

Community Supported Enlightenment (CSE)



# **Guided Meditation Garden**



Offered by Pamela Boyce Simms

**Guided Meditation Garden**

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## **I. Biomimicry**

To hear an audio version click for [SoundCloud](#).

Biomimicry is the imitation of the systems, strategies and elements found in nature to solve human problems and human design challenges.

The systems herein that would benefit from nature's wisdom are our own internal guidance systems, our networks, and movements.

At this juncture in history, now that we've woken up to what humans have done to the natural world on our planet, we need look no further than to nature, of which we are part, for answers to many of the problems that we've created.

We are now prepared to turn with awe and reverence to the natural world to observe and learn about what harmonious, service-filled living looks like at its best.

So our intention is to focus on nature and learn from the best. We begin with the bee.







## Bee

To hear an audio version click for [SoundCloud](#).

Let your attention rest fully on a tiny little insect that has ensured our collective wellbeing for over 6,000 years, and from whom we can learn much in the present.

We contemplate the bee.

The bee exemplifies some of the wisest interplay with nature imaginable as well as the application of industry and intelligence in true community.

Relax, get comfortable where you're seated and tune into your inner landscape.

Imagine in your mind's eye that while outdoors you become aware of the harmless presence of a plump yellow and black bumblebee hovering nearby.

Its presence gently summons you.

### Follow the bumblebee.



Feel intrigued and drawn in by the steady, gentle, buzzing presence of this little creature leading the way.

As you focus on the sound of the steady buzzing and follow the bee, you are aware of your external environment yet are simultaneously aware of, and take in the trajectory of your own life moving at a slower, more relaxed pace.

Immersed in the gentle buzzing, you begin to experience your own world, almost in slow motion as each of your five senses is heightened.

Colors appear more vibrant, sounds are clearer and more melodious.

Your entire body becomes highly sensitive.

Drink in, and allow yourself to radiate the inner joy that comes with the freedom to slow everything down and fully experience the moment.

### Follow the bumblebee.

Your sense of hearing is becoming much more acute, different, and deeper than the external sounds in your immediate surroundings.

An inner knowing, an inner guidance.... somehow

becomes audible..... yet not audible in the sense we normally experience sound.

Focusing on, and tapping into the energy of the bumblebee you feel effortlessly propelled by a tremendous internal welling up of straightforward, purposeful focus and the delighted excitement of being in alignment with your goals.

There is an inner knowing that with this alignment .....this type of focused congruence with your true-self comes tremendous, effortless productivity as if you're motivated by and carried on, the energetic stream of your inherent mission.

Envision greater ease engaging with whatever sparks your deepest creativity.

## Follow the bumblebee as IT creates.

How amazingly perfect and wondrous has it been for the biodiversity survival of civilization after civilization; ancient to the present .....that when bumblebees land on a flower to collect its nectar, pollen also attaches itself to the bee's leg and is passed on to other flowers, creating a fertilization process.

As a highly important cross-pollinator of many plants the bumblebee holds the space and archetypal power of service.

The bumblebee's movement, intertwining the life force of one plant with that of another demonstrates the interconnectedness of all living things.

Witness where the bumblebee is taking you.

Experience firsthand the interdependence of all life.

The bumblebee is a messenger who brings the secrets of joyous service to life.

The bumblebee guides us in cultivating the focus which leads to deep awakening.

Awakened, single pointed consciousness.

Focus with intention and be single-minded in purpose.

Surrender to your internal guidance system and follow its lead.

Pause to consider bee culture.

Bring to your mind's eye the image of a honey beehive.

See a beehive.

The 20,000 or so bees in a typical hive are closely synchronised with one another and their environment. They organically demonstrate the best of how to live harmoniously in a collective.

A bee cannot survive on its own and depends upon the division of labor in the hive.

Each bee has a specific task, whether it is building the comb, foraging for nectar, scouting the area, or tending to the developing bees.

They all work together in unison for the good of the hive.

ALL bees are productive. They stay focused on whatever they are doing and don't get sidetracked from their goal.

No one argues in the hive, they just get the job done. The level of discipline, the organic structure is astonishing.

Imagine if in human networks and movements, everyone involved was a replicator of shared norms. What would happen if humans let go of the seductive ego-driven drama of exceptionalism and consciously, steadfastly worked toward collective growth and evolution?



Envision what would occur if every person in a network or movement became a keeper of information.

If everyone was trained in skills that would be constantly sharpened, to contribute to a revolution in higher consciousness.

Incessant interchanges where what one network member learns, they quickly teach to others, who in turn teach it until everyone that feels capable of learning that skill has mastered it.

We'd recognize that everyone has different abilities and needs and so variation among individuals would be appreciated.

Like the bees, specialization would occur, but even in the most extreme cases every specialist would still display the broad-based skills of a renaissance person.

Bees collect honey from flowers in such a way as to do the least damage or destruction to them, leaving them whole, undamaged and fresh – just as they found them.

Their legs are one of their most sensitive organs. They use them to taste.

- ⊙ If the flow of nectar is good on a given day, the bees retrieve as much as possible.
- ⊙ If it's extremely hot, many of the bees move outside of the hive to bring water inside.
- ⊙ When there is a disease inside the hive, many of the bees sacrifice themselves by not going inside.
- ⊙ When bees get old they don't die inside the hive because they others would have to remove their bodies, they do so outside.

Imagine if in human networks and movements every member is truly honored and considered as valuable as another. If this was TRULY the case, any threat, any potential oppressor would have to eliminate every member in order to squelch the movement.

Ancient civilizations have always known that bees have a special connection to the source.

As part of a symbiotic system helping beauty and diversity to flourish, they are a bridge between the macrocosm and the microcosm.

- ⊙ There is one heart that connects all.
- ⊙ There is one hive mind.
- ⊙ The entire hive sends out its intention as a whole into the world to be manifested.

In your mind's eye.....Become a honeybee.

Enter the hive and and feel your senses filling up with the sound and sensation of fuzzy, swarming movement in the buzzing hive.

Smell the warm honey.

Smell the pollen.

Feel the fuzzy warmth surrounding you in soft contact with your body.

Tune into the sacred hum in this place of mystery and peace at the heart of the buzzing.

Sense the group intent.

Attune to the hive mind.

Go deeper into the hive.

Look around and notice what you see there.

Surrender to your internal guidance system and follow its lead.

Pause for a moment to internally express your gratitude for 6,000 years of companionship on this planet with the bees.





## Bird Murmuration

To hear an audio version click for [SoundCloud](#).

*At a time when cascading multifaceted crises are just beginning to gain momentum...*

*At a time when we're headed into uncharted groundlessness and uncertainty...*

*At a time when we feel rudderless,*

We turn to our inner landscape and in our mind's eye, look skyward.

We turn our gaze upward to the sky and witness birds; starlings in particular.

We watch the starling murmuration, the intricately coordinated shapes that manifest in the sky as hundreds, sometimes thousands of birds fly in swooping, ever-changing patterns.

Observe a flock.



First elongated, then swelling into a sphere, moving outward in a cone, an hourglass, and then notice wave after gracefully undulating wave of birds, constantly group shapeshifting in the sky.

Watch as the birds roll through, and bank their turns. The shape of the flock is repeatedly changing from wide and flat to long and narrow as it stretches across the sky. Those birds who are flying abreast with each other end up in a single file line as the flock makes each turn. The fluidity of their motion is stunning.

There is no leader.

When one starling changes direction or speed, each of the other birds in the flock responds to the change, and they do so nearly simultaneously regardless of the size of the flock. Information moves across the flock instantly and with almost no degradation. A starling on one side can respond to what others are sensing all the way across the flock.

The group responds as one and cannot be divided into independent subparts. How do they do this?

Subsidiarity, like the best of self-organizing grassroots movements. That is, evolution is driven on the ground, at the follicle level of the grassroot so to speak.

### Watch the Starlings

Starlings in large flocks consistently coordinate their movements only with their seven nearest neighbors. They process messages from those seven neighbors simultaneously. Each bird maintains just about the same speed and only interacts with those seven neighbors as it swoops and dives. Group upon group of those energetically bonded neighbor-clusters then constitute an interwoven, melded group mind.

When starlings are threatened, the whole flock reacts at once with very little delay between noting the threat and evading it.

There isn't any one bird that has the responsibility for protecting the flock. Everyone takes responsibility for protecting the flock from danger.

In the case of flocks of geese flying in a V formation, which appear to have a leader, the movement of the flock is actually governed collectively by all of the flock members.

## Watch the Geese

Birds share and distribute leadership. When they fly in the v-formation, the lead bird works the hardest. So, many of the other birds in the flock take turns flying in the lead in order to ensure that no one bird collapses from exhaustion, increasing the chance of group survival.

The birds in the back get to rest. Eventually, every bird that is capable will be a leader at some point during the flight. In flocks of pigeons even the weakest birds sometimes lead.

Birds flying in flocks can migrate longer distances than birds flying alone. They save energy and fly faster together.

Each bird has to fly just a bit differently than the leader to contribute to making the entire flock successful.

## What's the biomimicry lesson for humans?

Humans can witness to the beauty and power of distributed leadership.

A situation where there is no one leader to unite many factions seems counter-intuitive. Yet as we move deeper into uncharted waters in the 21st century, enduring unity must emerge from a much deeper place within the collective.

If the new system that is birthing itself in the shell of the old is to gain strength, that lack of centralized leadership, emergent leadership, will become THE defining feature of successful resilience networks.

Despite this, there is still room for natural leaders. An effective group nurtures this type of person who takes on the responsibility of ensuring that no one is marginalized in the decision-making process.

The difference between being led and making effective use of natural leaders is like the birds, the non-hierarchical nature of the way this works. While birds do this organically humans can ensure that decision-making is not predicated upon tyranny of the majority, but facilitates group development of proposals upon which all participants can agree.

This eliminates the need for authoritarian behavior from leaders because everyone has shaped, and is in accord with the outcome. No one has to be coerced into doing something they voted against.

Pause for a moment to express gratitude for companionship on this planet with the birds.





## Butterfly

To hear an audio version click for [SoundCloud](#).

Imagine a caterpillar. Watch it slowly crawl along the tree branch where it lives. As you watch, the caterpillar stops and attaches itself to a branch of the tree.

Imagine that you are watching its metamorphosis using slow motion time lapse photography. Witness as the caterpillar gradually surrounds and covers itself, first with a few wispy web-like silken threads, and then begins to gradually disappear from view within the cocoon. It instinctively knows how to build the perfect chamber for its transmutation. Observe the cocoon for a few moments.



Imagine that you are now inside of the cocoon. Surrounded and held by the softness of the silken threads, you rest in the warmth of the golden darkness. You are only dimly aware of your surroundings so you don't know exactly what is happening to you, but you sense with a kind of excitement that in this apparent stillness, a hidden, transforming intelligence is at work.

You abide this uncertainty,  
this unknown transformational

territory, this groundlessness with growing anticipation. At last the cocoon begins to break open and a ray of light penetrates through an opening. As the light touches your body, you feel a sudden surge of vitality and realise that you are shedding the cocoon.

As you feel the cocoon fall away you discover that with it, you've shed the defenses and points of reference of your past. You are now freer than you ever dreamed you could be because you are a beautiful multicolored butterfly.

You soon realize that your boundaries have extended infinitely. You can fly! You find yourself dwelling in a totally new realm of colors, ....of sounds... of open space. You experience yourself flying; being supported by the air, gently borne up by the breeze, fluttering down, and flying up again.

Below you see an immense meadow full of flowers of every kind and color. You settle on one, ...then on another, ....then on another still, so gently that the petals are not even disturbed by your presence. You experience each flower as a different being with its own color and perfume, its own particular life force and quality. Take your time and experience the many aspects of your expansion, your freedom and your lightness.

Live into your limitlessness.



## Dolphins

To hear an audio version click for [SoundCloud](#).

You stand at water's edge beside a long dock, on a beach that stretches in both directions as far as the eye can see.

Feel the moist, warm, golden sand beneath your bare feet.

Hear the soft rhythmic beating of the gentle waves that you watch breaking against the shore

You feel peaceful, calm and relaxed.

The blue ocean water is clear and warm.

You watch as the white foam of the gentle waves swirl around your ankles and toes.

Suddenly you hear a funny squeaking sound.

You look up to see a pod of 12 dolphins playing in the waves out on the far side of the dock. Their smooth shiny skin glistens in the sun.

You smile at them and greet them in your mind.

Their perpetual friendly smile beckons you to walk out on the dock and join them as they dive in and out of the waves.

You jump in and find that the ocean is comfortable and warm.

You sense that the dolphins are peaceful beings, full of love and joy. You immediately feel that they are your friends and you effortlessly understand their language.



One sleek smiling dolphin is clearly happy to greet you.

He gently brushes against you, inviting you to come and play.

He sings his squeaky dolphin song as the two of you swim side by side, moving in unison for quite a long time.

Feeling completely safe, happy, and knowing that you can trust, you take a deep breath and climb onto your companion's back, holding onto his dorsal fin.

At this moment, your dolphin friend

telepathically communicates his name to your mind.

Suddenly the two of you spring up into the air and glide together across the top of the waves. You feel the water gushing past your feet; the warm air and ocean mist gently spraying your face.

You feel light as air as the dolphin pulls you across the sparkling water. Your dolphin is slightly up front

while the other pod members swim alongside you in perfect harmony. Whenever your dolphin jumps and turns the other dolphins do the same in unity.

You feel so free.

You are aware that this is what it's like to experience complete, unconditional, unbridled joy.

You feel an inner knowing that your dolphin companion promises to keep you safe.

It asks you where you'd like to go.

You whisper, take me on an adventure.

Suddenly you both take a deep dive into the clear blue ocean,

You look around at the lively underwater ecosystem that surrounds you, in which you are breathing effortlessly.

You swim past multicolored schools of fish, glowing coral, sea turtles, starfish and shimmying seaweed that sways with the ocean.

You hold on tight to the dolphin's fin. The others are right there with you, harmoniously swimming in sync.

Your mind can barely integrate the stunning beauty of what you're witnessing and the oneness with the dolphin pod, united as one family in love

You and your dolphin friends swim as one body, one unified organism hypnotically gliding through the ocean.

Your heart almost bursts with joy.

Let your senses fill up with gratitude for unity for the dolphins, with the ocean, all of nature and with the earth.

Together you glide gently to the surface and find yourself once again at the end of the dock where you step into another realm with the intent to carry the abiding joy that you feel with you.

Dolphins are the quintessence of superlative emotional intelligence communicated with unsurpassed sophistication for the good of the whole. They are goodness embodied and have much to teach us about being love.







## Dragonfly - Helicopter Meditation

To hear an audio version click for [SoundCloud](#).

Imagine a dragonfly —one of the most successful, and resilient lifeforms on the planet which existed 300 million years ago! To put that into perspective, that's 100 million years before the dinosaurs!

You might have seen dragonflies near water performing their daring aerobatics; often darting, sometimes dancing a graceful weightless ballet.



Turn toward your inner landscape and image a large, beautiful model of a dragonfly as if it was elevated and displayed on a slowly rotating turntable so that you can see every aspect of its body from all angles as the surface upon which it is displayed slowly turns.

....Observe it's massive, bulbous head.

.... Witness its set of double wings.

.... See its thorax and its long, thin tapered abdomen.

The dragonfly's body is covered in a glittering, iridescent armour that shimmers like liquid metal;

The colors on its wings which change in contact with light at different angles, rival the most beautifully

painted stained glass windows.

Dragonflies can see better than any other insect because their huge compound eyes have 30,000 lenses each, giving them multi-directional, almost 360 degree vision.

In fact the eye of a dragonfly is considered the world's most complicated insect eye structure.

Those eyes occupy about half the area of the head providing it with an extremely wide visual field

The wings of a dragonfly are of such a complex design that every single pore is designed for optimal aerodynamic maneuvering.

Witness this aerodynamic beauty as the dragonfly slowly rotates on the turntable.

Dragonflies are among the fastest flying insects in the world, clocking speeds of over a stunning 35 mph!

The dragonfly moves with elegance and grace as well as speed.

Watch it slowly rotate on the turntable.

Contemplation of the dragonfly skillfully darting across water offers us the opportunity to go beyond the surface to explore the deeper implications of life.

As we gaze at its magical, color-shifting iridescence we can gently let go of outworn aspects of ourselves... unmasking our true-selves.

Look into the massive eyes of the Dragonfly with their panoramic vision and claim your ability to see far beyond the limitations of the human self.

Non-judgmentally see past any self-created illusions that limit your growth and ability to change.

Let them go on dragonfly wings.

Now behold as the dragonfly, your point of focus, on the turntable gradually begins to morph into a model of a helicopter.

Notice the similarities.

Helicopters deliberately imitate the flawless design and manoeuvrability of the dragonfly. They can fly in any direction (up, down, forward, backward) or they may simply hover.

Look closely at your rotating dragonfly turned helicopter model.

Like dragonfly wings, each helicopter rotor is designed to move independently of the others, and can rotate on an axis for incredible flight control.

Helicopters can make hairpin turns mid-flight, changing direction instantly.

And like dragonflies, they can also fly upside-down!

## Helicopter Meditation

So now imagine you are walking across a helipad tarmac towards a helicopter in the not too far distance.

Feel the excitement level rise within you as you.

Adrenaline starts pumping through your body.

The din of the whirling rotor blades fills up your senses as you approach.

Duck your head as the rotor blades whiz overhead and you enter the cockpit.

Step inside.

You are in the heart of the dragonfly.

Once inside, buckled in, safe and sound, the helicopter smoothly, ... immediately, almost imperceptibly ascends straight up in a matter of seconds.

It flies at an angle for a time inducing a bizarre, sustained sense of falling.

When it levels off it flies in a straight line at a cruising altitude of 160 miles per hour for a while, and then proceeds to make dramatic turn after turn.

The vista is stunning.

Through large window-eyes you can clearly see and especially feel each dramatic turn.

This induces an all-consuming, entirely adrenaline driven sense of electrifying freedom.

The helicopter dips and soars as low as 1,500 feet and as high as 10,000 feet.

As it constantly adjusts altitude, the sensation is akin to a roller coaster ride.

Look out of the window in one second and notice that you're seemingly hovering just above a body of water, and in the next you're thousands of feet above it.

Exhilaration and disorientation rise up in you simultaneously as one minute you clearly see the horizon, and the next you don't.

Everything is literally turned upside down and sideways from nanosecond to nanosecond.

There is no definitive up.

There is no definitive down.

There is only the felt sense of the moment.

There is ZERO control here —only freedom and adventure.

Over the course of the ride, progressively open and surrender. Joyously live into each moment, in gratitude for the learning.

You are in the heart of the dragonfly.

Surrender to dragonfly energy which is the capacity for radical adaptation, shifting directions, instantaneously responding to the environment. Dragonfly vision penetrates life's surface. The dragonfly body glides effortlessly through perceived limitation and illusion to act, to respond to the emergent need of the moment.

Rest calmly in dragonfly energy.



## Tree Consciousness

To hear an audio version click for [SoundCloud](#).

Consider that our planet is 4.5 billion years old and for 3.8 billion of those years Earth has harbored life. Since that time, untold numbers of sentient organisms have adapted and evolved to effectively meet their needs, creating intricately interconnected living systems, *within* living systems in the process.



These beings have developed well-adapted solutions that have stood the test of time.

We are part of, rather than separate from, the ecosystems of our planet, so we'd be very wise to understand, to learn from, and to emulate the strategies used by the myriad other living beings who have gotten it *right* for 3.8 billion years.... if we want to continue to thrive.

Bring your attention to the trees who have been our silent companions since the dawn of our species. Trees are aware, awake, social beings who live in families, share food, and know well the advantages of working together.

Trees speak to each other incessantly, using a silent, sophisticated language, communicating complex information via smell, tree-taste, and electrical impulses.

Bring to mind one of your favorite trees, or a type of tree under which you'd like to sit that makes you feel safe, protected, accepted, and silently seen.

In your mind's eye, be seated under your tree with your back up against the trunk.

Take in your environment as you settle into your comfortable seated position.

Supported by the tree:

- ⊙ What do you feel? With what, ..are your clothing and body in contact as you are seated — *the soil, above ground tree roots, plants?*
- ⊙ What is touching you?
- ⊙ What scents and smells are in the air at the base of your tree?
- ⊙ Listen carefully to the sounds around you.
- ⊙ How close or far do they sound from you?

Look up through the intricate leaf pattern above you as you gaze skyward through its canopy.

Feel the solidity of its strong massive trunk, and know that this giant is nourished, supported, and grounded by a vast underground root system and miles of filigree mycelium networks.

Trees are complex ecosystems unto themselves.

Imagine for a moment how *all manner* of lifeforms and ecosystems *within* ecosystems are being supported at various levels by this majestic giant.

What relationships do these lifeforms have to each other, and to their gracious host?



**What can thriving, resilient, distinct yet deeply interdependent tree ecosystems teach humans about nurturance, authentic collaboration, self-organization, and adaptation?**

**Pause for introspection and writing.**

**Return to your tree in your internal landscape.**

In your mind's eye, stand up straight, spine erect in front of the tree; facing it.

Let rise from within you, profound gratitude for the life-giving protective role that trees like this have played for sentient beings on Earth for millenia.

Witness yourself rubbing the palms of your hands together intensely, and briskly for two minutes or so, until you can feel heat and sensitivity in your palms.

Place the palms of both of your hands on the trunk of the tree.

Feel and appreciate the texture of the bark.

Sense the powerful yet ever so slow movement of energy flowing within and through the trunk. The energy is descending from the Earth's biosphere, through the outstretched branches of the tree, down through the trunk into the Earth where the body of the Earth absorbs, transmutes, and resends it back up to its protective biosphere in an oval shaped energy flow.

Sense the pattern of the energy flowing through the tree into the earth in the palms of your hands.

With curiosity, fully open yourself to this energy flowing through the tree and align yourself with it.

Allow the tree to energetically accept and embrace you.



Consciously, intentionally step *into* the flow *where* you stand in proximity with the tree, and allow yourself to be carried with it, as the energy of the biosphere flows through the meridians in your body. Become one with the flow as you were always meant to be.

The flow is descending down from the biosphere, through the leaves, through the branches, into the trunk.

It is received by the earth, rises back up from the earth, and up through you. It rises through your central nervous system and out of the crown of your head back to the biosphere. Witness this graceful, primordial flow.

Take your rightful place and open yourself up to the unity of flow.

Recognize, acknowledge, and enjoy oneness.

**Pause for introspection and writing.**

**Become the tree in your internal landscape.**

Slowly, gracefully, deeply breathe in fresh, clean, pure air through your entire being and powerful vertical structure.

Feel cool water slowly, ...slowly,... deliciously ascend from your roots through your trunk, out through your branches, and into your leaves.

Drink in the droplets of fresh, ...misty ....sunshower rain water through your leaves and bark.

Feel the mineral rich soil around your base, as you soak up the nourishment through the miles of roots which are intertwined with those of your neighbors; your tree brothers and sisters.

Breathe out.

Expand, and extend your roots deeper into the soil.

Breathe into your roots.

Feel the living, breathing, cylindrical fortress that is your trunk.

Feel the breadth of your branches spread wide, and breathe out fully into your branches.

Enjoy and absorb the life giving warmth of the sun shining on your outstretched limbs and the breeze rippling through your leaves, and all around you.

Delight in intricate layer upon layer of lifeforms:

living in you,

living on you,

living all around you.

Squirrels playfully scamper and dart about through your branches.

Birds feed their insatiable young in nests camouflaged in your crevices, while insects of all types scuddle around everywhere on your bark.

**You are the protector, the guardian, and giver of life.**

You are keenly aware of your neighbor-trees. They are you, and you are them. Your support, nourishment and assistance of your brother and sister trees through your intertwined root systems is the *only* reality you know. The fungal, mycelial networks around your roots function like an extended underground nervous system that knits all of your fellow trees together as one, living organism.

Yet you can distinguish your own roots from those of your relatives and those of other tree species which you've been moved to nourish on occasion as well.

Experience the groundedness and stability of patiently growing, learning, adapting, evolving and watching the lives of countless species, including humanity around you evolve; .... generation after successive generation for hundreds of years.

Inhale the wisdom of the ages.

You have adapted to every new era, still, steady, imperceptibly and fearlessly changing in order to serve the Earth and humanity.

Feel your entire body rooted; hugging, embracing and protecting the earth; stable and secure, even as you reach to the sky.

**You are a conduit, the nexus between that which is above and that which is below.**





## Mountain Brook

To hear an audio version click for [SoundCloud](#).

Imagine that during a hike in the mountains on an early spring day you come upon an enchanting little brook.

The water is relatively shallow, and is so crystal clear that you can transparently see the entire bed of the brook beneath the flowing water.



Listen in deep delight to the playful bubbling of the water as it swirls around rocks, swiftly on its way to who knows where. Feel your spirit lighten as the babbling and bubbling sounds fill your ears.

Although the brook is shallow and isn't that wide, the water is moving with some force and definite purpose.

You notice a wide flat rock in the middle of the stream.

You wade into the water, sit on the rock, and then lie almost horizontal on your back on this smooth flat shelf of rock so that your body, stretched out, is almost parallel to the flow of the water.

In this position the water is flowing over your shoulders and cascading over your entire body as the brook goes on its way. Feel the flow of the water over your body.

You hold on to the sides of the flat rock with your hands to prevent being carried downstream by the water's flow.

As the cool water flows over your body you have the internal sense of a cleansing which is refreshing and purifying of your entire being.

You are renewed.

You are refreshed.

You are the brook.

And in that moment you ARE flow.



## Mountain Spring

To hear an audio version click for [SoundCloud](#).

Imagine a magnificent fount of water springing from granite rock. See its crystal clear purity sparkling in the sunlight and hear it splashing in the surrounding silence. Experience this special place where everything is clearer, purer, and more essential.

Lean forward, cup your hands, and let the water flow into your hands. Drink the cool water and feel its cool, refreshment flowing down your throat, spreading throughout your body, making you feel lighter.

Now walk directly into the spring itself, letting the water flow over you. Imagine that it has the power of flowing through each one of your body cells and in between them. Imagine it also flowing through your intellect as well. Feel this water cleansing you of all the psychic debris we inevitably accumulate day after day - frustrations, regrets, worries, thoughts of all kinds are loosened and washed away. The gentle bubbling spring washes it all away; purifying and cleansing you.

Gradually you experience how the purity of this fount becomes your purity and its energy becomes your energy.

Finally imagine that you are the fount itself, where all is possible and life is forever new.







## Mycelium

To hear an audio version click for [SoundCloud](#).

Let's turn now to the consummate network of planetary networks, the central nervous system of the planet's natural world, ....the mycelium.

Mycelium are self-organizing, fungal membranes that form vast **underground** networks in the soil. They are self-learning, constantly experimenting and gaining knowledge.

**Similarly, the most enduring human movements are those whose filigree roots are meticulously cultivated deep underground.**

Networks whose members keep their heads below the barrier.

They don't shout, "We're here, we're here," but like the mycelium, move quietly, often silently.

Methodically, inexorably building an intimately netted, organic, adaptable foundational strata with purposeful, focused intentionality.

The planet's mycelial network has been described as a discrete subspace domain that can be conceptualized as a vast microscopic web, an intergalactic ecosystem, or an infinite number of roads leading everywhere.

The organization of neurons in the human brain and body mimics that of mycelium as does the organization of the internet.

Mycelium are the growing 'stem' cells of fungus that establish microbiomes and ecosystem landscapes. They have an innate ability to recycle nutrients and stream them so they become available to other organisms miles away in the environment.

**Effective networks and movement likewise recycle** nutrients, learning from the potholes, rabbit holes and mistakes of initiatives that have gone before. They shine a cleansing light on, and transmute the baggage brought forward from past experiences. They build-in redundancy, communicate fluidly, and quietly, methodically and widely share



the emergent nutrients of their work.

Mycelial networks close the energy cycle in ecosystems with decomposition and by breaking down molecules to allow nutrients to be accessible that were previously locked away.

Networks and movements that endure and are impactful also, with dispassionate compassion, slough off outworn thinking and ingrained behavior patterns which no longer serve the evolution of the whole.

There are 8 miles of mycelium in an inch of soil.

They are highly evolved sensory membranes. When you walk on them, they know that you are there. You can't hurt them because if there is a break in their web, in their mat, they will find alternative ways to stream nutrients. When you break it, it just forks and continually branches.

Millions of tiny threads that spread out as they gain territory. Mycelium not only grows and consumes for the survival of its own species but also for the benefit of the entire ecosystem.

They connect many organisms throughout the soil, inclusive of different plant species. They facilitate plant communication and transfer nutrients amongst species.

The mycelium can even act as a carbon storage facility and will reinvest the carbon into plants in the most challenging times.

We are **All** in challenging times.

It is through incessant investment of time and intentionally focusing attention on giving.....loving.... receiving.... loving through challenges, often excruciating with dispassionate compassion that we wake up, sustain awareness of self-as consciousness, and are of true service to the whole.

As Albert Camus wrote in his novel *The Outsider*:

*"The only way to deal with an unfree world is to become so absolutely free that your very existence is an act of rebellion."*





## Rose

To hear an audio version click for [SoundCloud](#).

Imagine a stunningly beautiful rosebush.

In your mind's eye, imagine its roots extending down into the soil. See its graceful stems, its leaves, and then focus on a single rosebud at the top of a stem.

The rosebud is closed, but you have the sense that it's poised at the point when it's just on the verge of opening. Take your time to drink in its beauty, the softness of its colors, and clearly visualize all of its details.

Now imagine that, as if you are witnessing slow motion time lapse photography, you notice that the bud has begun to open. The tender, light-green sepals open and slowly turn back to reveal the rose petals inside — tender, delicate, and still closed.

Now the petals themselves slowly begin to open. As they do, you feel a release of any worry or tension in your mind, a release of all tightness in the head area as you direct your attention to your heart and emotional wellbeing. Feel a warming and an opening in the center of your chest, in your heart center. Sense that as the rosebud opens, something within you is also gently and delicately opening — coming to light.

As the rose blossoms, become aware of a simultaneous blossoming and surrender to the natural, organic compassion of your heart. Sense an awakened warming that's occurring in the depths of your being.

As you continue to visualize the rose, its opening becomes your opening, its rhythm becomes your rhythm. You watch as the rose opens to the light and the air, revealing itself in all of its intricate, natural splendor. As the petals continue to open and blossom fully into the light, your entire being also, gratefully opens fully to the light.

Relax. Allow your shoulders to come down with ease as you let go feel the relief of being held in the comfort and compassion that emanates from the rose and your heart center in concert.

Smell the intoxicating perfume of the rose.

Absorb the scent.

Welcome, embrace, and let the experience infuse deeply into your being.

Continue to gaze into the center of the rose where its life force is most intense. Let an image emerge organically from the center in its own time. This image will represent the most beautiful, meaningful, creative dimension of your compassion that wants to come to light in your life at the moment.

The image can be of anything. Let it emerge spontaneously without forcing it, or analysis. Let your mind rest on this emergent image for a time. Experience its quality and any message it may have for you.

Be open, curious, and receptive. Be ready to receive.







## Sunrise

To hear an audio version click for [SoundCloud](#).

Visualize yourself on the beach moments prior to the first light of dawn. The vast expanse of the ocean stretches out in front of you, almost motionless as a sliver of visible moon and night stars are about to disappear.

Take some time to experience the enveloping silence just before sunrise. Wrap yourself in the deep stillness filled with possibility.

Enjoy the bracing saltiness of the air. Look out over the water and witness the last few fading stars as they yield to the predawn sky which is ready to burst into color.

The darkness gradually melts and bands of color begin to rise on the horizon. The sky at the horizon line becomes red, then golden. As the sun's first rays appear, you watch its slow shimmering emergence from the water.



With half of the sun's disc visible and the rest still below the horizon, you notice that its reflection on the water is creating a pathway of glistening golden light, leading from you all the way back to the heart of the sun.

The temperature of the water is pleasant and you decide to go in. Slowly, with mounting joy you start out toward the sun, swimming down a central corridor created by the golden radiance. You feel the light filled water supporting your body. You experience yourself gliding along effortlessly and moving pleasurable, purposefully in the shimmering ocean pathway.

The more you swim toward the sun disc, the less aware you are of the water. The more the light around you increases, the more you are infused with its transformative energy. Light fills your awareness. You

surrender to the warm, high frequency golden light which completely permeates your being.

Your body is now bathed in the vitality of the sun. You are emotionally uplifted by its warmth. Your mind is illuminated by its radiance.

You are light.

## The Process of Perpetually Becoming

We are 'becoming' in every moment.

Biologically we are new beings in every nanosecond. We remain in strong physical health because our cells and organs are constantly regenerating.

Our bodies at the cellular level and at the quantum level are flow.

Our minds, our thoughts, our emotions, the society in which we live, the global family of humanity, the planet on which we live are all in a dynamic flow-state of change, movement, and becoming.

We are essentially flow.

We are perpetually becoming.

So, we have the ever present opportunity to either be frightened and paralyzed, resisting incessant change which is the definition of suffering, OR to flow with constant change which is the definition of evolution.





## Waterfall

To hear an audio version click for [SoundCloud](#).

Direct your attention to your inner landscape.

Bring into your mind's eye a stunningly beautiful waterfall cascading over and down a mountainside.

The area is suffused in an intense, lush green with thick vegetation covering the entire mountain vista. You find yourself behind the waterfall at a level where there is a wide ledge at the mouth of a mountain grotto.

At this level the thunder of the cascading water fills the soundwaves so that the roar of the powerful flow fills your ears and all of your other senses.

The cascade is powerful yet welcoming.

The spray from the flow is cool but not freezing.

Determine to step in and experience this movement. Decide to navigate this moment.

Step further out on the grotto plateau and into the water.

Plant your feet at hip-width apart to steady yourself.

Having merged with the cascade, successfully adjust your body and your being to the exhilarating force of the water bombarding your head, your shoulders, and flowing over your body. Open yourself and willingly receive the intensity.

Feel your enlivened energy and lifeforce as you become one with the flow to the complete exclusion of awareness of everything else in the environment.

In that moment there is only flow.

You are flow.





## **II. Perspective Expansion**







## Bell

To hear an audio version click for [SoundCloud](#).

Imagine that you are totally at ease, lying on your back in a grassy meadow on a warm summer afternoon. The peaceful meadow, accessed only by a narrow dusty road, is ringed by a ridge of protective rolling green hills. Feel the softness of the meadow grass cushioning your body and breathe in the delicate fragrance of the flowers that surround you. Lean your head back and look up at the cloudless sky above.

On the walk to the meadow you passed a small country church with a bell tower. And now as you lay comfortably gazing up at a broad expanse of blue sky, you hear the bell peal three times. The pure, joyful sound fills the air, marking out every quarter hour. As you listen to the sound, notice how your attention is drawn in. Sense that the sound is capable of stimulating a reservoir of concealed, untapped joy deep within you. Feel your entire being, bathed and soothed by the deep rhythmic resonance of the bell as it rings..... once,.....twice.... three times before it fades away.

As the bell sound fades your attention is again drawn up to the diffuse vastness of the sky. Wispy fragments of your thought-streams scatter skyward like dandelion-puff seeds carried upward by the breeze.



And before you know it, the bell rings again.....once,.....twice.... three times. Imagine that as the sound travels through the ethers and reaches your ear, you become aware of how its vibration tickles your ear canal. Your ear registers and is nourished by its subtle frequency. Feel its resonance in your ear, throughout your head, radiating out into the broader field of your mind. Become aware that its frequency, its vibration,

is awakening dormant potentialities that are deep within you. It evokes a sense of completeness, of wholeness. And then again, fades away.

The next time you look skyward your thoughts are fewer and your focus is more open. There are longer and longer spaces between thought-threads, and your mind is much calmer and still. Much like the cloudless sky.

The bell tolls once more.

It rings once, ....twice,... and a third time. The sound embraces you, gently holding your full attention in vibrating wave after wave. The vibration, the pleasant sensation, reverberates in concentric ring upon ring throughout your body, aligning your body with the frequency of each successive wave of clear, pure, sound.

This time its peal seems to slowly,... gradually, grow louder and louder.

The concentric rings of sound moving through you are wider and wider.

Its resonance reaches deeper and deeper, touching, soothing, and bringing forth the core of you, the heart of you, your deepest creativity, calling your whole being into an alignment that has a profound "rightness" to it.

The sound of the bell atunes every atom and filigree nerve-cell of your physical being to one, deeply satisfying vibratory frequency.

Experience the felt-sense of your physical body,...held, infused with, ....and gently absorbing the sound.

Feel... know..... become aware that you **ARE** pure boundless, formless sound.

Experience yourself as undulating wave after wave of pure, whole, vibratory frequency.

Open and surrender your awareness to yourself as pure, whole, vibratory frequency.

Listen as the sound gradually fades away and become aware of the moment when sound ends and silence begins.

Now feel the meadow grass softly tickling your arms and slowly sit up among the wildflowers.

Appreciatively breathe in the flowers' sweet aroma as you stand and slowly follow the path out of the meadow to the country road, feeling full and satisfied.

As you stroll down the road and pass by the country church, the bell rings.

Once, ....twice,... and a third time.

Pause.

Be still.

The sound is at once, without and within.

Enjoy, accept, resonate, surrender, and **BE** the vibration of wholeness that you now carry down the country road and out into the world.







## Guide

To hear an audio version click for [SoundCloud](#).

Imagine that it's a mild summer morning and you're in a beautiful mountain valley.

Gradually become aware of your environment. The sights, sounds, and scents of the lush green valley surround you. The air is fresh and clean and the sky is intensely blue. There are flowers and grass all around you. The morning breeze gently caresses your face. Feel the contact of your feet with the ground. Become aware of the clothing you're wearing; feeling the fabric against your skin. Take some time to become clearly conscious of all these perceptions.



Become aware of a sense of readiness and expectancy. Look around and focus your attention on the mountain towering just a short distance from you. Gaze up at its summit, easily and spontaneously opening to an increasing sense of extraordinary exhilaration.

Decide to climb the mountain.

Walk toward the forested area that lies between where you're standing in the valley and the foot of the mountain. As you enter the forest you smell the intense aroma of the pine trees and sense the cool, semi-dark atmosphere. The pine scent is intoxicating. Your feet crunch softly on the bed of pine needles that cover the forest floor as you walk along the pleasant pathway.

As you approach the clearing at the forest's edge and leave the wooded area, you realize that the path has begun to slope uphill. As the incline becomes steeper you can feel the muscular effort demanded of your legs. The increased exertion pleasantly invigorates your whole body.

The vegetation is becoming more sparse. The path is now ending and all you can see ahead and above you are sheets of rock. As you keep climbing, the ascent becomes more arduous. You now have to use your hands to steady yourself. However, you're able to get handholds and steady rock outcroppings stabilize the climb. You feel safe and held by the majestic mountain slope.

You begin to feel the impact of the elevation. The air is becoming cooler, fresher and more rarefied. The surroundings are silent.

Your climb soon brings you into the soft mist of a mountain cloud. Everything is misty whitish and after a time you can only see the fog which envelops you. You proceed

very slowly and carefully, just barely able to see your hands on the rock in front of you. Yet growing excitement, curiosity, and a deepening desire to reach the summit draws you forward. It feels as though the mountain top is summoning you.

You move through the cloud which dissipates and dissolves as you climb. You can see the sky again. Up here, everything is very much brighter. In fact the colors are so vividly bright that they seem surreal. The atmosphere is extraordinarily clean and the sun is dazzling in the cloudless sky. You are ready to move on.

Climbing is easier now. You feel almost weightless, drawn forward, and eager to reach the top which beckons.

As you approach the very summit of the mountain, you're filled with the exhilaration of tremendous expansion of perspective. Pause and look around. Take in the vista from the summit. You can see villages and other peaks and valleys for miles near and far in the distance. You realize that you've come upon a vast plateau at the summit of the mountain.

All is silent. The sky is deep blue. The plateau has been waiting for you.

Off in the distance at the far side of the plateau you notice a tiny form moving toward you. It's a person. They first appear as a small, shimmering, luminous point in the distance. You've noticed each other and are walking slowly toward each other. You are filled with anticipation as you sense that the expanding glow around the being is radiating loving acceptance.

The being comes closer and closer until you can see their face and distinguish their features. You are now facing each other. Look into the wise person's eyes. A warm radiant smile communicates unconditional acceptance and transmits boundless love.

You know that the being is ready to listen to whatever you have to say and offer sage wisdom about whatever you want to know. You can talk about any problem, make any statement or ask any question you wish. You feel joy in the presence of this being.

Listen deeply in expectant, attentive silence for your answer to emerge.





## Hot-air Balloon

To hear an audio version click for [SoundCloud](#).

Imagine that you're walking brusquely across a lush, green-grass-carpeted field toward a massive multicolored hot air balloon that's waiting for you in the not too far distance. Feel the awe and wonder of the sheer size of the gargantuan balloon.

Take in the surreal vividness of its colors against the cloudless, bright blue sky, and enjoy the thrill of your own expectation.

There is a beautiful luminescent being waiting beside the balloon basket to warmly welcome you aboard. You understand that this being will serve as your host and companion on the trip.

As you're helped into the basket you experience a momentary twinge, a nervous flutter in the pit of your stomach, when you sense a flimsiness to the basket and the heat from the hot air burner above. You look at your smiling companion and become calm.

Feel your body reflexively tense up a bit as you brace for a take-off jolt. Again, you look over at your host and are at ease.

The jolt never happens. You're airborne before you know it. The balloon filled with less heavy air, lifts the basket ever so gently off the ground.

Notice the shadow of the balloon on the landscape as it rises with the sun behind it.

As you ascend and your perspective zooms out. Witness people, cars, buildings, neighborhoods, cities all shrinking in the distance below.

In that moment, let go of routines that revolve, smallness, and stale sameness. The balloon is rising above your thoughts. They're still there but on the ground at a distance.



Loosen, unwind your body, soften. Feel relaxation spreading like the golden warmth of the sun that's above and behind the balloon, slowly moving through your body. Experience a melting sensation, releasing.... releasing..... releasing.

Allow your mind to fully unfold and open to your wider consciousness, to freedom.

Open to what is new, of the light, for your growth and evolution.

The wind gently pushes the massive balloon along a path to who knows where. Watch mountain ranges, lakes, rivers and regions come into view. Release and surrender drama, worry, blockages and loosen whatever is stuck so that it dissolves.

You are peaceful.

You are peace.

You are held.

You are loved.



You are love.

In that moment you realize that you can no longer feel your feet on the balloon basket floor. In fact the basket is no longer sharply in your field of awareness. The balloon is there but more a part of peripheral awareness, yet the sensation of its vivid colors is present.

You sense an expansion.

The experience is one of boundless, unending undulating waves of color with which you feel a kinship and oneness.

There is an odd but pleasant, comforting sense of growing larger and larger.

A kind of intoxicating weightless expansion pervades you with the sense that everything is within you and you are within everything.

There is a knowing that as the expansion continues, you as consciousness cannot be contained.





## Future Probability

To hear an audio version click for [SoundCloud](#).

Imagine that although you live surrounded by the foothills of an exquisitely beautiful stretch of the Appalachian mountain chain, your work life has most recently called for you to spend long stretches of time at home, inside in front of a blur of screens.

It's your job to connect those who have lost their jobs and are having to scramble to find food to feed their families with resources. The intensity of that immersive experience in combination with climatic changes, social and political unrest often conspire to feel like the walls are closing in on you. You do your valiant best, but the pace of accelerating change in every aspect of society and the world is disorienting.

There are no clear answers. Even when you take some down time to relax, the tapes of low grade

anxiety continue to play in the background of your mind.

There is rumbling in your being that foretells a decision-making crossroads ahead where your life itself will rise up and implore you to step across a threshold into new ways of seeing and moving about in an ever-emergent world.

Although the landscape outside of your home-office window is extraordinarily beautiful, temperatures this summer have soared, ranging from uncomfortable to sizzling. But, on this particular oven-hot summer afternoon you are seized by an



irresistible impulse to get outside and find solace, silence, coolness and adventure in the mountains nearby. The foothills of a mountain range visible just a short distance from your home seem to be calling your name.

Deciding to defy the screens and get out of the house, you set out across the grassy fields that stretch out between your dwelling and the first green mountain rise. As you approach the foothills on a slight incline you become aware that your surroundings are becoming greener and more lush.

It dawns on you that the Appalachian mountains are 480 million years old. You are standing on ancient ground. You're compelled by that recognition to walk for some time in reverence.

Just as you begin to feel the impact of the elevation and the need to rest, you come upon a mountain cave. Or what looks like a mountain cave from the outside at first glance.

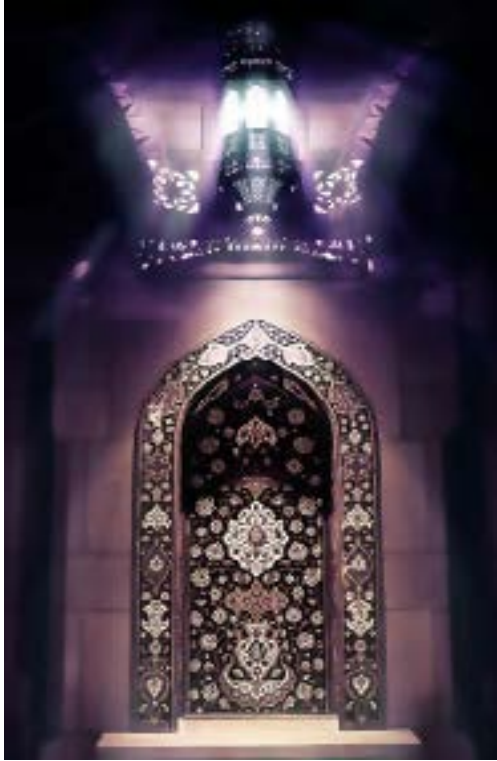
As you approach you are greeted with a coolness and a soft glowing light emanating from within. The cave is actually a wide tunnel which is fairly well lit by an unknown source. The walls themselves emit a soft light.

As you slowly walk, drinking all of this in, you feel more and more at ease. Breathing deeply and easily, you experience a felt-sense of the rightness of your being in this space at this time. The end of the tunnel opens up into a large round, light-filled room with a high, vaulted ceiling, glowing with a subtle blue light.

The entire circular, rotunda wall space is a movie screen. The excitement of anticipation rises within you.

Looking around, you notice that embedded at equidistant intervals in the wall-screen are four doors.

You find yourself standing before four massive, beautiful doors, each one marked “future probability.” They represent possible focal points for growth and evolution open and available to you as we move deeper into challenging times.



Also, each door has a window through which you can see one future probability. Elated, you realize that you’ll have an opportunity to visually sample a menu of future probabilities.

You notice that at the moment you entered the room, the movie screen became animated with a slowly progressing kaleidoscope of scenes which you recognize to be that which is foreseen for countries, cultures, humanity, and the future of life on earth.

Pause for a moment to stand back calmly and watch the movie screen before walking over to any of the future probability doors. Know that this room, that which is presented on the screen, is only for your knowing and broadened perspective, to deepen your awareness, facilitate your growth, and the expansion of your consciousness.

Now walk over and look through the window in door one.

### Door One

Your entire family and extended family is gathered at a long table full of what you know to be everyone’s favorite dishes. They cannot see you, so you’re able to witness the familiar banter and habitual ways of interacting. Witness and feel the family dynamic. Get a sense of whether they are fully aware of the larger reality of what’s

going on around them on the movie screen. How will you hold each other in times of uncertainty? Get a felt sense of how you will contribute to their wellbeing and create space for them to ride the crest of the upcoming tumultuous waves.

Take a moment to consider this and perhaps make some notes to self.

### Door Two

Step back from the window of Door 1 and walk over to Door Two. Look through that window and see a small boat bumping with each gentle wave against the side of a dock. There is an enchanting, brilliantly lit lighthouse in the distance that beckons.

This time open the door and walk through it onto the dock in order to sample the future probability of masterfully navigating the ocean of your own intuition and internal emotional guidance system.

What would that be like?

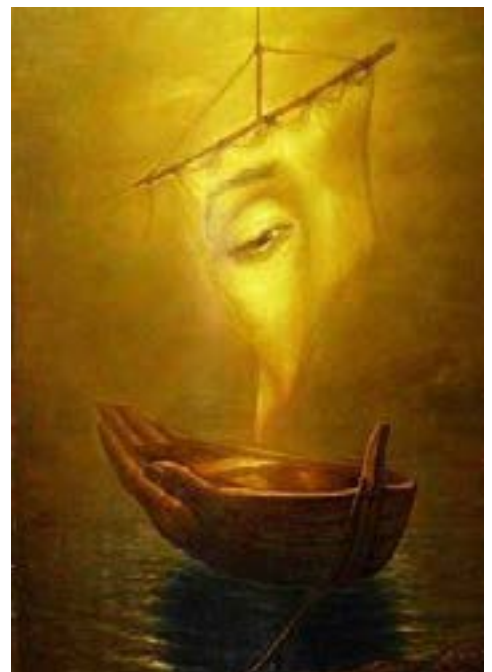
What would it be like to once and for all transcend the dominance of the one-dimensional maze of the intellect that batters us as we bump into wall after wall in the face of uncertainty, and rather....

...effortlessly ride the oncoming waves of uncertainty at the helm of a deeper, more vast and satisfying intuitive guidance system?

The little boat is waiting there to take you across a vast expanse of ocean to a lighthouse of intuitive self-knowledge far in the distance if you select this future probability.

Stand on the dock enjoying the cool, salty, ocean breeze on your face and consider what intuitive, emotional self-mastery has in store.

Take a moment to consider this and perhaps make some notes to



self.

### Door Three

Walk back up the dock, back through door #2, and out into the luminescent circular rotunda. Proceed to Door Three. Look through the window of door #3 and witness an enormous space filled with the aerial apparatus of countless trapezes. People of all stripes who have chosen, or have become habituated to living life as trapeze artists in the face of uncertainty, fly through space, sometimes with, and sometimes without a safety net from bar to bar.

They're deeply attuned to what is needed in the environment around them, have cultivated and mastered nanosecond timing in order to be in the right place at the right time to take hold of that next bar which isn't necessarily promised. They show up for themselves and other other people when there isn't much of a margin of error.

They literally thrive in groundlessness, reaching out to share, support, and pass the next bar to others with no need for solid ground under their feet.

These trapeze artists risk and put their lives on the line, trusting that the next bar will swing into sight when they and others need it.

What would it feel like to embrace uncertainty and groundlessness as an empowering space in which we show up for ourselves and others in this way?

Take a moment to consider this and perhaps make some notes to self.



### Door Four

Step back from the window of Door Three and walk over to Door Four. Witness a group of people... joyous, and radiant seeming to almost glide up the side of an enormous mountain on a full moon and starlit night. From your vantage point at the window you can take in the entire procession up the mountainside. The moon and stars light up the sky as these people light up the side of the mountain. They appear to grow brighter somehow as they ascend from the bottom to the top of the mountain.

The path that they are ascending leads to a cliff that overlooks an enormous Grand Canyon-esque ravine.

You watch in total fascination as one by one, and sometimes in groups as they reach the edge of the cliff they jump forward and take flight. When this happens they become points of light like a cloud of extraordinarily brilliant fireflies fanning out far and wide over the landscape below, in cities, towns, villages, and in vast empty tracts of the planet. When they land they appear as flames, flickering yet as a strong web of pilot lights that illuminate the space time continuum.

When you've had some time to contemplate this, please open your eyes and find yourself at your computer, in your home office in your dwelling at the foot of the Appalachian mountains.

What might be some food for thought that you can take forward from this visualization?







## **Meditation on Compassionate Acceptance**

To hear an audio version click for [SoundCloud](#).

### **Part I: Generate the Felt-Sense of Acceptance**

Stop moving where you are seated.

Pause, relax, and be completely still.

Be silent.

Think about someone who helped you at some point in your life.

...Someone who was perhaps present at a crossroads.

...Someone who wanted the best for you and who cared deeply about your wellbeing.

A person who encouraged you to be true to your essential self,

...who saw you for all that you are, perhaps at your most vulnerable, exposed moment, and radiated back unconditional acceptance, and compassion that warmly embraced you.

...Someone who contributed so profoundly to your growth that without having interacted with them, you might not be who you are today.

Feel gratitude and compassion well up within you as you bring your attention to this person. See them in your mind's eye.

Fully open your internal awareness to the felt-sense of being emotionally held and accepted by someone in this way.

Allow that feeling to flow into your awareness, wash over you, and fill you up.

Be present with, and bathed in that emotion to the point where it bubbles up within you, overflowing in cascades into the biofield around you.



### **Part II: Extend and Receive Compassionate Acceptance**

Sustain the felt-sense of being seen and accepted in your own being as you bring to your mind's eye, someone in your life who needs your unconditional acceptance at this time. Perhaps this is someone who suffers because they have never known true acceptance.

Witness with your innervision how their need surrounds their form, visibly present in energetic patterns in the biofield around them — however that appears to you. Tune into the internal dynamics that generate their need even as you're aware of their unaccessed wholeness which is simultaneously present.

Hold the image of the energetic blueprint of their wholeness in your awareness. Empathically feel compassion for them rise within you as you bear witness to their need for acceptance.

Project that acceptance from deep within you, radiating it out from your biofield toward them. You are moved — rocked by the powerful alignment with wholeness as you witness the luminous, high frequency wave-energy of your two fields merging.

In the moment that you transmit acceptance to the apparent other, the nourishing euphoria of your own life experience of acceptance is swept up into the interaction.

The distinction between the two of you is blurred by the melding of your biofields in compassionate mutual acceptance. Fill up with the experience of the high frequency energy exchange. Rest in the undifferentiated wholeness. Rest in the glow of compassionate acceptance.



## Ship

To hear an audio version click for [SoundCloud](#).

You are a ship's captain in harbor and you feel compelled to undertake a long voyage to foreign shores that you've planned for some time now, despite extremely erratic weather patterns. You feel as though people are counting on you. You're personally committed to executing the planned itinerary.



A long season of perpetual storming has come upon your particular region of the world and sailing in calm water with clear skies has become a rare luxury.

You're therefore ready and mightily relieved when a relatively clear day finally arrives.

Imagine your ship at the outset of its voyage. The wind fills its sails as it moves out of the safe harbor, the marina where it has been docked for months, and to which it has always returned for years. You head out toward the open sea.

Clearly visualize your ship's

billowing sails, its bow cresting the waves.

Experience the propelling power of the wind and listen to the waves as the ship heads out into the unknown.

You're at the helm, conscious of the vast open sea ahead. The water sparkles in the sunlight. Look out over the ocean and witness where sea and sky merge on the distant horizon. Smell the saltiness of the sea and enjoy the breeze gently beating against your face.

Feel the wooden surface of the wheel in your hands. Turn the wheel now to the left, now to the right ...for hours on end, aware of your sense of mastery over the vessel. Concentrate on your power to aim the ship in whatever direction you want. Feel the exhilaration of being in charge.

However, you notice that a storm is brewing on the horizon. It's right in your path and moving toward you rapidly. The sky begins to turn a sickly green color and then darkens. The sea becomes increasingly rough and choppy as the storm steadily approaches. Rain starts to beat down on the deck.

Feel the movement of the ship as it starts to roll and pitch. You shudder from the chill of the wind and needle-like pin-pricks of rain begin to pelt your face. Hear

the wind howl as it picks up speed and the storm starts to rage. The heaving ocean is now blanketed in darkness. Despite the navigational equipment that usually serves you, you begin to feel disoriented. It seems as though you're off course, adrift as the ship is mercilessly battered by the storm.

Just as you begin to feel totally beaten down by the fatigue in your muscles and the difficulty involved in wrestling with the helm, you notice a brilliant light in the distance off to the east. You sense that the sea in the direction of the light isn't even remotely familiar.

To the west lies the charted ocean route which you know well from experience, study, and planning. But for the storm, you could navigate the western route with your eyes closed.

But off in the distance that stunning light is becoming brighter and brighter. Against what you would consider to be your better judgement you begin to experience an internal yielding. You yield to a much more powerful yet wise, comforting, and overwhelmingly loving force rising from the depth of your being. There is a profound release occurring somewhere within you. The light activates and calls to a deep *knowing*. It is inexplicably drawing your attention, and by extension, the ship.... away from well charted waters and toward the dazzling threshold of the unknown.

You intuitively relax, and then release your grip on the helm. You are immobilized where you stand.

The helm begins to turn of its own accord silently steering the ship eastward where the sea is calm. The winds in this direction have stilled, and the rain has ceased to fall. Suddenly all is quiet save the rhythmic lapping of the waves against the ship. The ship is guiding itself into the light. You are aware, alert, awake, and totally at peace even though you are completely still and not moving.

Still standing at the helm, ....while having relinquished *control* of the helm, you witness as the boat draws nearer and nearer to the light. You are now able to see that it is a massive shimmering *arch* of light,..... a portal.....a gateway,.... a threshold. As the boat approaches, the darkness that stretches behind your vessel melts away in front of you.

As the boat glides through the threshold of light, the reflection of the brilliant arch creates a pathway of glistening golden light leading you from where you are, into an unknown field of luminescent potential.

You and the ship are welcomed, embraced, and melt into the field of light.





## Silence

To hear an audio version click for [SoundCloud](#).

Silence is a delicious phenomenon from which all creativity flows.

Take a moment before beginning the journey inward together to experience silence.

Be still where you are seated.

Still the self-talk in your mind.

Listen to silence for a moment.

Focus all of your attention on listening deeply in silence to the space around you, where you are located.

What do you experience in the silence? What do you sense?

- ① **Observe a minimum of 2 minutes of silence.**
- ① **Jot down a few words that capture your experience.**

Imagine in your mind's eye that you're strolling through a meadow toward a hill on a bright, sunny spring morning. You've decided to spend every free moment you have outdoors, experiencing the natural world.

You've visited this meadow before.

You've heard tell of an intriguing building at the top of the hill. The locals call it the dwelling place of

silence, but you've never ventured up the hill to explore.

There's a path that leads to the top of the hill and on this warm sunshine-filled spring day, that exploration is your intent.

The trees that border the meadow, the grass, and the bushes are a sea of delicate, early spring light green. Feel a slight breeze on your face as you walk for a time to cross the meadow to the foot of the hill. The air is fresh and pleasantly cool. Smell the freshness and experience the newness of spring. The sunlight warms your skin.

Sense the lightness of your clothing on your body and the increasing exertion in the muscles of your legs as you experience the incline of the land in your approach to the foot of the hill. You begin your ascent.

The path winds around the hill and isn't too steep so you're able to make the climb with relative ease, enjoying the song of birds, and plant life awakening to spring.

As you get closer and closer to the top of the hill and the building at the summit comes into closer view





a pervasive, increased sense of calm, peace, and stillness is in the atmosphere. There is no longer any birdsong.

There is no longer any sound at all.

All is silent.

As you walk closer and closer, the structure,.... the building..., now a short distance away is more and more breathtaking than you could ever have imagined.

The building takes on the shape and appearance of your highest, broadest, and most expansive consciousness. It is noble in its lines. It is harmonious in its architecture. It's radiant luminescence reflects the sun, AND somehow light emanates from its own energetic magnificence.

As you approach the portals of the structure, the coloration and details of the building become apparent. Take in the vision of the unsurpassed beauty before you. Notice what material the building is made of. See your hands on the entryway portal. See the threshold.

Become aware that no word has ever been uttered in this place. You are filled with a sense of awe and excited expectation. Begin opening the doors knowing that when you do so, you will be surrounded by peace in the silence. **ENTER.**

Upon entering a vast, light filled room opens before you and you are slowly, gently infused with the high frequency, radiant energy of the space. It's hard to tell what or where the light source is. You are welcomed. You are drawn in by the atmosphere of stillness and peace all around you.

Walk forward exploring, looking around in wonderment as you go. You enter another open space with a vaulted ceiling that forms a massive prism through which sunlight streams at its apex. The light emanating from the rays of the sun strike the prism creating vibrant multicolored circles of light that rhythmically swirl around you in a silent, dancing light show.

Open your awareness to the beauty in the stillness and bathe your entire being in the hypnotic swirling light-filled silence. Let the peace, the light, the silence pervade you. Feel it flowing through your veins and permeating every cell in your body.

Remain in this luminous silence for a couple of minutes. You are aware, awake, alert yet totally at peace. Silence is a living quality and not just the absence of sounds. So, listen to the silence.

**Observe silence for a minimum of 2 minutes.**

Slowly walk out of the radiant area, back through the magnificent, cavernous rooms of the building, over the threshold, and back through the portals.

Once outside, open yourself to the full, magnificent renewal of spring on the mountain summit. Feel the gentle breeze again, and drink in the delicate ephemeral light green of fresh growth, new evolution,.... life begun anew.

**Record and reflect upon any aspect of your experience of silence.**





## Sky-Diving

To hear an audio version click for [SoundCloud](#).

Imagine you are walking across an airport tarmac towards your Cessna sky-diving jump plane which is in front of you across the way.

Feel the excitement level rise within you as you approach.

Climb aboard and greet the team of seven longtime friends who await you. They're seasoned pros who have been skydiving for years, and have invited you to make your first jump with them this bright sunny afternoon.

They've not only got your back..... but your full trust.

Determine to witness and enjoy the emotional journey that begins as the plane takes off and ascends to its cruising altitude.



You remain mostly silent as your friends good naturedly try to reassure you that you're going to have a great time. Actually in that moment you are actively, deliberately choosing to savor this time of exploring unknown territory, observing, and steadfastly staying with whatever emotion rises for you in the moment.

Notice that the plane door stays open as the small aircraft begins to move down the runway. Be aware of how you feel upon making that observation.

Peer out of the opening and watch the ground recede further and further below you as the friend who will jump with you starts to work with hooks and buckles on your shoulders, strapping herself to you.

In what seems like only a few minutes your other friends start to shuffle toward the opening where you see nothing but blue sky....and your jumping companion motions to you to do the same.

Watch as each person in front of you simply falls out of the plane and disappears.

One gentle push at your back and you too are out of the plane. In that first moment of free fall, realize there is only you and 12,000 feet of air between you and the ground.

Observe your mind darting about trying to comprehend the completely unfamiliar sensations and sights that you are experiencing in free fall at 120 miles per hour. Watch your mind race to keep up and try to process the sensory overload.

Yet you don't feel like you're falling.

Rather than feeling as though you are falling you feel gently cushioned by air.

Adrenalin heightened in this situation is slowing time down.

Sense that time is temporarily suspended.

As time falls away so do all of your worries. All of what you experience as burden, challenge and weights on your spirit are pushed out of your mind for these minutes of freedom in the sky.

This is a parenthesis in eternity.

Feel the empowerment

Feel the expansion

Feel the freedom

Feel the limitlessness

The **only** thing that eclipses the sensation of expansive limitlessness in the sky, is the state of being in which you are **immediately** immersed when you land.

The after effects of free fall reverberate throughout your entire consciousness being and world.

Drink in the sense that you can **try** anything, ....do anything,.... You can brave the frontier of **any** new experience. Satisfaction and accomplishment combined with a visceral, experiential, felt-sense of freedom, communicate to you that there is nothing that you are not capable of.

**You have touched your limitlessness.**





## Throttle Up

To hear an audio version click for [SoundCloud](#).

We are in a small, fragile aircraft flying through a thick, dense cloud cover that blankets the Earth. A heavy grey pall hangs over the world.

The grey, dingy banks of clouds are thickened by an accumulation of deregulated industrial pollution and cities burning across the globe,

Wildfire smoke billows into the atmosphere from forest fires burning hundreds of thousands of acres, tear gas in use globally, and collective pain.



As we fly through the thickness we witness a spectrum of scenes below us on the Earth that are generating the toxic, almost opaque clouds that envelop us.

In that moment, jolted by a clear, sharp, piercing reckoning from within, we reach a choice point.

We choose to throttle up, to shift altitude.

We pull back hard on the wheel and point the nose of the plane upward.

We ascend.

As we ascend we remain keenly aware of, empathetic, and in touch with the suffering below us, yet we're simply not in its thrall.

As we rise up through the clouds they lose their grungy grey tinge as if cleansed and purified by the rays of light increasingly visible as the plane begins to break through the cloud cover.

We've broken through!

The clouds are now below us and the sky up here is an intense, surreal, azure blue.

Our line of vision is unobstructed for hundreds of miles in all directions. All is clear

The sun is so bright that we shield our eyes with one hand as we witness the majesty of the atmospheric landscape in this parallel reality frame above the clouds.

Feel your entire body relax in the seat.

Open, surrender, and let fall away, the limited self. Gracefully die to Earth-bound and avatar-bound drama. Let go of immersive subjectivity. Release all narrowed vision and smallness moment by moment.

A unified field of consciousness is the backdrop of being. Consciousness is at the core of being. Be at ease. Rest in oneness with the field.

Allow unidirectional, linear thinking to dissolve and melt away into the expansive backdrop. Unfurrow your brow as you let go of attention bracketed on the dense heaviness generated within the matrix world. Feel the release and relief of letting go, and the expansion of perspective.

Perspective that will exponentially increase our effectiveness in any reality frame that we navigate.

Perspective that like the sun, and the azure cloudless sky has always been there, waiting for our attention.



## Wall

To hear an audio version click for [SoundCloud](#).

Get comfortably settled where you are seated. Stop moving, relax, and become completely still.

Take a moment to pause and sense your physical presence. Close your eyes and ease into calm, tranquil silence.

Breathe deeply and direct your attention inward.

See yourself in your mind's eye traveling in a vehicle over rough terrain on a long, arduous road trip to the ocean. You're pleased that you've been making steady headway for some time on a rutted and poorly maintained road, overcoming obstacle after obstacle on your path along the way. Although difficult at times, the journey thus far has been satisfying.



Most recently you've entered into a prolonged curved bend in the road where it has been almost impossible to see what lies ahead for any significant distance. But you're staying the course, sensing that there's a straighter, clearer stretch of road ahead.

Just as you come around what appears to be the last curve where the road promises to straighten, you see a massive, towering wall of stone a short distance up ahead.

As your vehicle approaches the wall, you think to yourself that you may be about to simply trade lack of visibility of one kind for another version of the same, because absolutely nothing is visible over the wall. The road to the ocean is completely obscured.

The apparently impenetrable barrier wall stretches horizontally so far to the east and west that you're unable to see where it ends. It appears to be at the very least, six feet thick.

Is this the end of the road for you? Will this wall stop you in your tracks and block all forward movement for you? Will the apparent presence of this wall force you to turn around and go back after all of the time, energy, challenges overcome and the wisdom garnered thus far on the road that you've traveled?

Stop the vehicle and take in this sight through the vehicle's front window.

Then get out of the vehicle and close the door.

There is no one in sight.

The road is desolate. The air is still and all is silent.

Walk up to within 100 yards of the unanticipated barrier and stand facing the wall.

Center and compose yourself.

Focus.

Gaze at the wall intently, allowing it to fill your mind up completely, pushing out every other stray thought.

Raise your arms perpendicular to your body, palms up, facing the wall.

With arms outstretched and palms raised up toward the wall, close your eyes.

Focus all of your attention on the wall in your mind's eye.

Draw deeply from the enormous reservoir of your inner strength and summon the powerful forces from the east of your vastness.



Summon forces from the west of your limitlessness.

Summon forces from the depths of your being.

Summon forces from the heights of your potentiality, and open yourself to the full force of the energy transmission that roars through your body, rushes through your arms, and shoots in shafts from your raised palms, penetrating the wall at the point of entry.

Spreading instantaneously, the energy permeates the structure spreading through it far into the distance in both directions, to the east and to the west.

Eyes still closed, arms still outstretched, amidst the torrent of the powerful force that continues to pour through and from you, steady your stance.

Focus and direct your will even more intently and suddenly, the ground beneath your feet begins to violently shake.

A deep rumble coming from within the earth becomes a deafening thunder that fills your senses as you witness the collapsing wall crash and crumble before you.

And just as quickly as the thunderous din arose, all becomes silent again.

Open your eyes and bear witness to the smoldering rubble of blocks and rock strewn everywhere in front of you for what looks like miles, and as far as you can see to the left and right. Take stock and fully appreciate what has just happened.

The road on the other side of what had been the wall is now visible, slopes gently downward and out of sight. You can now hear the ocean waves and smell the salt air.

Find a spot where there is less heaped rubble. Effortlessly clear your way through and over the ruins as you make your way down to the expanse of water that awaits your exploration.





## We Are Still Here

To hear an audio version click for [SoundCloud](#).

### An Invitation

We are keenly aware that this is a critically important, existential pivot point in time in the history of the Earth, for humanity, for every species and sentient being on the planet. We know that we are careening toward a potential 6th extinction level event.

With that in mind we embark on an internal journey to intentionally establish a strong foothold, a sense of place in the present by situating ourselves in the:

- ① 13.8 billion year extravaganza of “becoming” since the big bang streamed from singularity,
- ① The 4.5 billion year trajectory of the planet earth,
- ① The 5-7 million year mark when humanoids showed up,
- ① The 2.5 million years back when tools appeared on the scene
- ① AND 130,000 years ago when beings at least anatomically resembling homo sapiens appeared.

We’ll immerse ourselves in the strength of our ancestors, in the exaltation of their direct and profound connection with nature, their care for the natural world and the immune system of the planet, as well as their direct and profound connection with the unseen realms for guidance.

If there was ever a moment for us to decide what our role will be, if and how we’ll contribute to preserving the planet that supports our existence, it is NOW. It’s time to prepare ourselves to step forward and pick up that mantle as we move deeper into the 21st century.

Let’s take a moment to explore the experiences of our ancestors.



Together we'll take an internal journey back in time. From the present moment we'll use our inner vision to imagine that we're beginning to walk slowly backward in time.

Feel free to close your eyes if you visualize better with your eyes closed.

That's a suggestion. You're not mandated to close your eyes.

Relax fully into your internal landscape as we journey back in time..

## The Journey

In your inner landscape, move back from the events of the day today from the time when you woke up until the present.

Keep walking backward through this past week.

What did you do this past week?

This last month?

Remember and think about as many things as possible that you did during the last thirty days. Remember your experiences at home, with family, at work, and moving about in the wider community.

Now we're going to walk back through last year, its seasons and encounters.

Move back through last fall. Remember how you spent the summer and spring.

Think about how you felt during the winter months

Did you spend the holiday season with your family in the winter of last year?

Now we walk slowly back through each year in our lives.

Witness the milestones in your life and the lives of your family members and those around you.....major family gatherings, birthdays, dinners, graduations?

Encounter again the relationships, the fun, the learning, the passion.

Walk slowly back through each decade of your life.

See perhaps the loss of someone close, the birth of a child or children, the milestones in the lives of your children and family.

You're moving back through your young adulthood, to your teenage years.

Can you see yourself as a teenager, your hopes, heartaches, and aspirations?

Move backward through your grade school years.

Can you see yourself as a younger person? Do you remember the wishes you made and the plans you had?

Enter your childhood, seeing the familiar places and faces that you knew when you were little.

Sense the radiant child that you were.

You're now growing smaller.

You are a baby carried in arms.

Now you are back in your mother's womb ....about to enter the birth canal and burst into this world.

That which is alive in you did not begin with that conception. So step back into your **parents'** lives.

The man... the women who turned and saw each other .....and in their unity gave you life.

**See** your parents.

Move back through the work they did, the struggles they faced, the mistakes your parents made, ....the tribulations and joys that they knew.

Move back to your parents' teenage years, their childhoods, your parents' infancies, their birth. Where were they living? What were their circumstances?

Think back to the women who bore each of your parents.

Continue walking back in time into the lives of your grandparents and great grandparents.

Back through centuries of wars and the emergence of new technology.

Back further before the automobile, before the telephone, before electricity.

See the shadows of gas lamps flickering across the faces and lives of your ancestors whose names you know longer know but through whom, in a gesture, a smile, a turn of your head, they live on through, and in you.

Moving back along this river of life...

... through the industrial revolution, through dark factories and teaming city streets that swallowed the lives of your people.

Some uprooted from the land, laboring in sweatshops, mines, and armies.

You're moving back through the centuries now.... through wars and revolutions, the excitement of land newly discovered, and the steady sameness of tilling the earth.

Move back through the centuries now.

Generations of ancestors,

...some settled for centuries in one place,

...others roaming the land for centuries,

...others were forcibly carried off to start anew in distant surroundings.

Move back in time to harsher, simpler times marked by the seasons walking back through the lives of men and women, peasants and magistrates, scholars and artisans, slaves and slave owners, thieves and beggars, generals and foot soldiers forced into battle.

Witness the first cities rise from the red clay and then fall into ruin.

**Even then they carried you within them like a seed. These are your ancestors.**

**They were survivors.**

**And because of them, we are still here.**

**We are still here.**

Ancestors, perhaps skilled in the ancient arts of healing with eyes like yours, hands like yours, baking bread, gathering herbs, ministering to others.

You are passing back through the rise and fall of entire civilizations.

Back in time we go....Thousands of years passing.

Reflect back to an earlier nomadic time *before* the days of empire, before the land was tilled.

Witness the times of forest settlements and the long treks of our ancestors across the continents.

Back through the millennia we walk.

We walk, we observe. Look around you and drink it all in.

We bear witness to and we honor our ancestors of 20 or 30,000 generations ago as we prepare for our journey as a species into the unknown.

**NOW STOP.**

**Hold that thought.**

**Ponder that trajectory.**

**We're going to turn around and walk back in the other direction.**

**The journey of your people lies AHEAD now.**

Look out over the vista of our journey back to the present and into the future.

With the very first ones, I invite you to look out over the savannah, the forested mountain ranges, the

tropical rainforest, the expanses of grasslands.

We're going to reverse the process.

Walk forward on that journey and return through time.

**WE come from an unbroken line of survivors.**

**WE are the manifestation of an unbroken line of survivors.**

**WE are the descendants of an unbroken line of survivors.**

Each ancestor had a gift to bestow.

Open your hands, your arms, and hearts to receive their gifts.

Gather in those gifts.

These ancestors have given us the texture of our skin, the shape of our backs, the marrow of our bones,

They gave us their courage and strength and the perseverance built as they traveled through the land, hunting, playing, making babies, dying.

Receive these gifts.

Drink in the joy of their resilience.

Become the joy of their resilience.

Come forward through the years, harvesting the gifts of our ancestors,

.....*RECEIVE* what they offer,

.....*RECEIVE* all that you need.

Walk up through the centuries, see the trust in the eyes of the children,

.....the passion in the eyes of the young,

We receive the wisdom in the eyes of the aged elders.

Receive these gifts.

Receive the creativity of our ancestors, building homes, making tools, weaving cloth.

The compassion of our ancestors, caring for the injured and praying with the dying.

That too is for us.

Know their love of beauty, the musical voices echoing through the hills, hands carving jewelry, feet dancing to the rhythm of drums.

We receive that celebration as their gift to us.

Know the intelligence of our ancestors as they tracked the movement of the stars, learned the ways of the plants and animals, held counsel to choose the wisest action.

We receive their intelligence as their gift.

Can you sense the love that burns in our ancestors, the devotion to their families, to the land?

We receive those gifts.

We receive their wit, their joy and the laughter, their banter in the fields, the merriment of the festivals.

They offer lessons and gifts of suffering too.... courage, ...strength, ....endurance, stubborn determination, willpower, and resilience.

Receive their gifts to you.

12,000 years ago, much of the earth was covered in ice.

The water from the melting glaciers began to rush toward the world's oceans, causing floods all around the world.



In 5,000 BCE, 7,021 years ago there was a massive flood.

This wasn't a slow moving, advancing rise of sea level, but a massive flood that then stayed... The land that went under water stayed under water.

Everything was flooded by an enormous wall of water sweeping away everything in its path.

The story of this great flood...this traumatic event, seared into the collective memory of all survivors on the planet, was passed down from generation to generation across almost every culture on the planet.

There is a story that crosses the Bible, the Koran, myriad ancient texts and the spoken lore of antiquity that tells of a flood that submerged all known land on the planet and of those prescient and courageous few who saved a remnant of survivors.

That colossal victory beckons to us through history NOW as we enter the mid 21<sup>st</sup> Century.

**Fast forward to the present:**

- ① We currently face existential glacial melt at an unprecedented accelerating rate.
- ① Islands and coastal land in countries around the world are subsiding, sinking as sea levels rise globally.
- ① Shall we stand on the shoulders of the archetype of Noah and determine to not just survive, but to thrive?
- ① We who would be... descendants...who would form a robust, a joyous, an evolved, conscious remnant moving into a climate-changed post carbon future must decide.
- ① Let us determine to take an evolutionary journey together through the eye of the climate change needle.
- ① We are NOW called to be a strong, healthy, vibrant and robust remnant that carries forward the DNA of deep connection to our cultures to our families, among ourselves, to the Earth and beyond that, to the evolution of the unified quantum oneness into a post carbon future, transformed by climate change.

**We are STILL HERE**

**WE come from an unbroken line of survivors.**

**WE are the manifestation of an unbroken line of survivors.**

**WE are the descendants of an unbroken line of survivors.**

What role will you play at this point in time in the history of the planet?





## Zoom Out

To hear an audio version click for [SoundCloud](#).

Picture in detail the room in which you are sitting, and become aware of everything in the environment immediately surrounding you. In your mind's eye, expand your perspective by moving your field of vision with ease, up, out, and away from the room where you're seated to form a clear picture of the building that contains that room. Clearly see the entire building from above.

Witness the building appearing smaller and smaller as you rise higher and higher. From above, the whole area in which you live now lies below you: houses, streets, trees, parks, and office buildings. People and cars appear like tiny specks, just barely visible in the streets. Think about how each person is the center of their own world, with their own thoughts and hopes, their own projects and problems. Compassionately watch them move about, intently focused on living their individual lives. Imagine them moving about in their homes tending to their families.



Continue your gradual ascent. Your field of vision expands further, enabling you to see other towns, villages and hamlets in the area. You see green fields, forested regions, and mountain ranges. Small rivers and meandering tributaries are punctuated by inland lakes. Larger rivers wind their way to gulfs and flow into the sea. Notice how rural areas blend into suburban spaces, which in turn merge with light filled sprawling cities. As you rise higher and higher, glimpse the familiar outline of countries, continents, oceans, and then witness banks of billowy clouds surrounding the planet.

Now you have the whole stunningly beautiful planet Earth before you, ....blue and white, slowly rotating,

in empty space. From this immense height, you can no longer see any evidence of people or even guess that they might exist; but you can imagine 7.8 billion people; each one sharing the same planet, breathing the same air. 7.8 billion hearts of people from all walks of life, beating rhythmically as one, supported by sentient animal and plant life, all on one, magnificent planet.

Consider this splendidly crafted complexity as you visualize and contemplate the Earth. Feel your love for this planetary home, this classroom for our learning, swell and wax strong in your heart. Pause in profound gratitude for the precious gift of life, at this time, on this exquisite orb before moving on.

As you move away, watch the Earth becoming smaller and smaller until it's a dot in the distance while other planets come more fully into view: Bright Venus, fiery red Mars, massive Jupiter, and in fact, the entire solar system.

As you continue your journey of expansion, the Earth vanishes, and now our sun appears as a tiny point of light among innumerable stars. Lost in the starlit beauty you eventually realize that you've lost all visual trace of our sun. And all of these billions of stars constitute but one galaxy in the universe! Ours is one among an unknown number of other galaxies, expanding, reaching out in every direction. It is an awe-inspiring light show like no other.

You feel an ease, a kinship, at home amidst the field of billions of stars that surround you...below you... above you...and on all sides for as far as you're able to see. There is no more down. There is no up. You are a point of light suspended in a vast field of light.

Time is fluid. There is no tomorrow. There is no yesterday, no haste, no pressure. Everything is scintillating, peaceful, and wonder-filled. When you feel inclined, open your eyes again and bring this sense of expansion back with you.