

HOPEFUL HEALING THOUGHTS

3. Clarity and Reflection

Good evening, everyone! I want to start tonight with a short poem from Rumi:

*The wine of divine grace is limitless,
All limits come only from the faults of the cup.
Moonlight floods the whole sky from horizon to horizon,
How much it can fill your room depends on its windows.*

In using that thought, tonight let's get bigger windows and make sure they are crystal clear! we will be dealing with clarity and reflection.

First, let's talk about clarity in relation to the mind; it is the power of the mind to be aware of itself. It's the way we notice what our mind is doing, whether is it wondering concentrating , spinning, overthinking, or just going with the flow (equanimity). Remember, your mind does not have a location, it is in every cell, your DNA, every particle of your energy system.

Secondly, reflection is a big part of clarity. It strengthens clarity which leads to insight. Reflecting on your day, your future, your commitment in life, etc. if you are not journaling now might be a good time to start or restart. Recording progress trains, the mind to maintain focus and to regularly recommit to healthy habits.

Think about it!

Now let's work on windows to the Universe!

Take a few minutes to breathe, center and ground your energy. When you are ready, stand in the column of Light, that we worked with before. Breathe in the Light, notice the color and texture of the Light. Whatever color comes to you is appropriate for you at this time. Breathe in the Light until it fills ever cell of your body... noticing your fingers and toes..... ground that energy, deep to the core of the Earth. Expand the energy out into your auric field beginning with 3 ft... 4 ft... look around your energy... what do you see or feel? Are there any dark blobs, or colorful blobs ? Here is where we can get more clarity. Old thoughts patterns block your view. We all have them whether you see them or not. So, I want you to gently move your energy "counterclockwise" around your body, remembering your toes are pointed to 12. Start speeding up the energy flow around your body so that it is spinning and let it spin for a few minutes if you can tolerate it. You are spinning off old energy, just letting it go. Set your intention with an affirmation... I am willing to let go of all energy I no longer need. stay with it for a few minutes.

Now slow the energy down and start it moving back clockwise, gently moving it and then allowing it to spin naturally back to clockwise.

Now, just allow your energy to feel free to expand to the ends of the Universe. Feel yourself let go and feel no boundaries. Take your time and Enjoy that feel!

As you come back from the process, affirm my energy is cleansed, I have greater clarity in every aspect of my life, I am calm and regenerated, I am helping those around me to feel the same and giving peace to the Earth.

Now, spread your energy over the Earth giving Love and Light to all who need it.
Now don't you feel terrific!

Thanks for being the beautiful miracle that you are! Thanks for recognizing your Light. You are an important thread in the fabric of the Universe... we would all unravel without you 😊❤️

Deborah