



A guided meditation by Aaron Oct. 27, 2013

We invite our guides, the wonderful spirits of all the trees around this room, the earth itself and the air, the fire energy of the sun, water, all loving spirit everywhere, to be with us. We go into that vast container, the whole akashic field where all potential is revealed, and open to that place of the highest potential for the highest good of all beings throughout this entire universe, all sentient beings of any sort. We receive the energy of all these sentient beings, and we also send out our energy to them. Feel the energy coming in into your left hand. Breathe in and bring it into the heart center. Feet on the ground. Feel the energy coming up from your heart, and the energy coming down into your head and the heart center. Exhale, and send it out through your right hand.

Breathing in energy, drawing it in from the left hand, from the feet, from the head. Exhale, sending out energy. It won't work if I keep saying, "Breathe in, breathe out." Simply be conscious of drawing in energy with your own in-breath, from the feet, from the head, through the left hand, and then sending it out. Stating the intention: may all beings everywhere be blessed by this energy and love. Through this loving energy, may all beings have the blessings of well-being, joy, and peace.

As you breathe in, feel behind your back that spaciousness, and your guides, their loving energy. Draw that into you. We invite all the great masters into this circle, too, all of your energy. Not holding it for myself but passing it on, for the highest good of all beings. Yet also taking and using what I need for myself, because to deprive myself deprives everyone. So as you breathe in, fill yourself with it. Feel the blessings of it. The intention that this body is thusly blessed, and extends itself back out in service to all. And then sending it out.

Feeling the space. The more you send out, the more you can receive. Feel how that works. Breathing into this empty space all the energy of the universe. Holding what you need for the self, and sending the rest out.

Relax back into your chair. Ahhh... Feeling that relaxation. Breathing in light and love. Filling yourself with it and sending it out. No longer just the energy of this circle, but truly the energy of the universe. So much love moving around and through this space. We consecrate this energy for the highest good everywhere, the highest consciousness, with the intention of harm to none and for the good of all. May all beings everywhere benefit from this energy freely given.

We consecrate this energy to the power of love, and ourselves, our bodies, minds, and spirits, to the power of love. May all beings everywhere may know their innate radiance and divinity, and pass it on. May all beings may be happy and find peace. May it be so, now and forever. We offer this prayer in gratitude and in love.

Aaron, channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center for Meditation and Spiritual Inquiry. Copyright © 2024. All rights reserved.