

Hopeful Healing Thoughts

05. Knowing

Good evening Beautiful People!

I would like to start tonight with another stanza from Rumi:

*Stop learning, start knowing
The rose opens, opens
And when it falls
Falls outward.*

Knowing is the mind's potential to meet our deeper self; to blend with the Universal energies that are already within and around us, no separation just Being. It happens in the present. As we go through these processes, and you begin to use them daily, you will be developing new mental strengths, although you probably will be unaware of it until you "need" it. And then you will begin to remember there is another way to think and be in the world.

You may be feeling the effects of recent stress in your life. There is value in "thinking" about your life of course, and even more value to go to that next place of truly being in the moment, knowing. Knowing is quiet, unconditional, and without fear. It just is. The answers to your questions are already within you, in your knowing

Let's begin our meditation. Get comfortable, close your eyes, and breathe... grounding, centering, aligning your energies with Earth...

Breathe Earth energy up through your feet, allowing it to move into every particle of your being (whatever color comes to you is the frequency you need at this time). Feel the energy as it moves through your body; if you are quiet, you can feel the pulse of the Earth. It will resonate with your body as a wave of contentment.

As the Earth's energy moves through you, focus on your crown and open to the frequency of unconditional love from the Universe (whatever color comes through to you is what you need at this time). Be with the gentle flow of both of those energies moving through you.... up and down, through, around the energy will move. Just feel it, don't give it any direction. Just be in the present moment with it.

Now, move your focus to your heart center. Just as the petals of a flower fall open, allow your heart center to open and flow outward. Breathe and relax and allow. You may feel a slight pressure or pain as you do this, just keep your breathe steady and even.

Let the energy wrap itself around you like a warm glow, then fill the room with it, offer it to each of your family members, friends, community, and keep going until it covers the Earth and then send it out to the entire universe with gratitude. Be with that feeling and experience your vastness. Here is a place of knowing. Being. Freedom. You are totally connected.

When you are ready, take deep breathes to bring yourself back to your body. Choose to remember your vastness, your Oneness, your fusion with Universal wisdom, your knowing.

Thank you so much for being a part of this group. It started with 4 or 5 friends and has grown exponentially.

Thank you also for your thoughtful and loving notes to me. I appreciate each and every one of you.

Love to you and good night.

Deborah