

## Remembering Wholeness

October 16, 2022

### A guided meditation from The Mother

The Mother: I love you. I want to invite you to come with me through a beautiful woods and up a small hill to a raised, leveled area of ground. Very sacred space. On one side there is a stream that comes through and to a little pond area and then flows on down the hillside. Water coming from a deep, underground spring – very alive and fresh. And because the soil is so rich here our sacred circle is filled beautiful flowers. A small area of grass where we may sit.

Come and sit there with me.

Put your hand into the water of the spring. Wipe some on your face; on your body. Feel the life and power of that spring. Feel the sun coming down on your body. The warmth of the sun, but a fresh breeze also so you are not hot. Smell the scent of the flowers. There are butterflies. There are birds. Just down the hill by the swaying tops of magnificent, powerful trees, enjoying the sun and the breeze.

Sit here with me.

You can even put your feet into the spring. The water is cool but not icy cold. Comfortable. Sun coming down... And although there has not been rain, just before you is a rainbow. All of the colors of the chakras sweeping across the sky. You begin to see some of the elementals. The different fairy folk... they are landing on you here and there; little wings touching you. And they are all whispering, “How can we help you? What do you need? We are here to love you, and to support your needs.”

A cushion appears, not necessarily flat but whatever degree of curve would make you most comfortable. Lie down on it. Close your eyes. Listen to the bubbling water. Hear the song of the birds. Smell the scent of the flowers and feel it all supporting YOU, all of it in front of you saying, “We are here to serve you as we serve others. Please let us in.”

Your own guidance is there but also so many beautiful elementals and fairy folk, and butterflies, and birds, and squirrels and chipmunks, whatever.... They’re all there just loving you.

So, I’d like you to use this meditation to feel this love – daily if you can, even just for five minutes, just to relax and say, “Thank you. Now, for these few minutes I am in a safe place and everything is here to support me, to support this mind and body in expressing its wholeness and releasing any distortion. I invite the release of any distortion.”

It really is as simple as that. If you do this for a few minutes every day you begin to experience some release of distortion.



And I will be right there and helping you and Father John says he is also there, and Aaron, and Jeshua. You find us all there, so delighted to support you in your work, but it is YOUR work. It is happening. It has been rolling on for a long time but it's time for it to come into a higher level of the expression of humans, so let us support you in that by doing nothing but relaxing, My Friend. Not getting in there and fixing it, just relaxing.

If my scene does not appeal to your needs, create your own visual scene, whatever you need it to be.

I am with you and helping you. I love you.