

## MEDITATION ON THE PITCHER AND THE CUP

*“We do the Giving. You do the living.”*

To experience what it is like to have the Grandmothers fill you full of the Source, begin the same way you did in the previous exercises. Go to your quiet place and make yourself comfortable. Then call on the Grandmothers and ask them to take you to a sunny room where you can become acquainted with the Pitcher and the Cup. As soon as you make your request, a particular room will come to mind. Once it does, think of or see the table where the pitcher and cup sit. Sunlight streams over everything, pouring through a window, a doorway or another opening. See, sense, or imagine this.

Notice the pitcher-its size, shape, weight and colour-and how full it is, full to the brim. Touch it if you like and feel it's curves.

The cup, many times smaller, sits next to the pitcher. Take in the details of this scene as if you were an artist, capturing the size and shape of the table, the quality of light, colour and shape of the cup and where it sits in relation to the pitcher. You may feel the warm sunlight, smell the air or hear the sounds of birds outside the window. Use your senses or imagination to create this scene and let it implant itself in your consciousness. Mark how you feel in this scene of light, grace and plenty.

Watch or think of the contents of the pitcher pouring into the cup, filling it full. When the Grandmothers gave me this exercise, the pitcher was full of cream but it can be full of any good thing. The Grandmothers may do the pouring or it may seem to take place by itself but as soon as the cup is full and the pitcher at rest, look inside. This pitcher *cannot be emptied*. It is kept ever filled by the Source.

Let yourself resonate to this. There is an endless supply here and you, at one with the sun-bathed pitcher, are filled to the brim too. A container of abundance and every good thing, that is what you are. You *cannot* be emptied because the Grandmothers will keep you ever filled.

**“All you have to do to be filled is think of us,”** the Grandmothers say. **“As a result, you will find yourselves filled and, like the pitcher, there will be no room in you for emptiness. From this fullness, giving to others will take place so easily you won't even think of it as giving. There will be no separation between giver and given to. What you give will flow from the source of which you are a part.”**

From a position of fullness, life flows effortlessly. The Grandmothers say, **“As you practice this exercise your life will become easier and easier-as it should be. We do the giving. You do the living, and let us give to others-through you.”**