

I am Infinite Being Meditation

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Reading about Anita Moorjani's near death experience and how it facilitated her miraculous healing, (in her book "*Dying to Be Me*"), I was inspired to find a way to access such healing. I asked God, "How can we re-create this experience without dying?" This was my prayer for weeks.

One morning in June 2012, while sitting in silence, I found myself being guided through the following meditation. As simple and gentle as it was, it profoundly impacted me. As I sat in awe after this experience of letting go, I knew that the meditation was a gift for all seeking oneness. It has proved to be the first step in the unfolding of my work supporting others through love and light.

I Am Infinite Being Meditation

You can listen to a recording of this meditation by clicking on the sound icon below the written meditation. The music for the meditation is from the CD, Liquid Mind III "Balance."

(Close your eyes and relax. Take a few deep breaths. Rest into your heart and initiate the meditation from this center of your being).

You are in nature. The air is fresh and the sun gently warms your face as you walk in an open field. Before you is a beautiful, lush, green forest. You see a path that leads from your feet into the forest.

Step onto this path with your hand on your heart. You are walking this path with your heart. The forest rises to meet you and embraces you with love. You are surrounded by trees, flowers and fauna that are vibrant and alive. Everything is lush and green. The plants reach out to touch you as you pass, and the flowers fill the air with delightful scents. Their colors are vibrant and they beckon you to draw close to them. The birds fly down to greet you and move ahead of you as if to show you the way. Small animals watch you from the side of the path and point you in the right direction. The whole universe extends itself to you in this moment.

As you move deeper into the forest you begin to hear water in a creek up ahead. At first it is faint, but you increase your pace and soon you are running to meet the creek as it passes alongside your path. It widens into a river and you stand there at the banks of this beautiful waterway. Listen to the sound and feel the power of the water as it rushes downstream. The fish jump up to greet you and they welcome you.

As you stand by the river, you are handed a crystal bowl. It is clear and very fluid as if it is alive. Close your eyes and bring into awareness that which is in your heart that pains you. What or who have you been carrying in your heart that you are ready to release, to forgive? Ask yourself: "What am I ready to let go of so that I can freely move into the light?" Wait for the answer to come. As these come into consciousness, put them into the bowl, be it people,

unresolved issues, illness, personal mistakes that you have made, fears, lack consciousness, anything that you feel may be holding you back in life.

The crystal bowl is very fluid and it can expand to accommodate your needs. Look to your sides and you will see small light beings standing ready to help you to hold the bowl. They are happy to participate with you in this great event. Allow them to hold the bowl for you.

Now that you have filled the bowl, say, “This I release with love. This I release with love. This I release with love.”

Come to the river’s edge and gently place the bowl into the water. Watch as the fish and turtles gather around to encourage you and then to receive the bowl into the river. They carry it to the center where the current flows with great force. The river quickly envelops the bowl and you see that it dissolves into the water as it moves downstream.

Take a deep breath. Open your arms and receive the warmth of the sun into your heart. You feel light and peaceful. You are free.

Slowly make your way back to your path. There the birds and animals greet you once again with excitement. Everything is alive and you feel embraced by nature. You notice now that the path leads up the mountain and so you begin to ascend to the top. At first you are walking, but you feel like running and are amazed that you can run up the mountain with such ease. You feel light and buoyant!

You reach the top of the mountain and look out into the valley. As with the forest, it is lush and green, and full of life. Your eyes are drawn to a beautiful blue/white light that is shining from the sky onto the valley. As you watch this light you realize that you are drawing it to you with your heart. Stay with it. It becomes more radiant and alive as it approaches you. The light beckons you to it.

You are at the precipice of the mountain and you are free to move into this blue/white light.

Become one with this radiant blue/white light. Allow it to draw you into itself. You may choose to simply walk into the light. You may jump from the mountain top into this light and soar into the bright blue sky, or you may swim into it as the cool blue waters of the ocean. The light gently draws you into itself. It envelops you and you feel totally one with it.

You are this radiant blue/white light.

You have moved into the NOW, into awareness of yourself as a Being of Light!



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