

## Power Source Meditation

Led by Sharon McErlane, April 7<sup>th</sup> 2021

We are going to work with a tool, you can call it a star or a sun at the top of your head. And we do this because it is easy to focus at that focal point, to give our minds something to do. Because if you want a peaceful mind, give it something good to do!

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We begin by thinking of a point above the top of your head, maybe 5 or 6 inches above your head. There is this source of pure, clear light. You may see it as white light, or golden, it does not matter, but know it is the essence of purity and radiance, a piercing, brilliant light. It casts out its radiance in every direction. And now we ask it to work intimately for the Ether, for the good of ourselves and the good of all beings. We are going to focus on ourselves now, but know that as we focus on ourselves, the work goes deeper into us and into everything at the same time.

Think the thought of this radiant light downpouring now, cascading all over you. You are suddenly under this shower of radiant light, pouring down over you. And it is washing away anything that is not light. So, any of this garbage, any confusion, any of the dreck that accumulates over lifetimes is just being effortlessly washed away. It is as if, with this light, we are endlessly saying the Ho'oponopono: *'I am sorry, please forgive me, I love you, thank you'*, as this light does all the work.

Experience the light as it is pouring through your hair now, and through your scalp, and into the skin of your face and head, and the bones of your skull, the membranes, throughout the cranium, the brain itself. Through all the glands: the hypothalamus, pituitary, and pineal gland. They are all being radiated, and your eyes, ears, eustachian tube, your gums, your teeth, your mouth, your tongue ... just cascading this radiance and purifying everything it touches and washing everything away that doesn't belong here. The only thing that belongs here is radiant light.

Pouring into your upper chest and back down to your shoulders, down into your lungs, purifying the alveoli, purifying the upper and the lower lobes of the lungs, purifying the heart, washing through this organ of the heart that has taken so much to heart. The light is now washing away everything that is not part of this beautiful energy system of this organ of the heart.

Washing through the liver, through the spleen. Washing through the ribs and ribcage, the vertebrae, washing every one of them, lined up in their radiancy, purity and perfection. Pouring into the upper abdomen, lower abdomen, all the organs of assimilation and digestion. All being washed clear: the intestines, small intestines, large intestines, bowels, the pelvic bowl, the organs of procreation. All being washed with purifying light.

The hip joints washed with light, moving into the upper legs, knees, lower legs, ankles, feet, toes, arches, cascading right through the arches of your feet into Mother Earth. And you are this conduit of radiant light that is pouring through your your head, out of your hands, out through your feet, giving this radiance to the Earth herself. This goes into all the layers and strata of the earth, into all bodies of water, to the layers of air around the earth, to the element of fire on our beloved planet, to all the beloved systems of our own individual body.

We are working in the small and in the large, in ourselves as individual humans and in the planet itself --- at the same time. It is all taking place effortlessly.

Experience now sitting in this cascade of radiant light. And experience the energy of the downpour washing away everything that is ready to go. There is nothing you have to hold on to. There is nothing you have to figure out. It's just *stuff*, and the light is purifying every bit of it. Washing away everything that is ready to go. Experience how deeply the light touches you and how it holds you in perfect equanimity, in harmony. All your parts folded in together, in perfect harmony, singing in happiness. And throughout the cosmos, throughout the ether, that upholds everything that is, rings the song ...

***'Oh, how we love you, oh how we love you.***

***Oh, how we love you, oh how we love you.'***

And that song reverberates in your cell beds, throughout the cosmos, throughout all bodies of water, all land masses, all growing things, all tress, all grasses, mosses

upon the earth, the air currents, breezes, the winds. And *the song*, it vibrates throughout the Fabric of Being of the Universe, throughout the Ether.

***'Oh, how we love you, oh how we love you.***

***Oh, how we love you, oh how we love you.'***

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Feel your body now. Notice how it feels like to be in this vibration of clarity, of radiance. This is really home base. This is your home. All that other busy stuff, the busy chitchat in the brain, the rushing around, all the anxious feelings, all the sad feelings and the mad feelings, that stuff is a passing show. It does not stick! This is not who you are. This vibration of radiance is who you are.