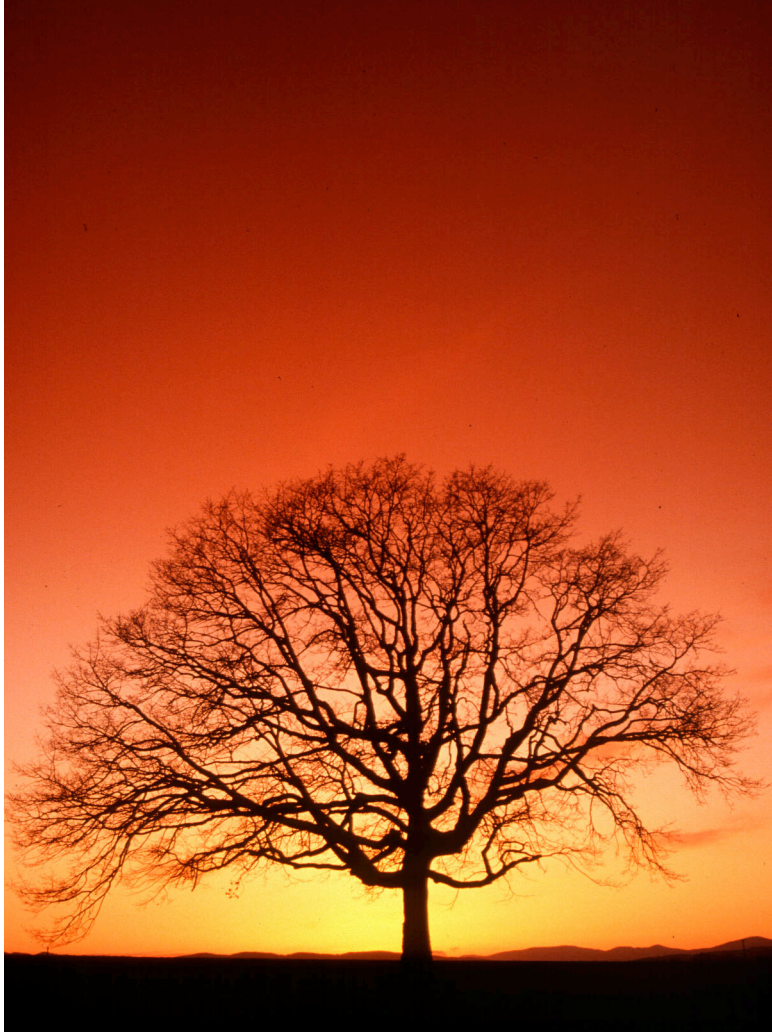


# Stillness in Spirit



**Guided meditations to inspire the spirit within you.**

**Reverend Misa Hopkins**

## **Clarity**

Sit comfortably and close your eyes. Visualize, sense or feel a clear waterfall above your head. Experience it streaming through you, cleansing and purifying you as the water penetrates all of your being. Any cells, beliefs or feelings that tend to resist are simply carried away and out of your body in the strength of the streaming water. From the top of your head to the tip of your toes, you are purified. Your mind, body and soul are clear.

Now step outside the waterfall and breath quietly for a moment. Allow silence to fill you. Notice, feel, sense your entire being emerging from the silence as clarity. Remind yourself to live this day from clarity, letting all of your choices, thoughts and actions come from this clear place of awareness.

Whenever you are ready breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live clarity.

## **Direct Path to Your Potential**

Select a tree to be with. Sit next to it with your back against it. If you are not near a tree, allow yourself to visualize, imagine or sense a tree behind you that you are leaning against. Sit comfortably and close your eyes. As you breathe allow yourself to feel as though you are sinking into the tree—becoming one with its life force. Sense the vigor and life force of the tree moving upward, reaching for its full potential as it slowly grows toward the sky. You might see or sense the column of energy pulsing upward from its roots to the very top. Now see or sense you own column of energy rising from up from the earth through your spine to the top of your head. As the energy rises within you, so do your dreams and aspirations.

Now gently separate your energy from the tree's. Allow yourself to feel your potential—your dreams and aspirations—pulsing upward reaching for fulfillment in a strong and direct path. Remind yourself to live this day, like the life force of the tree, in the direct path of your potential.

Whenever you are ready breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Be a direct path.

## **Inspire Me**

Find a quiet moment on a sunny day. Sit outside if you can or near a window where the sun is shining through. Sit comfortably and close your eyes. As you breathe allow yourself to feel the sun bathing you with every breath you take. Drink in inspiration and nourishment from the sun. As your mind quiets down, allow a single thought to come forward—something you want to create—something you would like to accomplish. See, sense, feel or hear the sound of that accomplishment. Just as the sun nourished your body, experience the sun nourishing your creation. Just like the sun nourishes a flower to grow and inspires it to unfold, the sun is nourishing your act of creation. Breathe in that nourishing, inspiring warmth until you feel your creation becoming solid and real in your vision, feelings, or hearing.

Now gently separate your energy from the tree's. Allow yourself to feel your creation as real—your inspiration and creativity nourished by the sun. Remind yourself to live this day with the inspiration of the sun in the fulfillment of your act of creation.

Whenever you are ready breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Be inspired.

## **Release**

Find a quiet moment outside if you can or sit near a window. Sit comfortably and close your eyes. As you breathe feel the air caress you. Feel the life force of the air as you drink it into your lungs. Notice the gentle or firm breeze blowing around you. Feel the wind caress your skin, and notice your skin breathing in the air around you. As your skin breathes, it takes in the wind and you feel the wind blow through you. As the wind blows through you, it carries with it anything that needs to be released. As thoughts and feelings come to the surface, allow the wind to carry them away. If they are feelings of anger or sorrow, the wind sweeps them away. If they are turbulent thoughts, the wind blows through them. All you wish to release the wind blows away.

When you feel freer, separate your energy from the wind. Allow yourself to feel the freedom of release. Release yourself now to happiness, clarity, fulfillment....whatever state of higher awareness is calling to you. Remind yourself to live in this spirit of release.

Whenever you are ready breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in the freedom of release.

## **Become Gratitude**

Find a quiet moment. Sit comfortably and close your eyes. With each breath, breathe in gratitude for yourself. Let your mind go as it reminds you about all of the kind and generous gifts you have made recently. Let your mind go as it reminds you about your talents and skills. Breathe in gratitude for the compassionate you that accepted so many challenges. Breathe in gratitude for you. Feel gratitude soothe the broken places, nourish your hungry spirit, and lift you up. With each breath become gratitude. Let your mind go as it reminds you about anything/anyone you are grateful for. Feel your gratitude for them, for you, for everything.

When you feel full and light, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Become gratitude.

## **Simplicity**

Find a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as nourishment for your body and soul. Fill every cell within you that longs for nourishment. Now, allow everything around and within you to become still—very still.

In this quiet, affirm simplicity in your life. Affirm that you will live your day honoring and cherishing the sacred nature of the simple ways. Watch, see, sense, hear your life unraveling its complexity—receiving the gifts of simplicity.

When life feels simple to you, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in simplicity.

## **Offering**

Find a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as nourishment for your body and soul. Fill every cell within you that longs for nourishment.

Allow to arise in your awareness something you have felt called to do. See, feel, sense yourself doing it. As you engage this, let it be a prayer—your offering. Offer what you have been called to do for a higher purpose. Let this offering ease another's suffering, bring greater peace into the world, and create joy for others. Let the stretch of this calling become a gift. Let the entire act of this calling become an offering.

Feel how much this offering will be and is appreciated. Let this appreciation of your gift sink into your bones. When you feel as full as you can be, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live your offering.

## **Kindness**

Find a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as nourishment for your body and soul. Fill every cell within you that longs for nourishment.

Then allow your mind to recognize the ways in which you know yourself to be a good person. Feel, see, sense, and remember the ways in which you have been generous, thoughtful, respectful and be grateful for the kindness within you. Remember and feel your kindness. Let this kindness seep down into your bones, until your whole being is vibrating the kindness you shower upon others. Feel kindness for yourself. Stay with this feeling until you are full.

When you feel as full as you can be, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in kindness.

## **Calm**

Find a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as comfort for your body and soul. Fill every cell within you that longs for comfort.

Remember a time when you have felt completely comfortable and calm. Remember a time when you felt safe and secure. Breathe in the calm, peaceful feelings of that time. Let the details or the general impression of that time emerge more and more. Feel the subtlety of strength that lives in calmness. When your calm center is secure, become aware of any chaotic energy around you. Understand it, but do not become it. See yourself calmly, and serenely in the center of whatever storm surrounds you.

When you have become this calm center, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live calmly.

## **Flow**

Find a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as comfort for your body and soul. Fill every cell within you that longs for comfort.

Imagine or sense yourself in a stream of water. There you are, gliding along, completely safe, for the water is the right depth to sustain you perfectly. You hold on to nothing, allowing the movement of the water to carry you. No effort is required. Allow the stream to do all the work for you. You are simply its passenger. Such is the nature of life when we are in flow.

When you have become this calm center, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in flow.

## **Be It Now**

Find a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as acknowledgement for your body and soul. Fill every cell within you that longs to be recognized and acknowledged.

Breathe in awareness of this moment. The temperature and texture of the air you are breathing in; the sounds around you; and the smells and odors. Breathe in awareness of this exquisite moment. Allow your awareness to open beyond the physical; to feel or know Divine love and insight pouring into you. From this place of Divine awareness, know who you are and what you are here to do next. Be this awareness.

When you have become this calm center, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in this awareness. Be it now.

## **Acceptance**

Create a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as acknowledgement for your body and soul. Fill every cell within you that longs to be recognized and acknowledged.

Feel each breath caressing you, comforting you. As you breathe accept each muscle, every bone, your nerves, your glands—every part of your body. Accept

them as they are—free and at ease or tense or in pain. Do not try to change your body. Simply accept it as it is now. As you breathe this acceptance, allow your breath to continue to caress. Your body is carrying so much for you. Caress your body in the breath of acceptance until you feel yourself release into acceptance.

When you have become this calm center, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in this awareness of accepting yourself as you are.

### **Sweet Spirits**

Create a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as sweetness filling your body and soul. Fill every cell within you that longs to know the sweetness of life.

Allow your senses to awaken. Smell the sweetness in the air around you. Hear the sweet sounds in the world you live in. Notice the sweet spirits—the teachers, guides, friends, and angels—that come to you to offer their support. Feel the wisp of their soft energies lovingly touching your arm, your hand, and your brow. See/sense/know the sweet spirits and welcome their love for you.

When you are filled in the love of the sweet spirits, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. And when the costumed kids come to your door tonight, bless them with your sweetness.

### **Resolve**

Sit quietly and close your eyes. Breathe into this moment with awareness. Breathe into every cell of your body and awaken your soul.

When your mind quiets down, invite your mind to raise to the surface something you know you need complete. This might be something you are working on or something you have been putting on the back burner. Allow it to come into your consciousness. Hold it in the highest good for all involved. Take this awareness into your heart and allow your heart to hold it in reverence. Here in this sacred moment, feel your commitment and resolve grow. Resolve opens and flowers within your heart, spreading out to the whole of you, until your whole body vibrates in resolve to complete.

When this resolve is full within you, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live from your resolve.

## **Waiting**

Give yourself a quiet moment and close your eyes. Breathe into the moment, fully aware of your breath as you awaken each cell in your body.

As you grow quiet inside, allow your consciousness to bring to your attention something you have been waiting for. Allow your heart to open to it. Do not draw it near nor move away from it. Simply be present with it—heart wide open—appreciating it as it is. Through your love, bless its existence. Allow its image, feeling, or presence to merge with you. Your nature and its nature find their common ground together. Experience its rightness. Bless this union in your love.

When the union feels complete, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Allow yourself to wait for what is right.

## **Grateful Heart**

Create a quite moment for yourself and close your eyes. Breathe gently, filling your body as you gently caress it in your breath.

When your mind has grown quiet, bring your attention to your heart. Again, breathe gently, only this time focus on your heart. Notice the love you carry for others in your heart. Allow your loved ones to come to mind and as they do, breathe your gratitude for them. Allow those you don't know very well to come to mind, and as they do, breathe your gratitude for them. Then allow those who challenge you to come to mind, and as they do, breathe your gratitude for them—for they are among the greatest teachers. Now, feel gratitude for yourself—for every challenge you have faced, for all the love you share with others, for all the good you have brought into the world.

You are a miracle. Thank you for all that you are and all that you do. The world is a better place because of you.

When your heart is full, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live from your grateful heart.



## **Receive Their Gratitude**

Give yourself a quiet moment and close your eyes. Breathe into the moment, fully aware of your breath as you awaken each cell in your body.

When you are ready, allow your mind to open. Sense, see, hear, know the people in your life who are grateful that you are here. Feel the love each one of them has for you. Pause to notice the qualities you appreciate about you. Breathe in their gratitude with every inhale you take. Allow the recognition of their appreciation of you to fill you. You deserve it all.

When you feel full, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live the gratitude others have for you.

## **You Are Enough**

Give yourself a quiet moment and close your eyes. Breathe into the moment, fully aware of your breath as you awaken each cell in your body.

Allow your self to be aware of yourself. Notice the nuances of being you—your thoughts, feelings, and physical sensations. Remind yourself you are a spark of the Divine experiencing life here on earth, and every impression is part of the journey. Quietly get to know you from the inside. As a spark of the Divine you are enough just as you are. After all, the cosmos lives within every cell. So drink deeply from your pool of awareness.

When you feel full, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live as someone who is enough.

## **I Wait In Joyful Anticipation**

Give yourself a quiet moment and close your eyes. Breathe into the moment, fully aware of your breath as you awaken each cell in your body.

Become aware of something special you are waiting for in your life—something very important and dear to you. Breathe with love and understanding into all of the waiting you have already done. Breathe into the waiting of this moment. With all of the anticipation of a new father or mother waiting to give birth, be in the joy of what is to come—of what is in its process of creation. Something

beautiful is coming through you. Celebrate its life now and wait in joyful anticipation.

When you feel full, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in joyful anticipation.

## **Playmates**

Find a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as nourishment for your body and soul. Fill every cell within you that longs for nourishment. Now, allow everything around and within you to become still—very still.

Recall a time in your life when you were happy doing something with someone else. Recall as many details as you can. Feel the joy and playfulness, hear the teasing or the laughter—whatever qualities make this a happy memory. Allow your heart to open fully to this memory. Then, feel your love expand, reaching out to new playmates, new friends, new happy memories to come this year. Welcome them into your heart. Welcome them to join you in create wonderful moments with you that will become beautiful memories.

When you can feel these new playmates fully welcomed into your sacred space, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in the fun you will be having with them.

## **Hope**

Create a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as nourishment for your body and soul. Fill every cell within you that longs for nourishment.

Notice all the clattering and clutter around you. Notice all of your thoughts, everyone's thoughts. Let the fears be known to you. Notice it all. Act on nothing, only notice them and acknowledge they exist. Notice until your mind is exhausted by all of the clutter. Notice until everything become still inside of you. Breathe. There you are in the stillness, while the clutter spins around outside of you. You are not what you think. You are the stillness. Hope lives in knowing who you are. And there you are. Breathe in this knowing. Breathe in the stillness. Your entire being is like a breath of fresh air.

When you feel this freshness fully within you, you are hope, for others. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live hope.

## **Promise**

Create a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as nourishment for your body and soul. Fill every cell within you that longs for nourishment. Now, allow everything around and within you to become still—very still.

Become aware of a promise you have made to yourself—one you really want to keep. Breathe into the hope of that promise. Feel, see, hear or sense yourself in that promise completely fulfilled. Breathe your love and gratitude into this fulfillment. Feel your freedom as this promise is in completion. And feel the freedom as you observe or sense it in the process of becoming fulfilled right now. Feel the aliveness—the vigor for life—that comes with your promise.

When you feel free and alive, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live your promise.

## **Spirit Help**

Create a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as love and fulfillment. Fill every cell with this love. Now, allow everything within you to become motionless and soft.

Allow your senses to open up fully. Notice what you feel such as air brushing against your body, cool wind, or hot air. Notice what you smell and hear. Let your eyes grow soft as you gaze around you and notice how it is easier to see the subtle realities when your eyes are soft. Open your heart to the sweet spirits who are willing to help you. Allow your senses to be aware of them. Thank them for all of the unrecognized, unseen help they have already given. Think of something that you would appreciate guidance in and then open your heart and mind to receive. Give thanks for the images, impressions, or words you experience.

When you feel loved in their presence and guided for the moment, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live the guidance you have received.

## **Nurturing Your Prosperity Garden**

Create a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as love and fulfillment. Fill every cell with this love. Now, allow everything within you to become still.

Allow your inner senses to come alive. You may see, sense, know or imagine this place—your inner garden of prosperity. As you enter this garden, notice what is growing there. Notice whether it is organized or wild. Notice what you have placed there or would like to add—a watering can, a bench, a bird bath, or anything else that makes this garden uniquely yours. Let your inner senses see, smell, hear and feel your garden as it is. Notice anything that should not be growing in your garden—symbols of your doubts and fears. With love and respect for everything that grows, tend to your garden by cleaning it, weeding, watering, trimming—whatever it needs to be beautiful to you. As you tend to each plant, know that you are tending to aspects of your own prosperity. Tend until your garden looks pleasing to you.

When your garden is complete, look around, allowing one plant to come forward in your mind. When the meditation is complete, bring this plant physically into your life as a reminder of your inner prosperity garden. Then make an agreement with yourself to regularly tend to your garden in both the physical and spiritual planes.

Whenever you are ready, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in your prosperity garden.

## **Circle of Hope**

Create a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as love and fulfillment. Fill every cell with this love. Now, allow everything within you to become still.

Imagine a circle around you. The circle can be made of anything that pleases you—boughs from trees, flowers, light, candles, a ring of water—the circle should help you feel safe. Keep your logical mind quiet. Grow very quiet inside and allow your creativity to well up from deep inside your creative core.

Now look, sense, feel or see inside the circle with your inner senses. Lying there with you are three things that symbolize all that you will ever need in your life. With these three things, you have everything you need to experience a fulfilled life. (If you don't know what all of the symbols are yet, don't worry. They will

come.) These are the symbols of your hopes and dreams fulfilled. Open your heart, mind, and the very cells of your body to hopes fulfilled.

When you can feel the fulfillment of hope anchored within you, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in your circle of hope.

## **Mastery**

Create a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as love and fulfillment. Fill every cell with this love. Now, allow everything within you to become still.

Breathe into your body with awareness. Allow your body to speak to you as you breathe. Notice the places in your body where your energy is flowing freely. Notice the pulse of the energy as it flows. Notice its steadfast rhythm and sink into the awareness of it. Now notice where the energy is not flowing so smoothly. Notice where the flow stops or constricts. Opening your mind to deeper intuition and knowing, allow this part of your body to tell its story. What belief has caused it to lock up? Hold this place and belief in your compassion. Hold it gently until you feel it release. It might take minutes or you may be coming back to this place for days or even weeks. Be in your compassion with it until you feel it break free. Enjoy the freedom of this mastery.

When this place is more free and feels complete for the moment, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in the freedom of your mastery.

## **Discovery**

Create a quiet moment. Sit comfortably and close your eyes. Begin by breathing with awareness, experiencing each breath as love and fulfillment. Fill every cell with this love. Now, allow everything within you to become still.

Notice—simply notice everything going on inside of you. Notice your busy mind, your body, your feelings. They are all expressions worth noticing. Do your best not to grab on to any of them or feed them. Simply notice that they exist. Notice the layers that float through your awareness. At first the thoughts and feelings seem fairly obvious, but as time passes, thoughts and feelings emerge that have been lingering in the background, waiting to be discovered. Once again, do not cling to them; do not judge them as good or bad. Simply observe their existence for you have discovered more of you.

When you have made the discoveries there for you to make, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live with awareness of your discovery.

### **Standing In My Power**

Create quiet space for yourself. This is your time for sacred work. Sit comfortably and close your eyes. Breathe gently into yourself. Breathe gratitude to every cell of your body—gratitude for all you have done and will do. Fill every cell with gratitude.

Allow yourself to sense, see, hear or know the aspects of you that make you unique. Do not judge or censor what you recognize about yourself. Simply be aware of the unique qualities that make you—you. This uniqueness is your imprint on the world. This makes you the special gift that you are. Be grateful for all of it—the unique qualities that bring you lessons about life and the unique qualities that become your gifts of service, your joy, your happiness. Recognize you. Hold your essence in awe. This essence you honor today is your power.

When you have honored your essence as completely as you can, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in your power.

### **Finding Center**

Create quiet space for yourself. This is your time for sacred work. Sit comfortably and close your eyes. Breathe gently into yourself. Breathe into every cell of your body. Become aware of your entire body from the top of your head to the tip of your toes to your fingertips—front and back. Breathe into the sacred space that you are.

As you breathe into your body, be aware that each part of you is exploring life in a different way—in the way it was designed to explore. Fingers touch and feel, eyes see, stomachs digest...each exploring life. Enter into the richness of exploration your body provides for you. Appreciate the exploration your body makes on your behalf. Then allow your awareness to take you to the center of your being. Observe this center. Become aware of its pulse and life force within your body. This center connects you to the center of all life, where all of creation is known and understood. Allow yourself to know and understand you as you breathe into your center.

When you feel deeply connected to your center, allow your attention to once more become aware of your body, feeling the physical nature of your body. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live from your center.

### **Beyond Stuckness to Freedom**

Create quiet space for yourself. This is your time for sacred work. Sit comfortably and close your eyes. Breathe gently into yourself. Breathe into every cell of your body. Become aware of your entire body from the top of your head to the tip of your toes to your fingertips—front and back. Breathe into the sacred space that you are.

Notice the energy center or place in your body that feels stuck at the moment. Breathe very gently into this space. Do not try to go through the stuckness. Rather breathe around it. Breathe along its edges. Allow yourself to sense, see, hear or feel what lies beyond the stuckness. Open to the wonderful reality beyond the stuckness that awaits you. You do not need to define it precisely. You only need to know it exists and welcome it in. Open your heart to this wonderful reality and let it sink into you. Let this reality fill your awareness until your cells are alive and bubbling with this wonderful reality.

When you feel full, allow your attention to once more become aware of your body, feeling the physical nature of your body. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live this new reality.

### **The Journey Home**

Create quiet space for yourself. This is your time for sacred work. Sit comfortably and close your eyes. Breathe gently into yourself. Breathe into every cell of your body. Become aware of your entire body from the top of your head to the tip of your toes to your fingertips—front and back. Breathe into the sacred space that you are. Open your heart wide.

Allow your mind to become aware of anything that does not feel like home to you. Hold in your heart these aspects of your life that do not feel like home. Bless them for their lessons and the revelations they have provided. Allow them to gently subside from your consciousness. Now allow your mind to be aware of anything that does feel like home. Hold in your heart these aspects of your life and bless them for their lessons and the revelations they have provided.

Welcome them to settle more deeply into your life. Invite yourself to become more aware of the subtle ways in which home may be calling you.

When you feel full, allow your attention to once more become aware of your body, feeling the physical nature of your body. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Follow the calling home.

## **Mystic Awareness**

Create quiet space for yourself. This is your time for sacred work. Sit comfortably and close your eyes. Breathe gently into yourself. Breathe into every cell of your body. Become aware of your entire body from the top of your head to the tip of your toes to your fingertips—front and back. Breathe into the sacred space that you are. Quiet your mind and open your heart wide.

Surrender to the unknown. Surrender to the Divine Essence that is beyond words. Surrender to the limitless love that is there for you. Sip if you need to, but drink it in. Allow the Divine to be in love with you. Linger in this love, and allow yourself to sip more and more until love is spilling from your cup. Feel the limitless nature of this love. Then offer your overflowing cup as a gift to the Divine so that the Divine may know the wonder of your love. Fill and offer until they flow together as one experience of Divine love.

When you feel complete for the moment, allow your attention to once more become aware of your body, feeling the physical nature of your body. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in mystic awareness.

## **Opportunity**

Create a peaceful space for yourself. This is your time for sacred work. Sit comfortably and close your eyes. Breathe gently into yourself. Breathe into every cell of your body. Become aware of your entire body from the top of your head to the tip of your toes to your fingertips—front and back. Focus on your breath until you have quieted your mind.

Allow yourself to feel whatever is present for you in the moment—anxiety, fear, concern—whatever might seem like a block to opportunity. Don't try to do anything with these feelings. Just witness them with a caring heart. Compassionately witness your feelings until they naturally quiet down. When you feel everything calm down inside you, open to the wonder of the Divine.



Open to the miraculous nature of the Divine—of what you don't know yet. Welcome miraculous opportunities into your heart. Return to this awareness whenever you need to.

When you feel complete for the moment, allow your attention to once more become aware of your body, feeling the physical nature of your body. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in the opportunities.

## **Divine Reunion**

Create a peaceful space for yourself. This is your time for sacred work. Sit comfortably and close your eyes. Breathe gently into yourself. Breathe into every cell of your body. Become aware of your entire body from the top of your head to the tip of your toes to your fingertips—front and back. Focus on your breath until you have quieted your mind.

Be present with your essence as a woman or a man. Honor this nature of your Divine expression—all of it—the challenges and the blessings of being you as a man or woman. All of who you are is a Divine experience on earth, so hold it all in your love and appreciation. When you feel at peace with your own nature, invite in your opposite nature. Invite your sacred masculine or feminine nature to be present with you. Welcome this part of your nature with an open heart—accepting all of it—the challenges and the blessings, for it is all Divine as well. Enjoy this part of yourself with love and appreciation as you experience an internal loving embrace. Linger a while in delicious union.

When you feel complete for the moment, allow your attention to once more become aware of your body, feeling the physical nature of your body. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in Divine Reunion.

## **Enjoy**

Create a peaceful space for yourself. This is your time for sacred work. Sit comfortably and close your eyes. Breathe gently into yourself. Breathe into every cell of your body. Become aware of your entire body from the top of your head to the tip of your toes to your fingertips—front and back. Focus on your breath until you have quieted your mind.

Allow your awareness to take you to something you want to accomplish in your life but feel some resistance about. Breathe a smile into that resistance. Just

smile and feel your heart warming. Continue smiling into resistance until the resistance melts. Then continue breathing in enjoyment. Perhaps new images, senses or feelings will come to you through the energy of Enjoy.

When you feel complete for the moment, allow your attention to once more become aware of your body, feeling the physical nature of your body. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in the awareness of Enjoy.

## **Laughter**

Find a private place—in your shower, in your car, alone in the woods, in your bedroom—wherever you can go to be totally alone to make some noise.

Take a deep breath and laugh out loud. Keep on laughing and laughing. Laugh about everything or nothing at all. You don't need a reason to laugh. When you are exhausted, take another deep breath and notice how you feel.

As you come away from this meditation, remember you don't need a reason to smile, to be happy or to laugh. It is a choice. Live in laughter.

## **Sacred Mother**

Find a quiet space. Sit comfortably and close your eyes. Breathe gently into yourself. Breathe into your energetic womb. Breathe into the darkness of your sacred vessel. Become aware of the life-giving womb of Sacred Mother.

As your consciousness enters this sacred womb, notice all the hopes and dreams that live inside you. Do not attach to any of them—simply notice. Notice that some are more enticing than others and still do not attach. Simply notice and accept them as they are. Accept those that are beautiful to you and even those that seem ugly. As the possibilities arise, hold them all in compassion and love. Hold every challenge, every wish in absolute love, as if they were all your children, for they are all a part of the wonder of you. Just as you would love a disabled child as much as a healthy child, love all of your parts until the full wonder of you has been held in your love.

When you feel loved in the wonder of you, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in the wonder of Sacred Mother.

## **Balance**

Create a private, quiet moment for yourself. Sit comfortably and close your eyes. Breathe gently into yourself. Become aware of your heart. Breathe into your heart and feel it warm and expand as your mind becomes quiet. Breathe the warmth of your heart into your body, so that all of you is in loving, compassionate awareness.

Allow your mind to focus on your prayerful nature. Welcome your prayerful nature into your heart, so that your love and relationship with the Divine love are one. Then welcome your restful nature into your heart so that the Divine nature of rest merges with your heart. Welcome in your work nature so that your Divine service becomes one with your heartbeat. Welcome in your Divine spirit of play so that it blends into the spirit of your loving reality. Hold in your heart the balance of these four energies – prayer, rest, work and play. Feel them balancing in your heart and welcome them to be in balance in your life.

When you feel in loving balance with prayer, rest, work and play, allow your attention to once more become aware of your body, feeling the physical nature of your body. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in balance.

## **Beyond Overwhelm**

Create a private, quiet moment for yourself. Sit comfortably and close your eyes. Breathe gently into yourself. Listen to and feel the quiet spaces between your breathing. Sink into the silence and the stillness.

Now allow yourself to hear the sounds around you. Listen. Just listen to each and every sound intently. Then allow your listening to shift as you listen for the spaces between the sounds. Whether the spaces of silence are of short or long duration, let your full attention be captured by them. It is in the space that you find rest. Now breathe without focus, simply being present with whatever sounds pass by. Notice the symphony of life—a bit chaotic at times and a bit harmonious at other times. Simply witness the symphony that is playing. Then once again become aware of the spaces—the rests—between the sounds.

When you feel at peace with space between the sounds, allow your attention to once more become aware of your body, feeling the physical nature of your body. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in rests—the spaces between the sounds.

## **Counting on Spirit**

Create a private, quiet moment for yourself. Sit comfortably and close your eyes. Breathe gently into yourself. Allow yourself to simply exist. There is nothing to do and nowhere to be. In this moment, there is only existence.

Allow yourself to become aware of Spirit residing within you. Perhaps you will be drawn to a chakra, a symbol, an image a sound, a feeling, or a sense. Simply be aware of Divine Presence within you. Enjoy this awareness. Rest in this awareness. Feel Spirit flowing through you—pulsing through you. Spirit is always there, even in our moments of forgetfulness. Divine Presence, the Indefinable Source, is there in our life and in our death. Find comfort in that knowing. Spirit is ever-present in your life and dwells within you. Allow yourself to open wide to counting on Spirit. Allow yourself to open wide to Spirit counting on you. Be at peace in this relationship.

When you are at peace in counting on Spirit and allowing Spirit to count on you, allow your attention to once more become aware of your body, feeling the physical nature of your body. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live counting on Spirit.

## **Flavors of Love**

Create a private, quiet moment for yourself. Sit comfortably and close your eyes. Breathe gently into yourself. Allow yourself to simply exist. There is nothing to do and nowhere to be. In this moment, there is only love.

Place your hand over your heart and breathe into it. Become aware of any feeling of love that emerges for anyone or anything that comes to mind. Allow your mind to drift to various people, places, animals, plants, stones, and energies that you love. Notice how the nature or flavor of you love may vary with each focus. Allow yourself to feel and notice all the flavors of love that you feel. Now draw your attention inward to your relationship with the Divine. Allow yourself to feel the love that is present for you from the Divine, from others, from life.

When you feel full, allow your attention to once more become aware of your body, feeling the physical nature of your body. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in the flavors of love.

## **Sacred Father**

Find a quiet space. Sit comfortably and close your eyes. Breathe gently into yourself. Breathe into your light body. Breathe into the light of who you are. Become aware of the life-giving light of Sacred Father.

Allow yourself to become aware of the still and peaceful darkness around you. A dream emerges as a pulse of light. The desire of this dream becomes stronger and stronger, longing to become. The pulse becomes faster and faster as pure white light races through the darkness. You are this awesome adventure plunging through time and space to become itself. You are the powerful action of becoming. There is only love in this space. There is no room for anything else. You are blissful, ecstatic love loosely held by the boundaries of your body.

When you have been this radiant, pulsing light for as long as you can, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in the adventure of Sacred Father.

## **Sacred Warrior Within**

Find a quiet space. Sit comfortably and close your eyes. Breathe gently into yourself. Breathe into your third chakra at the solar plexus. Breathe into the light of your power center. Become aware of the life-giving light of your Sacred Warrior.

Become aware of the places in your life where you feel frustrated or trapped. Breathe into those feelings with compassion. Allow them to be witnessed and then allow them to melt in the care of your compassionate self-love. Notice what wants to change in your life. Allow the images, thoughts and feelings of change to float through your consciousness. Do not attach to any of these. Let them pass. Hold a prayer within to be guided to the best course of action that will lead you to spiritual freedom. Affirm that you will follow the guidance you receive regardless of how challenging it might seem. See, feel, sense yourself living in the spiritual freedom you desire and affirm that it is so, in keeping with Divine will.

When you feel the power of your Sacred Warrior pulsing through you, breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in the power of your Sacred Warrior.

## **Celebration**

Find a quiet space. Sit comfortably and close your eyes. Breathe gently into yourself until your mind and body quiet down. Become aware of your heart and breathe into it with gratitude.

Continue breathing gratitude first for yourself. Allow your consciousness to celebrate in gratitude the small and large successes in your life. As your heart's capacity to hold this gratitude expands, be in a welcoming space. Welcome in those who would like to be celebrated and hold them in the happy, grateful space of your heart. Now, allow your heart to open to someone you might have jealous feelings about. Do the same for them. Welcome them, if they wish to enter, into the happy, grateful space you have created. Celebrate their successes. When you have celebrated the lives of others and feel full, allow the space within you to soften.

Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in the celebration of yourself and others.