

MEDITATION ON THE FABRIC OF BEING.

*“You are much more than you have conceived.
You are as the night sky”.*

This meditation expands consciousness by dissolving fears and the illusion of separation from the Divine, as well as separation from one another. By dissolving false barriers it counteracts loneliness and isolation. Liberating, breaking through constrictive beliefs and mindsets, the Fabric of Being frees us to enjoy an expanded state. This is another symbol the Grandmothers use to teach about the Diving and our relationship to it.

The Fabric of Being breaks us out of the confining identification with our individual problems and our small selves, and moves us into contact with the greater Self. Since it is the sense of separateness from the *whole* of life that creates loneliness and isolation in there first place, here we experience joy. This meditation gives a body/mind understanding of union with the Source and union with each other.

The Grandmothers say, **“You are the Fabric of Being. Think of the night sky and let yourself move into the indigo blue of this sky. Here there are many stars and moons and a glow from all of these.”**

After you reach a state of relaxation, think of the expansive night-time panorama of moon and stars. If you live where you can see the stars, walk out your door and look up. If not, think of a time when you did look at the deep blue of the night sky and as you gaze at it with your physical or inner eyes, think of the Grandmothers’ statement that you are not separate, but part of it all.

Gently breathe and with each inhalation draw the starry sky into your body, then merge into it as you exhale. As you breathe in, the sky enters you. As you breathe out, you flow into the sky. Continue to breathe like this, and explore this expanse. Let yourself be supported by the firmament, ; the mantle of sky wraps round you, and as you rest enfolded in it, you touch everything-stars, earth and air. **“You encompass all this,”** the Grandmothers say, **“you are the indigo blue night sky. You surround everything and throb with life. The stars and moon in the sky pulsate within you just as your physical heartbeat echoes inside your physical body.”**

Be aware of the sky moving in and out of your body to the rhythm of your breath. The life force of the universe *is* inside us. It is underneath our skin, as well as over and around us, but this exercise will allow you to feel it. As you breathe like this, notice the temperature of your body, the rhythm of your breath and your heartbeat.

“If you were only your body, if you were only your breath, or your thoughts, you would have no recognition of any of them. But you are much more than any of these and because you are, whenever you turn your consciousness inward, you can be aware of them all. You are much more than you have ever conceived . You are as the night sky. Vast.

“We give this meditation to move you beyond the sense of limitation and smallness. The Fabric of Being will move you beyond mental divisions of ‘me’ or ‘mine’, ‘you’ or ‘yours’. These are tiny concepts - not even pinpoints - and are not what you are. You are great; you are the deep blue, ever-reaching blanket of the night sky.

“Meditating on the Fabric of Being will heal worry, nervousness and release stress. It releases negative mental and emotional states because the Fabric of Being is the truth of who you are.”