 Intro:

*We are about to Enter the Imaginal Realm with a shared vision:*

*part prayer, part meditation*

*a transformative journey together*

*beginning here and now*

*and never ending*

*as we invoke our power to Love*

*to Receive Love*

*to Be Love*

*to be a font of Love in the World*

*in the universe*

*in the cosmos*

*we receive and transmit energies of*

*healing, comfort, strengthening, and en-courage-ment”*

(short pause)

*Prompt 1- “Find a comfortable position, keeping our heart open to the group. Begin with a few deep breaths, as you settle into your being, here and now, in this space together. Let yourself sink down into the radiant center of your heart.”*

(short pause)

(PART ONE)

*“In the dream of the Sanctuary moon,*

*we follow the brightness*

*as the stars guide us to a hidden spring,*

*singing, "Remember who you are."*

*We are not lost,*

*but nothing is familiar,*

*and no paths lead backward.*

*In this rare garden, deep in the forest*

*we take our rest.*

*A surge of nurture and grace courses through our bodies.*

*We drink it in,*

*fill our jars,*

*and bathe in sparkling pools of living water.*

*We sense a gentle invitation:*

*Feed life and life will feed us.*

*Become a willing agent of grace.”*

(Pause)

(Heartful Receiving and Transmission)

Prompt 2- “*From the inward shining of our own heart*

*feelings of love and bliss*

*are flowing*

*into our heart space,*

*like hollow bones,*

*we are channels*

*we gently radiate that support and blessing to others around us.*

*in loving connection with all who are present here together,*

*with spiritual guides*

*angelic beings*

*ancestors of all races and places..*

*we behold and become the*

*intimate face of God-Beside-Us.*

(short pause)

*We can direct our heart energy to others.*

*We might raise our hands, as part of our heart space,*

*facing the group or person we are transmitting to.*

*We may sense the loving energy flowing through our hands.*

(pause)

Prompt 3-

Receiving and Transmission via the Feet

*“If you like, we can now move to our feet, experiencing the pull of gravity as a divine embrace of our Mothering Earth, we are grounded and infused with the Christ/Sophia energy of the divine and material in all things, including our physical bodies, through our feet center. “*

(pause)

*“We sense that the Earth is truly alive.*

*We are a living, breathing manifestation*

*of this beautiful and generous planet.*

*Our relationship to the Earth is transformed.*

*We will walk differently and care for her differently.*

*We will fall completely in love with the Earth.”  (Thich Nhat Hahn, come to us anew)*

*We feel energy traveling along these embodied channels of Mother Earth,*

*we receive and we can send*

*Christic energy to others, through our feet.*

*Within the magnificent mycelial structure underground,*

*we are fed and we feed one another.*

(pause)

(Wombful Receiving and Transmission)

Prompt 4--*“If you like, we can now move to our spiritual womb,*

*into the warm embrace of God-Being-Us,*

*flowing from the Source like rivers of living water.*

*This gut-womb energy is filled with divine identity,*

*courage,*

*and birthing creativity.*

*We receive the divine fire in our belly*

*to find the courage and passion*

*to move on to fuller living,*

*and we can also transmit it to others.*

(short pause)

*We can energetically and emotionally synchronize with others*

*By joining our energy fields.*

*We might sense the aura or flow of energy in others.*

*Wordlessly, we offer our presence*

*And welcome the divine spark latent in each soul,*

*we reflect this pure and potent goodness*

*received and sent in communion.*

(pause)

(Mindful Receiving and Transmission)

*Prompt 5*--*“If you like, we can now move to our head,*

*into the cleared vibrant stillness.*

*We can expand into our shared vastness beyond,*

*opening to the infinite face of God-Beyond-Us,*

*into the mind of Christ consciousness,*

*which innervates all things.*

*We exist in the silent exchange of energy*

*In deep time, and infinite space*

*in the great mystery of our interbeing*.”

(pause)

*Prompt 6- “And now in our expanding radiance, we’re simply allowing our whole being, and our collective being, to rest in the web of this sacred communion.*

(pause)

***\*bell\**** –22-24 minutes

Prayers and Collective Transmissions

*“If there is a prayer or blessing for a person or situation you want to bring into this space, you’re invited to do that now. “*

(After prayers and transmissions have been shared, close with this imaginal visioning….)

PART THREE:

(Returning to the Imaginal Vision with the benefit of the Meditation Practice):

*“In the dream of the synergy moon,*

*We return again to the heart of the forest.*

*How many moons have passed*

*since the springs here began to parch and sour*

*from the burden of our estrangement?*

*A patchwork of neighbors streams toward this common locus-*

*beings of the forest,*

*human critters from beyond our circle,*

*even unseen helpers arrive to lend support.*

*Implements and tools in hand,*

*we each take up a task*

*joyfully suited to our skills.*

*And what is this great structure we raise from the ground?*

*And are the waters made safe by our many hands?*

*Yes.*

*It is a cathedral of belonging.*

*We are the rescue plan.”*

***\*3 bells\**** – 25 minutes