

Spiritual Heart Meditation

Let us just sit up in a meditative attitude. Take a deep breath and relax into your space. Move your awareness into your body, and around your body. Feel your love, feel your kindness, feel your presence. And while you're doing that, start to imagine a column of light that goes out to the top of your head and extends up to the highest heaven that you can imagine and extends down to the center of the earth, going right through the center of your body. And when you feel it connect into the center of the earth, see it go out through the earth into the universe.

And then as you breathe in, also extend your awareness up and down. And when breathe in bring the energy from the bottom of the two and the top of the two into your heart. Hold your breath for a moment and just feel that energy build and on the exhale, see that breath go out through your body, through your cells, around the surface of your body, now into your space. And then on the next breath reach down and up and pull the energy into your heart. And as you breathe in, and let it mix in your heart and then exhale it out through your cells and your body again into your space, just continue to breathe in this way, relaxing each time you do it.

And when we go along this way, we are going to bring colors into the breathing. So as you are ready, see the energy you are breathing become red So you are breathing in this red energy from above and below through the tube. You may feel this energy move as a vortex of energy from above and below. Breathe the red energy into your heart, and then out through your body into your space. And as you do this, just observe, what the energy does. Continue with red for another cycle or two, be grateful to this energy, and the way it serves you.

And now change to orange, breathe in orange for a while and then yellow. And at the next convenient breathing cycle, breathe green, and then blue. And on the next convenient cycle breathe indigo and then purple and silver and then gold and then turquoise. And then extend your awareness further into that field of energy, that we might call universal love, the Christ, the living love. And also extend out through the earth to the cosmic universe and then breathe this cosmic love into your heart, and out through the cells of your body, into the space around you. Don't be concerned if you don't feel it clearly. Trust your intention and appreciate your action. Let it take care of itself.

And now as you continue to breathe in this way ask the presence of this living energy, to show you any way that you judged yourself because of your loving. Anywhere where your heart was broken, or betrayed. Just look at your judgement within yourself and forgive yourself. Anyway you believe that someone's behavior meant you are unloving or not lovable. Forgive yourself. And continue this way for a little while as you continue to breathe. Now place your awareness into your heart as if you are residing in your heart as if you can now journey into your heart.

There is a passageway in the physical heart that is doorway to the spiritual heart. So now as you breathe in the living love, exhale deeper into your heart, so as if your exhale pushes your awareness deeper into you heart through the physical dimension into the subtle dimension of your heart. And each time, you breathe this way ask to be shown in your awareness from your physical heart into your spiritual heart. It may appear to you in different ways. Your awareness may travel through a passage, through a door or just move from an outer dimension to an inner dimension. As you are

moving deeper, just trust it and find yourself in this inner world of your spiritual heart. Become aware of the sights and sound of this place as the Living Love of the Christ of the universe mingles with the Living Love that resides in you.

Take your time, before you turn your attention outwards again, securing this experience within yourself, stay conscious there while you also then become conscious outside of your body in the room. So as you are ready just also extend your attention into the room. And as you need to move on to another activity, feel free to do so.

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