

## Hopeful Healing Thoughts

### 11. We Are Here to Serve

Hello Beautiful People,



*Thanks to Roger Irwin for the use of this Healing Heart Mandala, the logo of Karida Sangha, an internet community, karidasangha.net.*

I wanted to share with you this exquisite symbol. Look at it closely and what do you see? We will be using this symbol in our meditation. For me, it represents balance, the yin and yang; the light shining on the heart... Love... the focus of all healing. The healing of humanity and the Earth... those are my personal thoughts.

The word mandala comes from Sanskrit and loosely means circle. It is a symbol found in all religions. It is often used to teach about the relationship with wholeness, unity, harmony, infinity, and one's place in the universe.

I appreciate Roger sharing it with us. Please do take a good look at it because I will refer to it later in the meditation.

We are continuing to live in a time of amazing and chaotic change. Each day seems to bring some different thoughts of how we need to function in the world. As our everyday life is changing, our plans have changed, and our vision of the future is continually changing. It feels so unstable and the natural reaction to uncertainty is fear (frustration, anxiety, irritation, tension) and most certainly the loss of control.

This is life's way of taking us to places we need to go for reasons we don't understand. These times are designed to shed light on our unconscious inner workings, if we allow it, and deepen our life experiences. It isn't the end of the world, but it can provide time and space to loosen our ego control and enable us to humbly view a bigger picture of humanity and that will most definitely "change" the world.

Let us remember that we chose to be here at this time and to be a part of the process. The Universe always moves toward Love, even when we are feeling the opposite. This is a great example of tough love!

Take a moment to reflect on your daily life. Are you spreading fear through words, actions or thought? Are you keeping your heart and mind open and allowing acts of kindness to move through you? Or a little of both? What can you do to make a change?

When we open our hearts to love instead of fear, we serve the Divine process. And we are in a Divine process. We are here to serve each other and all living things on earth and the Universe. When we serve each other, we dissipate fear.

It's the small acts that build on each other. A smile, a kindness, assisting another, giving a small donation, a phone call, day by day these things make change. Giving and receiving are the same energy; whatever you give you will receive. This is a Universal law.

Let's take those thoughts into a meditation. Take a few moments to get comfortable, take a few deep breaths and align, center, and ground your energy. In other words, bring your consciousness to yourself and be present.

We are going to use the color of the symbol, gold and turn that color into a beautiful, bright golden light in your mind's eye. Visualize a column of golden light coming into you through your crown and moving through your body and anchoring itself to the center of the earth. As the energy moves through you it will move into each cell of your body, cleansing and purifying any thoughts, illness, and negative particles that you no longer choose or need to carry with you; allow it to enhance your body, mind, and spirit toward a more loving presence. Be with that feeling.

Focus on your heart center. Allow the symbol to be in your heart and shine your golden light through the symbol... allow the energy to move out and around you, filling the room... then out into the community... keep it moving until it covers the earth... sending love to all living things and the to the Universe. Feel the expansion of your energy and recognize your ability to love! This is your true nature; this is who you are! You are a beautiful shining star!

When you are ready, bring the love back into your heart and fill your body, mind, and field of energy around you with it. This is you. Now use it every moment of every day. Make the world a better place because you are in it! ❤️

Thank you all for being here and traveling this journey together. Really. Truly. You are an important piece of the fabric of the Universe. We all need you and you need us. Without you, we cannot do the healing of the Earth. I see the God in you.

Thank you for sharing your lovely stories with me. I appreciate hearing from you and how you are using the meditations.

Love and Light to you,

Deborah