

Conversations with the Unseen

Meditation – When you feel Powerless or Overwhelmed

Make yourself comfortable and just be in the present moment as best you can. Focus on the breath. The in-breath and the out breath. Breathe slowly and deeply from the belly and allow the practise of breathing to be a contribution. To help the human be present in the present moment.

Invite the mind to be calm.

The human experience is such an adventure and there are many challenges. There's a perspective on these challenges that is, that they are invitations to expand and grow.

So let's play with that as a possibility in this moment.

Wherever there's a challenge or something uncomfortable for the human, whether it be physically uncomfortable or emotionally uncomfortable, where there is a sense of overwhelm perhaps at times, these are invitations to awaken. Invitations to remember that which you really are beyond the perspective of the human character.

This human character has programmes. Every human character has programmes. It's partly what creates the experience of the human character in the way that it does. It can seem from that perspective that the human character is under-resourced. Even perhaps powerless, at times.

That energy of powerlessness is woven into the experience of being human. It is part of the forgetting and the experience of contrast and is not what you really are. However, it is perhaps what you're experiencing in this moment to a greater or lesser extent.

And so our intention in this moment would be to assist that human in expanding its awareness beyond these programmes. That experience is part of the adventure.

All of it, in fact, is part of the adventure. The feeling of powerlessness, the forgetting what you truly are, and the possibility of rediscovering and reuniting the human with its true nature.

And so let us remind the human what that true nature is in this moment. You are infinite and eternal. You are unconditional love. You exist in a state of oneness. And given those energetic circumstances, you are infinitely powerful.

And that real you is ever-present, always available, there to help. And so perhaps it's as simple for the human as remembering to ask whenever there's something uncomfortable, challenging, distressing, simply to ask for help. The human does not need to deal with these challenges alone.

It's never alone. It might seem like it, but from our perspective, we would say the human is not alone. If there was no inner being, there would be no human character. There would be no journey into form. This is your creation. This adventure is what you've called to yourself.

And so it is a journey. And in every moment, there is an invitation to look in the direction of your true nature. To expand your awareness. To evolve. To take an evolutionary step and to leave behind anything that no longer serves.

And so let us take a few moments to flow love to that as a possibility, as an unfolding for the human character.

And all that the human needs to do is receive. Receive the love. Receive the expansion of awareness. Receive the clarity and the peace that comes along with that.

All is well.

We flow love to you now.

Until next time.