

## **Group Meditative Prayer to Enter into our Sacred I AM Womb Center of Spiritual Knowing**

**Paul Smith**

We start with the heart. We begin to get tuned in by first activating our heart center. Move your attention from your head down into your heart. Energy flows where attention goes. Tap on head down to heart, hands on chest, think someone your love. Sink down into that deep place in your heart that is inherently full of radiant love and bliss. If you have a distracting thought, just gently return to your heart space.

Now let's avail ourselves of the group energy field that we all have been creating. Let yourself move out into the energy field of love that is flowing from our whole group right now. You may see yourself float out into it. Or you open your hands to face the group on your screen and feel the energy field pressing against your hands. Send love back out through your hands back into the group. Let yourself feel energized by the field of love that surrounds us all right now.

There is one more heart space step we can take and that is to consciously open up to the love that's flowing to us from the other spiritual beings that are present with us in our group space. That can include God in the form of a motherly fatherly presence. It can include Jesus. It can include any other guides that come to you such as Mary. Let your heart open to them and feel their love for you and the others here. You may find yourself aware of the guides of others or even the great cloud of witnesses around us. They are all sending radiant love.

Move your attention down your feet. wiggle toes, stamp your feet, see roots growing from your feet deep into the earth. Feel the anchoring energy of the earth move up into your feet and legs.

Draw that grounding earth energy up from your legs and feet into your gut or spiritual womb. Remember that whether we have a literal womb or not makes no difference. We are simply call this space by its most powerful name of spiritual knowing— our spiritual womb.

You may want to place your hands on your abdomen in a gentle movement of care and appreciation for this sacred womb space. You can even move them around as you would touch anyone that you love.

2. Breathe from your abdomen, not your chest. If your tummy is moving up and down, that's good.

3. Sink deeper down into your spiritually creative womb space. Just rest there, be there.

4. Ask yourself what do I sense and hear, in and from my gut?

Now we are going to let our spiritual womb say some I AM words *of who you already are*.

You can do this out loud or silently. Say them from inside your gut space as best you can

Now say these deep, creative sacred words:

**"I am made in the image and likeness of God."** Say it as many times as you want to. Let yourself hear yourself saying these words so that you are hearing these beautiful words. Remember that we are not saying this from our head to understand it, but from our heart and womb to feel and intuit it. Go ahead and try saying it, out loud is best if that fits for you.

Jesus said that we are the light of the world. Let's echo his words from our womb by saying, **"I am the light of the world."**

Jesus said that rivers of living water flow from our innermost being or spiritual womb. Say **"I am rivers of living water flowing from my innermost being."**

Jesus said, "Before Abraham was, I am." Let's do what he did and say this, too. Don't try to figure out how Jesus words about himself can be about yourself—just let them be. Say **"Before Abraham was, I am."** Let's do that one again. **Before Abraham was, I AM**

One of the New Testament writers said that we are “participants in the divine nature.” Let’s echo that truth by saying, “**I am a participant in the divine nature.**” We are not saying this from our head to understand it, but from our heart and womb to feel and intuit it.

And last let’s say the sacred words that God gave to Moses to signify God’s name and very being. Say the simple two words, **I AM**. This is saying I AM without saying what we are. It leaves it to us to sense our deep being without any symbols, words, or metaphors. Say it several times, sensing it coming from the energy in your abdomen.

Let’s conclude by embedding our I AM practice in our bodies by kissing God. We do that in this practice by raising our hand that God created and kiss it. Hafiz wisely said, When no one is looking and I want to kiss God, I just lift my own hand to my mouth. So if we will all keep our eyes tightly closed during this last part so we don’t have to be concerned about being seen, and raise your hand to your mouth, and give God a kiss.