

Hopeful Healing Meditation

09. Part 2: Kindness, Acceptance, Unconditional Love

Hello Beautiful People!

Tonight, we are in Part 2 of this very important topic. I am going to use another quote from Rumi, his words are so intriguing. This stanza is referred to as The Voice.

*“What I tell ‘me’ I tell about you
The walls between us long ago burned down
This voice seizing me is your voice Burning to speak to us of us”.*

For everyone from every corner of the world it is an extraordinary time. While there are restaurants, shops, bars closed, our personal shows are still going on. Whether we are isolated or whether we are on the front line providing essential services, all the usual trials and tribulations are still happening to us as individuals. Our world has changed, and it makes us stop, think, and feel the desire to become “better” people. There is an innate need to grow, expand, and make change within ourselves. Maybe there is no clear path to what that may look like, however the concepts of kindness, acceptance, and unconditional love are a good starting place.

When you can acknowledge that all people... yes, all people... are deserving of compassion, dignity, and consideration that is a step in accepting those values for yourself. We are all mirrors for each other, and some of our mirrors may be a little fogging! And that’s okay, because firstly we are practicing and learning kindness and acceptance of ourselves too. When you approach your day with positive expectations, you make the world a brighter happier place. Becoming a “better” person is a choice, and it is a natural progression of self-awareness, cultivating consciousness, and creating a path of transformation.

Read tonight’s meditation carefully. If you decide to make the affirmation I suggest, it is a commitment. It is a commitment between you and the Universe, God, Higher Power... whatever you believe in. It will make you stop and think before you speak and/ or take an action. You will have the energy of the Universe behind you, helping you, coaching you, loving you. You will have to stop exaggerating, negative talk and thoughts about yourself and others!!

When you fail, and you will! you will need to accept your slight and start again... and again... and again; after all we are in a human body!

Let's begin. Get comfortable, use your breath to ground with the Earth and align with Spirit. Take as much time as you need. Visualize your energy moving down from the bottom of your feet and deep into the ground, anchoring your energy into the center of the Earth. You may feel like your feet are heavy, and that is perfect!

Now focus on the indent in your collar bone right at your throat. Directly above that is the throat center. That is where we receive energy for speaking Universal truth and our personal truth with clarity and focus. The color of the energy of the throat center is a clear blue, like the crayon blue. If another color comes through to you, just allow it.

Take your attention to the crown center and allow the energy of the throat center, clear blue, to move through your body. Allow every cell to fill with the energy; breathe the energy down into your body, filling all of you. When you are finished, return your attention to the throat center. Visualize the energy moving in, out and around your throat center. Be with the vibration. Feel it, get you know it. When this frequency of energy is a clear blue, you are able to speak truth. Now affirm, "I will only speak the words of kindness, acceptance and unconditional love today in any and every situation. I will allow the words to come through me as I relax into my higher self. I will simple know what to say, how to respond, how to act. I allow and trust my higher self to work with and through me". Be with that energy and trust.

Now expand that clear blue energy out around your body and just feel it. When you are ready, expand that energy of truth out to the Earth and then to the Universe, sharing your highest truth with all. Your highest truth is the essence of All.

Now, begin to breathe yourself back into your body. Feel your feet, wiggle them around, and when you are ready open your eyes.

You have made a big commitment. A good part of the journey to becoming a better person. A good start in becoming kinder to yourself and then it mirrors to others. Remember, you cannot fail... we are practicing!

Good night, Everyone! I am sure I will be hearing some good stories. Thank you again for your lovely notes.

Love and Light to you!

Deborah