



Universal Soul Meditation
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Introduction:

Most of us walk in this life/world disconnected from the source, feeling lonely, sad, depressed and unloved. The reason is that we were not taught how to be one with the creator, how to feel good about ourselves, how to accept and enjoy life no matter what. We all were taught to look for the BAD side or what is wrong with this picture? And of course, no one is to blame because we all have been domesticated by the same method/program BUT WE ARE RESPONSIBLE because we have been creating what we are without knowing.

One way of teaching ourselves a different way to create life is through meditation. This particular one helps us to re-connect ourselves, to re-discover that we are alone but connected to our creator. Because how we were domesticated by our parents, religion, and society in general we think that other people will provide the love, joy and beauty that we are missing. We were taught to look outside of ourselves and God.

Now is time for common sense, we are our own teachers, gurus, guides and so on. By meditating and experience other dimensions of ourselves our minds and bodies begin to experience what developed people call "the silent knowledge". It means that we know inside of ourselves what to do to be joyful but our program has taken us away from our own divinity. It s time that we reclaim our wonderfulness, our perfection, our divinity!

Preparation of Meditation:

Sit comfortably, close your eyes, and clear your mind of all the problems or stressful situations of the day by inhaling three times deeply through your nose and exhaling through the mouth; visualized the heavy, dark energy going out as vapor through your mouth and receiving clean, clear, loving energy through the nose. Now center yourself. Intend that no mater what, you will be gentle and loving to yourself through this process. If thoughts come, acknowledge them, let them go and continue meditating. Do this throughout the meditation. The meditation can be as long or short as you want, the important thing is to be gently and loving towards yourself even if you feel that the meditation was not "good enough".

Start of Meditation:

Imagine that your physical body is the only seed in a huge apple and feel all the possibilities of life within that beautiful seed. Feel how you are here to create life, with every breath, every thought, and every action. Go within and feel how your cells are creating life inside you, feel how life continues within you even when you are not aware of it. Feel how the mind is another dimension of you, your body is another dimension of you, your emotions are another dimension of you. Experience all the parts that make that make YOU. Feel the life flowing through you, feel how all of your parts are equally important to create life.

While continuing to feel your being, feel the fleshy part of the apple that surrounds you (remember that considering your size, this apple is three millions bigger than a normal one) so reach out and feel how large this energy field is. Feel how this energy field is there to protect you, to nurture you, to nourish you, to make sure that you have all the power to create the kind of life that is loving and nurturing to you. Feel the pleasure, the joy, the love that his energy field derives from being a part of you.

Now go further and feel the skin of your apple, feel how the sun shines on it. Feel the love that is between the sun and you. Feel how protective the skin feels towards you. It keeps most of the sun light out but allows enough light to flow through because the sun also wants to make sure you have all you need to create life. Keep on feeling, your awareness on you being at the same time be experiencing what is going on around you. Go back to feel the skin of your apple and feel the gentle rain falling on it. Feel how the skin protects you from the rain but allows a little bit to flow through to you so the rain can make sure that you have everything that you need to create life. All these energies or entities are there to facilitate your life creation. Feel how all of them are aware of your existence, feel the light rays coming from them to you and how you in turn greet them with your light. Feel the tree that is holding you. Feel how loving it holds you and provides shelter, food, protection, nurturing and nourishing so you can create life. Feel how many beings are in your life to help you accomplish your mission to create loving life.

End of Meditation

Thank your body, your mind, the sun, the rain, the tree for such a wonderful experience.

You can practice this meditation as often as you like or need. Intend to continue the day as peaceful as you feel after the practice. May you live a healthy and joyful life!

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