

## Hopeful Healing Thoughts

### 12. Gentle and Compassionate

Hello Beautiful People,

In our last meditation I sent a logo called Healing Heart Mandala. I gave you an incorrect website that it is attached to and so here is the correct website: [karidasangha.net](http://karidasangha.net).

I want to again thank Roger Irwin for allowing us to use the logo. So many of you wrote how much you enjoyed and used it in your meditations.

This time in our history is full of difficulty and if you are feeling your life is being turned inside out, you are not alone. There are extreme energy changes pulsing through the universe at every level, and therefore through you. We are all having growing pains and we are all part of a growing expanding process. It is helpful to remember that life is one phase after another, both personally and universally, and this eventually shall pass into something different.

It can be challenging to keep a positive attitude and flowing spirit during these difficult times. Keep in mind, that the universe knows what our soul needs to grow, learn, and thrive; we will benefit from these times of difficulty and constriction, not on our time schedule but in universal time. And yes, it's okay to act like petulant children and stomp our feet and shout to the heavens! It does release pent up frustration... as long as it does not hurt anyone else.

This will all take as much time as necessary for us, as a human race, to make internal changes which will result in external change in our world. It is up to each of us, to do our part. It begins with you, right now.

Remember, you are an essential part of the fabric of our universe, we can't make the changes without you.

Taking those thoughts into consideration, if you feel your life circumstances are not going right for you, it's a good idea to examine your life and see if there are changes you can make to alleviate some of the difficulties. We will address this in meditation today. As you take responsibility for the things you can change, it becomes easier to surrender to those you cannot change at this time, remembering that this phase will pass into another.

Let's begin the meditation. This meditation would be especially good to do outside, sitting on the ground if possible, however anywhere is good.

Sit comfortably, feet flat on the floor, shoes off if possible. We are going to do some different breath work today. Do this gently and comfortably. This process makes you breathe more quickly, allowing you to go more deeply into the meditation.

Take a good 5 minutes, at least, with breath work. Clear your lungs with a cleansing breath; then inhale to the count of four and then exhale to the count of four. Do that twenty times at least, focusing on the breath moving up your spine on inhale, down the front of your spine on exhale. You will get into a comfortable rhythm.

Relax into your normal breathing pattern and focus on your heart center. Breathe love into your heart center and breathe gratitude out. As you do this you will begin to feel a warm light running through your body. Be with that feeling and move it out into the space around you. Drop that energy into the ground and anchor it to the center of the Earth.

Now you are in a comfortable and compassionate place to explore your feelings and thoughts. Ask yourself these questions: do I have any negative ways of seeing myself? Or others? Or my reality? Do I have unprocessed emotions?

Whatever comes up for you is your truth. Accept it, process it gently and compassionately, letting go and dropping all that energy, that no longer serves your growth, down into the depths of the Earth for cleansing.

Then, bring up grounding energy, using the color of grass green, into your body, breathing it up through to and out the crown moving it out into the universe. Let the Earth energy cleanse you... move it out into the space around you.

Focus on your heart center, is open and flowing; move your heart energy out into the community and keep moving it until it surrounds the Earth and then out into the Universe. Sit with that... observing and feeling.

When you are ready, bring your energy back around you. Breathe and when you are ready open your eyes.

A reminder... there is always more to let go of as you move into a deeper heart place with yourself and others. Be gentle and compassionate with yourself! As you let go and accept yourself more fully, you help each of us and the Earth and the Universe. It's a win-win!

Thanks again for all your sweet notes. I appreciate you all.

Love to you all,  
Deborah