

## MEDITATION ON THREE ROSE OF THE HEART

*“This is the jewel of the exercises—the Rose of the Heart.”*

When this work with the Grandmothers was finished I asked them for a meditation on opening the heart to place at the very end of the book. The Rose of the Heart is an appropriate finish for these exercises.

Since this meditation was dictated to the reader, I will give it in the Grandmothers' words, with phrases or comments of my own inserted only when necessary. Your experience will be deepened if you observe a real rose the first time you do this meditation. Though not essential, it will give you a sensory memory from which to relate.

The Grandmothers say, **“Begin by sensing the centre of your chest. What we are doing is, as you say, a ‘before and after’. This is the before. Notice the texture of this area of your body, the temperature, softness or hardness, perhaps the colour you sense inside your chest. Observe what it is like in the heart area of your body. What is it like?”**

**“Get a rose so that you can look at it. Not a tight bud nor one that is fully blown open, but a multi-petaled rose, partially opened”.** [As they said this they showed me the colour range they wanted—somewhere in the spectrum of peaches, pinks and reds.]. **“Look into the rose and take your time, smell it. A natural rose that has not been hybridised will have a scent. These are best because scent is intrinsic to the rose.**

**“Feel the skin, the petals, of the rose and smell it again as you examine the intricacy of its petals. How beautiful these petals are. Study how each relates to each. Observe the pattern that lies on top and underneath, as well as the petal's delicate edge. Notice how the rose circles round, folding and enfolding, right to the very heart of itself.**

**“Dissecting a rose will not show you what a rose is because a rose is formed in relation its petals. The miracle of the rose exists because of its scent, texture, its variation of colour and the relationship of its petals.**

**“How perfect this flower is. How perfect you are. If you only knew! Every part of you relating perfectly to every other - you organs, in harmonious conversation with each other, your essence permeating throughout. Like the rose, the human body can also be dissected; the personality can be dissected and diagnosed. But your essence, which is within every part of you, cannot be touched. As is the rose, so are you.**

**“Now close your eyes and focus on the heart area of your body. Again notice how it feels, what the sensation is like there and then think of bringing the rose, the beautiful rose you have been studying, into your heart. The rose is now within your heart.**

**“Watch as it opens slowly. Opening...opening. As you inhale, the rose opens as if it is stretching, and as you breathe out, the rose also breathes out and closes a bit. Breathing in, it opens further, breathing out it closes a little. And at the next breath it opens more, casting its fragrance into the atmosphere.**

**“As the rose opens, so does your heart. With your in-breath, both the rose and your heart open, with the out-breath they close a little and in the next in-breath they open further. Because the rose/heart follows your breath, this gradual process serves to expand your heart. Breathe now with the rose of your heart, opening a little more each time you inhale.**

**“Next, expand the rose so that your chest is contained within its petals. Experience this enormous rose of your heart. Now the rose swells throughout your body until it contains your entire body. Feel yourself surrounded by and filled with the rose.**

**“Expand it further to fill the room you are sitting in and further still to fill the area where you live. Let it expand to saturate your part of the country.**

**“This enormous heart/rose is now expanding to fill your entire country. Onward, outward, ever outward, it is filling all the countries of the world, holding all the peoples, all bodies of water and landmasses of the earth. The great heart/rose now holds the earth within its petals and expands on until the sun is contained within it, the galaxy, and the universe. Everything. Everything is now contained within your enormous heart/rose.**

**“Far into space this vast rose of your heart expands until it holds and contains everything. Feel this. Sense this.” Rest in this place for a moment and notice what it is like for you to be in such an expanded state before you continue.**

**“Now the return journey begins, a much faster journey. The Rose of the Heart is beginning to return to you. It is coming in now; it is rushing back, contracting back to your country, to your city, to your home, contracting into your body and last of all, into your own physical heart.**

**“Take a moment to rest in this space within your heart and observe this area of your body. This is where the rose/heart lives and will always live.**

**“Notice if any changes have occurred since we began this exercise. What is this area of your body like now? How does it feel here in your heart?” Notice the size of your heart, its weight, its temperature, cooler and texture. Compare your heart now to the way it felt before you did this exercise.**

**“Such is the beauty and massive magnificence of your own heart:” the Grandmothers say. “Rest here”.**

A Call to Power.

The Grandmothers Speak Book 1. Sharon McErlane. Page. 174