

WeSpace Heart Meditation 8:24 PM

Apr 25, 2024, 11:25 AM

All right, so find yourself into a comfortable position, a space where you can feel comfortable for the next little while. It might help if your heart is facing the rest of the group. Maybe having your feet on the ground can also be beneficial.

And let's just start with arriving where we are, taking a few deep breaths to move into your center. I want you to feel yourself in your body. And we're gonna start at our feet.

I want you to ground your feet to the earth. Feel the bottom of your feet touching the ground. You might picture roots growing out from the bottom of your feet down into the earth, tapping into the energy of divine material reality.

Maybe take a few deep breaths, drawing the energy up from the earth into your feet and legs. Now we're gonna make our way to our heart center. If you need help getting there, sometimes we're used to being primarily in our heads and our thoughts.

So if you find it helpful, you can tap from your head, just tap down your face, down your neck and throat until you're tapping in your heart space, removing our awareness into the heart. We're not thinking about the heart. Sometimes it's also helpful to just place your hands over your heart.

That can also help us connect into the felt experience of being present in our heart. Some people also find it helpful to think about someone you love, whether that be a person or Jesus or a spiritual guide who's with you. Allow the energy of your heart to flow.

Feel that heart energy present and that loving energy emanating from your heart. And where we, if you need help, you can think about someone you love and where we're ultimately going is the deep heart and that can help bring forth those feelings of love and bliss at the core of our heart. Just allow yourself to be present there.

Thank you. If you get lost or if mental chatter starts arising in your head, it's okay. Just bring yourself back to your heart center.

Now we're gonna move from that heart space within us. We're gonna open our hearts and allow ourselves to move out into the heart space among us. You might even hold your hands out toward the group if you like.

This opening of our hearts is an act of trust and that trust comes from the love that we share together here in this space, the love of Christ flowing among us. And as we open our hearts, there's a channel of loving energy that is flowing from our hearts and into the group and it's flowing back to our hearts. And that energy creates a group energy field among us and that is the we space.

Sometimes you can even feel that pressing against your hands or maybe you feel a burning in the heart and that flow of energy. Our hearts know that we are not separate from one another, that we are deeply interconnected. Let your heart engage in the flow in the we space among us.

If you get lost, return to your feet and your grounding. If mental chatter arises, return to your heart and then again into the we space. All right, let's return back to our heart within and let yourself be fully present in your body, staying in your heart center.

We're gonna move briefly back up to our heads. And coming from our heart space, you might find that your mind is unusually clear. There's a vibrant stillness in our head when it's connected to our radiant heart.

So let yourself rest in that space, that open space in your mind. Okay, let's drop back down to our hearts. Maybe the movement is a little easier this time.

Find the energy again in your heart, in your awareness, in the radiant center of your deep heart. Your heart may still be open, but if you need to allow your heart to open again, become aware of the space around you. And here, what we're going to do now first is let yourself become aware of the divine presence here with you.

You might experience that as just an energy of God's motherly, fatherly presence holding you. You might experience that in the person of Jesus, the living Jesus with you now. Others might experience that through other spiritual guides such as Mary or whoever might be with you.

Open your hearts to them. Sometimes our guides or God speaks to us. Sometimes we feel a touch on our body.

Sometimes it's just a sense of a presence knowing that we are not alone and someone is here with us. And that divine presence that is with us is with each one of us individually and all of us together. So now turn your awareness back to the we space, back to the shared loving energy that we have among us now.

And our guides are present with us in God's presence. And feel again that flow of love and energy coming from your heart among the group heart. This is the web space.

And in this space together, we'll now shift into a time of sensing emergence, of listening for what might arise within us for one another, for the group. And we call this integral prayer where we are free to just engage in that flow silently. And we're also invited to speak forth what it is that we sense is arising for strength and encouragement and comfort for one another.

So we'll go around to each person in the group and we offer what we have with humility. Again, that can be silent or spoken. So the web space is open. Let us attune to what is arising.