

# WOUNDED HEALER MEDITATION

## Week Two:

Title: Holding and the Pathways of Light

For this meditation, just begin by relaxing as deeply as you're able while at the same time being as awake and as aware as you can. You can sit in a chair with your feet on the ground, or a meditation cushion or yoga mat if those are comfortable for you. Any position, really, where you feel both relaxed and awake simultaneously. Gently allow your eyes to close as you open now to the inner world.

Bring your awareness to the breath as it rises and falls in your belly. Allow your center of gravity to drop, to shift out of the rational, conceptual, thinking mode of perception and into the body, into that place of resource and grounded presence... bring your awareness now to your lower belly, as a way to ground into the earth and into this unique moment.

Feel your belly expand as you breathe in and contract as you breathe out. If you're able, ensure that you are breathing from the lower belly and not from the chest; in this way you can activate a relaxation response and bring soothing to your nervous system. For some it is helpful to place one or both of their hands on the lower belly to connect with this deepening of the breath at a tactile level. Feel your belly rising and falling as the life energy moves through you.

Imagine that you are fully in tune, in synch, online, and in flow with the heartbeat of the earth. Allow yourself to be held, by the stars, the oceans, the moon, the cosmos, and the divine.

So, together, let us take a few slow and deep breaths from the lower belly as you anchor into this moment, building a grounded resourcing presence that you can call on at any time. We'll take 5 breaths together now.

Just a few more slow, deep breaths with your awareness lightly on the expansion and contraction of your lower belly, attuning to the very center of being, and resting, alive, in that. If it feels natural, you can breathe in through your nose and out through your mouth, and allow the exhale to be audible, as a symbol of fully letting go and surrendering into the creative potential of this moment. If you're unable to breathe through your nose, that is fine; just do what is comfortable.

Now, let go of the breath and the belly and open your awareness to the mystery of this here-and-now moment. Open to whatever visitor is longing to come into the tavern, the tavern of your own soul - a voice, a feeling, an image, a sound, a sensation in the body. These are the soul-visitors in this moment, come not to harm or distract you, but for communion. If you watch

them carefully, you can see and feel and sense them being born, dancing for a few moments, and then dissolving into the vastness. They are evidence of the miracle of form as it makes its way into the world of time and space, with you as its vessel, with you as the *vas hermeticum* of the alchemist, the hermetically-sealed vessel in which the Great Work, or opus, can unfold. The open, luminous space in which the heavy leaden condition can finally be transmuted into pure gold.

Lightly meet whatever appears, touching it with a warm, curious presence. No need to understand or work anything out, or shift, change, or transform what appears in this moment. This is an embodied, sensual meditation where we practice intimacy with the manifestations of the soul as they emerge out of the unknown and into conscious awareness. As we slow down and our perception is cleansed, we begin to perceive this entire movement as the activity of love itself. Immerse yourself in the overall felt sense of the moment, a holy moment, with the breath as your friend, guide, and fellow traveler.

If you become too distracted by any particular thought or feeling or image, just notice that and rejoice in a moment of pure recognition... and gently bring your attention back to the rising and falling of the belly and the holding of the earth. Return to that place of embodied, attuned, grounded resourcing.

Imagine yourself in a vast meadow, walking slowly in the warm sun, and look for a place to sit. Maybe under a tree, near a waterfall or stream, in the soft grass, or in a cave you found on the side of a mountain. Allow yourself to be guided by inner vision, your own intuition, and the longing deep within you... to feel alive, intimate, connected, and in direct contact with the Self, with the soul, with that wisdom-essence that you are.

From this place of grounded open presence, you will create an internal holding environment where you can be fully as you are, finally, after a lifetime of becoming... becoming someone... where you can rest your nervous system deeply and relax your body at the most primordial level, while at the same time actively and creatively participate and play in the eternal unfolding of your soul.

From this place of deep rest and openness, allow your experience to be exactly as it is, without interfering with it or attempting to control or guide it. There is no need to understand anything, shift anything, transform, or heal. For in this meadow of being there is no possibility of an “incomplete” moment. Only now. And now.

Whatever arises in your immediate experience - a voice, a memory, a feeling, an image - just meet it in open awareness. Touch it, gently, and allow it to touch you, for just one moment. From a place of childlike curiosity, warmth, spaciousness, and kindness, see that each visitor that comes is infused with this warm compassionate awareness.

There is no “healing” here in the ordinary sense of the word, but it is more like play, unstructured being, a reminder of some other place and time... yet so alive and familiar. Whatever appears is immediately touched by your awareness and you are touched by its holiness, its luminosity, its benediction.

Somehow, in a way that the mind cannot quite understand there is no separation between what appears within awareness and awareness itself... each thought, each feeling, each memory, each sensation in the body... each crafted of the same particles of love, what the alchemists referred to as the scintillae of light. The sparks of the divine as it interpenetrates with form, with matter. Here, in this meadow, spirit and matter are one, inseparable, weaved of the same substance, the same divine fragrance.

Allow your pathways, cell tissue, and neural circuitry to be saturated with this light. No matter what is going on in your inner or outer world, you can slow down and surround it with this spacious, empathic warmth of awareness. You can replace the older circuitries of urgency, shame, self-aggression, and self-abandonment with the newer and slower pathways of attunement, compassion, and space.

And after a few moments, allow this experience to completely dissolve, for the visualization and the meditation to disappear into the vastness. Bring your awareness back to the rise and fall of the belly, to your embodied presence on the earth, breathing slowly and deeply, for as long as you'd like.

When you're finished, if you feel drawn, write in your journal any reflections about the meditation, any insights or images that may have come, any dialogues with any figures that may have appeared, or any thoughts or feelings you have about your experience. Or, paint or draw what you have seen, act it out in movement or dance, write a poem or story about what you have seen, or express it in any way you feel called.