

Where All is Well in Endless Love  
(An embodied meditation with Julian of Norwich)

<Quotes from Julian in blue>

*“Find a comfortable position, keeping your heart open to the group. Begin with a few deep breaths, as you settle into your being, here and now, in this space together. Let yourself sink down into the radiant center of your heart.”*

*“Where do we begin? Begin with the heart.”*

*“From the inward radiance of our own center, open your heart into loving connection with all who are present here together, including spiritual guides and other forms of the intimate face of God-Beside-Us.”*

*Now, as we feel drawn and are able, we might also let our hearts come into the great universal embrace of all. Begin first by hugging yourself. Wrap your arms around your chest, around your body. Around your heart. Now feel that you are being held, not just by yourself, but by the arms of someone who loves you deeply. And then, from their arms, feel that you are being embraced by everyone here. All of us in this gathering. You can keep your hands there or let them naturally fall as you like.*

*As you feel drawn, let the embrace move even deeper down into your heart. And at the same time, feel that the embrace is also expanding. You are being held by the whole cosmos.*

*In the core of your heart, a burning star. Light and warmth of eternity. Divine love. Embracing all. Shining and shimmering with radiance and bliss.*

*“Sure hope was in that endless love in which I saw I should be kept by mercy and brought unto bliss.”*

*Here, all is well.*

*“If you like, we can now move to our head, into the cleared vibrant stillness, welcoming any arisings of our awakened mind.*

*And now as well, we might expand out beyond our mind, into the sky above and beyond us. Gradually, continuing on out into space—but not too far. Stop just above the earth. Let yourself sit in this overview, this cosmic perch, seeing the world below. Let yourself focus on your little part of the globe. See the surface of the earth where you inhabit. Then the space around your spot. See how it spreads out across the land and sea. See that there are no borders of nation or state. And see now the face of the land stretching into continents, into the whole of the earth—no longer surface but a full, round globe. See it all from this overview perspective, and let yourself earth-gaze.*

*“We are made exactly as God wants us to be. We only need to lift our minds above Earth’s empty sorrows so that we can rejoice in the Divine joy.”*

*Here, all is well.*

*“If you like, we can now move to our spiritual womb, into the warm embrace of our divine being.*

*We might let ourselves move down into the Source, sinking down into the depths of our soul. Our deepest divine identity. Resting in the womb of our unique being. Being held in the world womb. In the cosmic womb of eternal love. At one with the fullness and the emptiness.*

*Here, all is well.*

*“For our soul sits in God in very rest and our soul stands in God for very strength and our soul is kindly rooted in God in endless love.”*

*As we come into our awareness rooted and grounded through our feet, we spring up from the earth. We arise from Origin, from the source, from the body of God into our particularity. Into where we have been planted. Our Christ expression, divine and human, incarnated and embodied in this now.*

*Here, in this time and place—where all may not be well—here, we can be. We can stand, rooted in God in endless love. And gain the strength to fight vigorously the evils of the world in a humble and loving spirit.*

*Here, we can be present in action. We can be the hands and feet of the mystical and tangible body of Christ in the present becoming. The flowering of divine transformation on earth. Rooted in the eternal field, where all is interconnected, where all is flowing with healing and love.*

*“I am the ground of your beseeeking.”*

*And arising in this world—that all may be well, all can be well, and all will be made well.*

*“And now in our expanding radiance, we’re simply allowing our whole being, and our collective being, to rest in this sacred communion.”*

*“All shall be well. All shall be well; and all manner of things shall be well.”*

*Here, everywhere, and in all of time, all is well.*

It was in this way that our good Lord answered  
all the questions and doubts I might make,  
comforting me greatly with these words:

“I may make all things well;  
I can make all things well,  
and I will make all things well,  
and I shall make all things well;  
and you shall see for yourself  
that all manner of things shall be well.”