energetic practices that actively work with the energy body to both cultivate it and help you to reach higher states of consciousness.**

These types of practices also are more focused on **making your actual life work better and feel better and be more connected** to each other as well as spiritual worlds. Another way of saying this would be feeling god, the divine, the universe inside you everyday, rather than only feeling it when meditating or praying.

In the context of this course, **we're going to be doing meditations that effect your energy...move your energy.** It will be the type of practices that take your awareness into all of the crevices of your body, particularly that of your sexual organs and energy and you'll learn how to move it around like a *master kung fu expert* knows how to deflect an oncoming opponent!

### ***Why is this important/relevant?***

The type of meditation that I'll be teaching you is more directed to making your actual life work better and how to feel better in your body on a daily basis.

As human beings, **our consciousness is anchored into this physical and energetic body....it's** a bit like, these two things shape our conscious experiences. So, if for example you feel sick, you also feel will-less and uninspired. It's hard to get motivated to do anything very much.

Well this is because your consciousness is hindered by the sickness that is in your body. It can't flow easily or land into it. **The anchor is not clean, clear, flowing or receptive.**

I like to refer to my body as my temple. Have you ever been into a messy and dirty temple or church? It doesn't feel good right? And the space in the temple isn't very inviting for pristine divine light to land into. On the contrary have you been inside a beautiful temple that is loved and adored by its care takers. It's almost as if the care alone brings a space that is so enticing, so inviting to divine light that it just can't help but want to be there.

We need to take care of our temple so that spirit can land in us. Also, **when we take care of our temple we shine our light, our spirit into the world and other people are attracted to that.** When our energy is flowing and light-filled it's as if everything else in our life starts to flow.

It brings with it fluid, deep and satisfying relationships, love, sex and success.

## ***Other things that effect the quality of your energy***

Other things that effect the quality of your energy are the quality of your thoughts, the people you hang out with, the foods you eat, the air you breathe. In the context of what we are going to be focusing on is what **you can control inside of yourself** – i.e. your life force, your thoughts and your value of yourself.

Together **we will learn how to gradually restore lost sexual, creative and generative energy by opening a certain channel that runs through your body.** Once you have your channel open through engaging these techniques you can circulate both negative and positive sexual energy through it. As these two energies are combined and circulated, a natural process of combustion changes the negative energy back into life force or etheric energy. This creates a positive energy cycle as well as new, good habits inside of yourself. Giving you more energy to cope with life, negativity and stress.

The Taoists regard our organs as the body's parents and our senses as the children. When they separate there is disharmony. People search for happiness, satisfaction and love outside of themselves rather than from within. Once you have more sexual energy coursing through you, the organs will become stronger and will then be able to control, satisfy and balances the senses.

## ***The Microcosmic Orbit Meditation***

OK, so we're about to learn a meditation. Just to be clear this is a Taoist practice. It is one type of energy-based meditation practice. It's simple, it's powerful and it works!

The ancient Taoists stressed the importance of learning what is called the Microcosmic Orbit Meditation because it is the means by which your energy can be circulated in the body and ultimately stored in a safe place for later use and transformation into higher forms of energy.

This is a necessary step to the cultivation of your own energy. **Once you learn this the mind will have begun to realize it has control over its own subtle energy.** Don't underestimate the power of simply recognizing that you have command over your energy.

It will be easier to cultivate your energy if you start to understand the two major pathways of energy circulation in the body. Don't worry about the names so much, I just want you to experience them for yourself.

One channel, the yin channel, begins at the base of the trunk at the perineum (which lies in between the vagina and the anus). It goes up the front of the body and ends up at the tip of the tongue.

The other channel or yang channel, starts at the perineum, but it flows upwards into the

tailbone, then up through the spine, into the brain and back down to the roof of the mouth.

The tongue acts like a switch between the two currents of energy: Front and Back. Yin and Yang.

Here is a tip: When we do this meditation make sure to rest your tongue just behind the top front teeth. This will keep the energy flowing during the meditation.

This vital current circulates past all of the major organs and nervous system in your body, giving cells the juice that they need to grow, heal and function at their best.

The sexual energy that moves in the Microcosmic Orbit is a primordial energy. What I mean by that is that human life begins with the union of an egg and a sperm. However, instead of creating a baby with these practices, the energy mounts to higher and higher centers in the body, building and refining itself for our use creatively and spiritually.

We literally draw the sexual energy upwards and create new life or a “rebirth” into our life force.

Sexual energy is extremely versatile and can be transformed into many different functions for our bodies, our minds and our souls.

### **In Review, what you've learned today is:**

1. What different types of meditation are for - what we are doing here is a type that will increase your energy levels and make you juicy and alive again.
2. How to meditate to cultivate your energy – and that this puts you back in the drivers seat in that it taps you into an unlimited energy source.

Click below to hear the next audio that will complete this lesson. It is called the “Micro cosmic orbit meditation” – this will show you how to circulate the “etheric” or Qi(chi) throughout the body.

Great job and after you learn the meditation I'll see you in the facebook group and on the next “step into your feminine power” call.

Bye bye for now.

## The Micro Cosmic Orbit Meditation

Let's prepare for that by finding a comfortable sitting meditation position. If you already know how to sit in meditation, just find a comfortable sitting position, in cross-legged position on the floor, on a meditation cushion, or if you need to sit straight in a chair, that's fine, just I recommend you do not lean back in the chair because we want to keep your spine, your back, as erect as possible.

So, I'm just going to give you a few minutes to get yourself settled into a good seated position.

And then, we're going to close our eyes.

Now, you're going to allow your energy to start the circulation, the loop between the front and the back of the body, from yin to yang, feminine at the front, masculine at the back.

Start with your eyes. And with your attention, you simply start to circulate the energy as it goes down the front from the eyes to your tongue, your chest, and navel on the belly, the pubic bone to the perineum at the base. And then, at the back of the body to the tailbone, up the length of the spine, back of the neck, back of the head, and then back down to the tongue.

Let's do that again.

Continue the circulation just like revving up an engine as you do this. You stop at the tongue and you move awareness down the front of the body. All the way down to the perineum. Circulating it up the back of the body, the tailbone, the spine, the back of the neck and with the head and to the tongue again and then continuing it down the front of the body.

*So, this is the circulation.*

*A circle, or more rightly, it's really an egg shape. An ovular shape.*

Now, continue doing this circulation. At first, it may feel as if nothing is happening. But eventually the current will begin to feel warm in places as it loops around. You may feel a tingling warm full vibration as you do this. The key is to stay really relaxed and try to keep your awareness directly on the part of the loop that you're focusing on. Now, this is different from a notion than visualizing something in your head as you actually take your focus on the parts that you are following.

Let's continue to do that. At the back of the body, tracing your awareness, your focus at the back of the body and the back and the head, through the tongue and down the front of the body.

So, the tongue placed behind the top front teeth is an important part of this switch, this link, keeping the flow of the circulation.

And we go down the front. And down across the organs in the belly and the pubic bone into the perineum at the bottom but we don't stop. We keep circulating up.

The tailbone and the back of the body. And the spine. The neck and the head. Up over the head to the tongue, and we continue.

So, the yin and the yang channels become an orbital circulation.

And continuing the meditation.

Acknowledging in your own system what things you're starting to feel, what sensations you are starting to witness in your system.

Be patient with yourself, this will happen. If you're not recognizing anything yet, it will happen.

***This is your body. This is your body of energy. Your energy body. You have the power to command and circulate its energy.***

A beautiful caressing that happens through the circulation.

You probably haven't put this much attention on your body like this quite a long time.

*This is a gently, beautiful, feminine meditation.*

As you caress the body and your energy through the circulations that happen in this meditation.

Breathing in and out.

Hmmm...

That was just me vocalizing the experience I'm having through the circulation experience. Feel free to do that if it comes up for you too.

Now, whether you're doing the practice in a cycle of one breath in and one breath out or if you are taking longer, it doesn't matter. If you're doing it in a cycle of the breath, ***you'll be breathing in as you cycle up the back of the body and you would breathe out as you cycle down the front of the body.***

If you want to take more time, just let the breath do its own thing. There's merit in doing it both ways.

The main thing is that you are placing your awareness on your body in your energy and you are doing what feels right for you and continuing the circulation at your pace with what feels right for you today in your body.

That could be different on a different day. It could be different if you're feeling unwell. It could be different if you're feeling very vibrant.

You're learning to tune in to your own system here and to know what your body needs, what your energy needs.

***You're learning in this practice how to take command, gentle feminine command of your energy. This is your divine right.***

And let's do a few more circulations. The back of the body and the circulation down to the front and the perineum at the base of perineum. And it's really the tip of the tongue that's at the top of the circulation.

You'll start to see that and experience that for yourself although remembering that this continues to move. There's no stopping at the perineum nor the tip of the tongue. And also, obviously an important center at the very top of the head known as the vertex, observing that as you slide past it in the meditation.

And then we're going to finish this practice by placing our hands low on the belly over the region of your ovaries. This final phase is going to be where we concentrate the beautiful energies that we've built up through the microcosmic orbit meditation and we're going to do that by simply breathing into that region underneath our hands.

And by doing this, we are storing the yummy, juicy energies that we have begun to flow into the belly, the ovaries and your pussy, your vagina, feel the sense of storing our concentration of these beautiful energies for you for the rest of your day.

One more breath.

And welcome back from the practice.

I look forward to seeing all of your feedback on the Facebook page. And if any questions have risen, that's when you can start to put that as a question for our Q&A session next week.

Now, as we master this easy flow of energy inside our body, you're going to find that by tapping into your sexual power is a simple and natural step. This is the first and foundational step in turning your life around, your sexual experience around. This is a supremely feminine meditation.

After opening the microcosmic orbit energy channel, it is important to keep it clear of physical or mental negativity, thereby making it easier to pump the greatest possible amount

of sexual energy up the spine and which will lead to way better, deeper and fuller sexual experiences as you move forward.

*I want to inspire you to start doing this meditation every day. You can extend and contract the amount of time to fit in with your life and your schedule. It's way better to do this for 10 minutes.*

So I want to leave you today with this quote from Marianne Williamson that I absolutely love"

*"When a woman rises up in glory, her energy is magnetic and her sense of possibility contagious."*

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From here, you will proceed to audio recordings for the rest of this module.

Why? Because the next lessons are practices and skills that you will be learning, basically with your eyes closed!