

On being held in loving space Meditation

This meditation is entirely focused on letting God hold us in divine, human, and material loving space that includes God, people, and our earthly bodies. It is only as we learn to receive that we can be filled up enough to give. As we give up our resistance to being loved, we are able to better pass that love along to others.

Breathing. Some recommend we begin by focusing on your breath coming in and out your nostrils or the space in front of your nose. Do whatever works for you in helping you center.

Now move on into your heart space. Tap, hands, think of someone you love. As the radiant love that is always there deep within your heart begins to flow, let it flow all around you. Let it wrap around you and envelop you in loving space. This is where there is no agenda, no judgment, no attempt to fix you, just unconditional acceptance and love.

Now move up to your head space. Just rest in the cleared stillness there. Let whatever images of being held come into you mind. Or whatever images arise. Whenever you want you can also move on up to the vast transcendent space above you. Let yourself be held and wrapped in this divine transcendence.

When you are ready, slowly drop on down to spiritual womb, your gut, hara, or abdomen. Here is where you are held in the image and likeness of God that is always being created in you. Let that divine reality hold you in it creative possibilities. Feel yourself enveloped in the warmth of the divine womb.

Now move on down to your feet. Wiggle your toes or feet if it helps pull your attention down there. See roots growing out of your feet growing

deep into the earth. Let earth energy come up through these roots into your feet and legs. That energy can also have the energy of the material cosmos in it as you let it soak into your body. You are, for right now, an embodied spiritual being, so gratefully let your body surround you and hold and comfort you. Let yourself rest and anchor in the earth. Let the earth hold you, ground you, be a solid place to lay down on, to sit on as you are now, to stand on, that holds you up. Let material reality hold you in its anchoring arms while you are free to explore other realms.

We finish by moving back up to our heart space. Become aware of your spiritual guide or guides. Relax in their loving gaze which has no demands or judgment but only unconditional love. They have no agenda to fix you or change you. Only to hold you in loving space. Let them move next to you, wrap their arms around you and hold you in their healing love and wisdom.

When you are ready, you can become aware of the cloud of witnesses that also hold you in loving space. Like the words of the hymn, “For all the saints who from their labors rest,” rest from you labors.

Now carry this love and peace into you day and night, into the coming days as you are held in the love of God.