

WESPACE WHOLE-BODY MYSTICAL TRANSCENDENCE — PRAYING INTO ALL OF UNIFIED REALITY

Meditation by Luke Healy

Okay, go ahead and find yourself in a comfortable position, where you can be at ease and present to yourself.

Allow yourself a few deep breaths,
finding yourself in this space.

In this moment.

Let the air move all throughout your body. Deeply within.

And now feel the air around your heart. As we bring our attention to our heart space.
Let the energy flow in and around your heart.

-Pause-

And then move deeper into the radiant center
into the core of your heart, emanating love and bliss.

Feel the energy and the radiance deep within.

Now feel it shining out all around you.

Feel the rays beaming beyond your being,
expanding out further and further in all directions, touching all things
until the light is beyond all you can see and imagine.

-Pause-

And then in your radiant center once again.

The core emanating amongst all other emanations.

And in that center within already *embracing all*

-Pause-

Find your feet beneath you, connecting you to the earth, in grounded presence.

Let your roots stretch down into the earth.

Reaching into material reality
from your physical being into shared Earth,
feel your presence in the great web.

And the incarnated entanglement of your very physical being, with all matter
let yourself sink into your cells,
in the particles of your being,
dancing among the stars.

The cosmos, all material life.

As you *embody all*.

-Pause-

Welcome the embrace of your spiritual womb.

As you center into the unfolding, the core of your being,
into the warm enveloping
holding within the darkness.

Feel the flow of being
in the movement out from your womb
in the generativity,
in the creation of a new family,
in shared space together
in the shared womb.

-Pause-

And now back to the wellspring.
To the source within, deeper into your womb
into the primordial deep
before manifestation
into the preconceived all
the source oneness of *being All*.

-Pause-

And now we travel up and out
beyond our body, beyond our mind
into the great vast beyond
into cosmic space.
Perceiving the infinite eternity of all
the great seer of awareness itself.
Pure consciousness from the infinite beyond
the great cosmic witness.
Beyond all.

-Pause-

There is nothing to say.
Nothing to do
nothing to be.
All is well.
All is already
boundless release in the bliss of emptiness
The ultimate freedom of the beyond
And a call to being
a return to being
given to this age
for such a time as this
the gift of this
this right here.
This right now,
all that you are and ever have been.
Now in this moment,
as one,
as all.