

Apr 25, 2024, 11:15 AM

All right, well, let's allow ourselves to move into a comfortable position where you can sit and not be distracted with your heart facing the group and allow yourself a few deep breaths. Let yourself feel your body here in this moment, now in this place together. Maybe find the deepest breaths you've taken yet today going deep into your body.

And now feel that air in your chest, around your heart as we bring our attention to our heart space. We're not thinking about our heart, but moving our awareness down into our heart space. And if you need help getting there, you can always tap from your head down to your heart, tap on your heart space until you feel your awareness there.

You might also cover your heart with your hands. Our arms and hands are extensions of our heart space. So that can help feel the energy flowing there.

If you need a little more help, you can also think about someone you love and that can help bring up those loving feelings, stirring in your heart. And once they're there, you can let that person go and remain with the energy in your heart. And now let yourself sink down a little deeper into the radiant center of your heart and the core of your heart that emanates love and bliss.

It's always there. Feel your awareness in this radiant center. And now we will open up our hearts and move from the heart space within out into the heart space among us.

You might even open your hands toward the group as you allow the channel from your heart to flow out into the space, into the space of the energy field of our connection together here and now. Let the love flow out from your heart and let the love return back into your heart as you move into the space of loving connection in the we. Allow yourself to feel one another's presence, to feel divine presence here with us as well.

Now let's move down to our feet. And you might wiggle your toes or stamp your feet on the floor a few times, bringing your awareness to your feet and moving into a grounded presence with the earth. You might picture roots growing from the bottom of your feet down into the earth, stretching deep all the way to the center if you want.

Here we are tapping into the energy of material reality and you can breathe that energy up through your roots into your feet and legs, and breathe into your body. Grounding in this way connects us to our incarnated embodiment, welcoming the energy of Christ, the contact point between the divine and the material in the earth and in the very cells of our body. Now let's move to our womb, to our gut space.

You can cover your tummy with your hands to help feel your awareness in your spiritual womb. And allow your breath to move your belly. And here in the womb space, we are held in the flow.

This is the space of our deepest identity, the space of our divine self, continuously creating us in each moment. Let yourself be held in this vital space and just be keeping your grounding in your feet, in your being, in your womb. Touch base again with the radiant center of your heart and we'll open up once again out into the we space, out into the space among us where we can experience our interbeing in the shared we.

We are not separate from the earth. We are not separate from one another and we are not separate from God. Just allow yourself to rest in this deep web.

Let yourself return within and touch base with your radiant heart. And now we'll move up to our headspace and coming from the energy of the body and we often find that our mind is unusually cleared and you can rest in this vibrant stillness. Sometimes from this space of stillness, words or images might come to us from our deep self and we can welcome them.

If you like, you can also keep going to the space above your head, out into the transcendent beyond, even to the cosmos if you like, or just simply rest in the cleared stillness. Return to your body, finding your grounding in your feet, your being in your womb, your radiant heart center and your vibrant mind. And now from our whole being, we will move once more into the space, into the shared energy field and heart among us, where we can begin to experience emergence, where we attune ourselves to sense, not what we already know, but what we are about to know.

And we can receive spiritual knowing from all of our centers within, from the guides with us, from the cloud of witnesses, for ourselves, for one another, for the group. So the web space is open. Let us attune to what emerges as we begin by going around to focus on each person and move into integral prayer, where we sense and engage in the flow with and for one another, and also speak forth anything we might have for each other.