

Basic Individual Whole-Body Mystical Awakening Practice (Recorded by Paul Smith)

Get into a comfortable position. One that you can be in for 20 minutes or so. Take some thoughtful breaths in whatever way you usually breathe. The difference now is that you're mindful of your breathing. If your mind wanders, don't worry or criticize yourself. Just come back to your breathing. Most of us wander around at times. As you breathe out, let go of all expectations, all deadlines, all the things you have to do. Things you have to be. Just release all of that and let go. WAIT

Next, let your mind sink down to your **heart**. To help with that, you might tap your head with a finger or two and keep tapping while you tap down the side of your face, your jaw, your throat. Finally, your heart. Keep tapping there until you sense your awareness is in your heart. It can also be helpful to put your hand or hands and arms on your heart space since your hands and arms are part of your heart space. And if you need a little more help, think of someone you love, are grateful for, or find important in your life.

Feel the love flowing from your heart to them. Then release them to focus on the love radiating from your heart.

WAIT. If you have even a small, fleeting, pleasant, or loving feeling, focus on it. Let it intensify by sinking down into it. This is the divine - human love and bliss that always resides deep in your heart center of spiritual knowing, that can radiate out to your whole being. Notice, as you rest in this, you're resting not only in your heart, but you're

resting in the heart of God. This is the **Inner Face of God Being You** in your heart. This is what God feels like deep within your heart.

WAIT

Now, let your awareness drop down to your **feet**. If you're able to, place your feet on the floor. You may want to wiggle your toes or shift your feet around. To help with your sense of grounding, you may want to see roots coming out of your feet, reaching down into the earth. They can reach all the way down to the center of the earth. You might see yourself hugging a tree. Feel your body up against the tree as you draw that grounding Christ energy from its roots. Let yourself feel anchored and rooted in your material incarnation, your divine embodiment. Let yourself feel how stabilizing and grounding this center of spiritual knowing brings. WAIT

God is in all things, including the material reality of your body and the cosmos. Let yourself be aware of this stream of Christ energy and any sensations and impressions that come from that flow. WAIT

Now, draw that grounding, sacred earth energy up into your **gut or spiritual womb**. We all have a spiritual womb, whether we have a physical one or not. In our culture, we try to hold our tummy in. Right now, just relax your tummy. You can place your hands there, even moving them around, sending love and gratitude for the energy that flows in and from your spiritual womb. WAIT

Began consciously breathing from your abdomen. Notice your abdomen moving up and down while you're breathing. There are no thoughts or feelings in your spiritual womb. Rather, there are sensations, intuitions, symbols, and sometimes images that our mind becomes aware of. Notice them. WAIT

Our spiritual womb is a center of spiritual knowing, It is home to our mystical self, our deepest core identity, our enchanted divine self. This, too, is the **Inner Face of God Being You** as your divine identity. The divine energy field that has always resided there is a creative, transforming, magical energy that liberates us personally and hopefully the world around us. It flows with the healing power that Jesus called rivers of living water flowing out to the world. You can direct it now to any part of you and to anyone or situation in the world that comes to you. WAIT

Now, move back up to your **heart** and **God's heart being you** for a brief stop to soak in the love radiating there. WAIT

Next, move on up into your **head center of spiritual knowing**. You may notice that your mind is unusually cleared and still because heart energy tends to do that. Rest in that vibrant stillness. WAIT

From this cleared, vibrant stillness, images and words can also emerge. However, they're different from your usual thinking because they come from your deeper, awakened consciousness. They come

from the **Inner Face of God Being You** in your mind. This is a co-creation between us and God that can let images, symbols, and words come up from our deeper awareness that can be healing, encouraging, and meaningful for us and for others. WAIT

At any point, if you want to, you can move on up and out to the vast transcendence that is symbolized by the endless cosmic space that is above you and all around you. Let yourself simply be in this empty formlessness. This is you having your being in the **Infinite Face of God Beyond You**. WAIT

Now, one last but essential stop in experiencing God as the **Intimate Face of God Beside Us**. God loves to be with us in a form we can connect with personally and intimately. We save it to the end when we are most tuned into the meditative prayer realm. To access God's presence in this way, move down into your heart and God's heart beating close together as one.

Become aware of the divine spiritual presences that are there with you. Let yourself connect with this realm of the presence of the **Face of God Beside You**, close to you. This can be God's motherly, fatherly presence hovering over you, holding you. This can be Jesus, your transforming, loving friend. He will make himself known if you are open to it.

So will Mary and other loving spiritual guides and beings of light. They communicate God's presence to us – the **Intimate Face of God Beside Us**. Just rest in the awareness of any that are there with you. They are there for you. They love you. WAIT

Notice when you turn your heart toward these presences, the energy field that is created between you and them. It's a sacred energy field where beings of light, spiritual companions and guides reside. God, Jesus, and other beloved spiritual companions beside us invite us to an intimate relationship, a transforming friendship, not just a casual one. Let their love for you and devotion to you flow into you. Let your feelings of love and devotion flow back to them. WAIT

When we open our hearts to those we are close to, we often touch them. Jesus touched others while in his physical body. Jesus, Mary, and your other friends in the spiritual realm will touch your physical body if you're open to their touch. This touch anchors their presence to your body and helps you access it again. Become aware of any sensations you have anywhere on your body and the possibility that that is their touch.

In a meaningful relationship with loved ones and friends, we also say "I love you." Feel free to say that to Jesus, or God, or any of these loved ones. "I love you." Try any of these that you're ready for now. Notice how it feels to be touched or to say, "I love you." WAIT

When you are ready, gently come back to the present. This concludes our meditative prayer time.