

A HEALING MEDITATION

I am going to give you here some basic symbols and ideas, then I want you to use your imagination, let yourself relax, and try to make some of the mental images, as I give them to you.

This isn't a classic method, but it is a good way to handle meditation in a group.

At a certain point, I would ask you to project anyone you know who is sick, or in need, into the medication and, at that moment, if you wish to do so, speak aloud the person's name. Do not mention what is wrong with the person and do not think of the personality of the person as known to you. All right?.....now close your eyes.

Take two or three deep breaths and relax completely all over. In your mind's eye, make the image of a lake.....a lake of still water. See the blueness of it. Mentally reach out your hand and touch the water. The lake is a symbol of peace. Hold it in your mind. Behind the lake build some mountains. See the mountains reflected in the lake. The mountains symbolize grandeur and majesty.

Above the mountains is a sun. The sun is shining down into the blueness of your lake, turning it to golden light. Look into the golden light. It won't hurt your eyes.

The golden light of the sun symbolizes cosmic unity, the source of all energy, the supreme mind. You are projecting peace and aspiration into the high mind.

From the center of the lake a ladder stretches up. Look at the ladder. See it go as high as it can into the sky. Move across the water to the ladder, then climb it right to the top and look into the golden light. Look to the supreme light. The light won't hurt your eyes. Let yourself be bathed in it. Then dissolve the ladder which symbolized reaching through yourself for your highest aspirations, and look into the center of the golden light which is your lake. Ask in your mind for healing for those who have need of it. Think of persons whom you know who may need help and project their images into the golden light and, as you do so, speak their names. If you need healing yourself, project yourself into the center of the golden light. Fill your being with light and warmth. Let the energy flow through you. Then, silently, give thanks, and hold the light inside your being.

Dissolve your images. Be conscious of your surroundings, of the place where you are seated. Take two or three deep breaths then be sure you relax after this meditation. God bless you!