Conversations with the Unseen

Meditation – Connecting with Love Beyond Judgement

Make yourself comfortable. Come into the present moment and be present with what is. Allow any distractions to be a contribution.

Let go of any resistance, whether it be to what is occurring internally - the thoughts, sensations in the body. Or whether it is seemingly external - noises, anything in the environment. Allow all of these factors to be as they are.

And to choose to have them be a contribution. There can be a perspective of each assisting the human to be more present.

Focus on the breath. Imagine breathing through the heart. Imagine the breath entering and leaving the body through the portal of the heart. Just practise breathing that way for the next few breaths.

And notice how that makes a contribution in taking the attention of the human to the heart without any expectation of anything that it will find there. Just being present with the heart, focusing in that direction.

The heart is the source of love, the access to your true nature. Pure, unconditional love for the human character. The human does nothing to earn that love and it cannot choose anything to stop or interrupt that flow of love for the human.

This is the unconditional nature of the love for the human character. And the human character is invited to receive in the same unconditional way. To receive unconditionally the love for the human character that the real you, beyond form, has. And so take a few moments to really receive. Receive the love.

And as the love flows freely into the human character, into the human energy system, without interference from the mind, it can lead to a raising of the vibration. It can lead to expanded awareness of your true nature.

It can enable a feeling of greater peace for the human. A sense of oneness. A sense of being loved unconditionally. A sense of being taken care of.

And that love is always there. That is the only thing that is real about this experience of being human. It is an adventure and anything that happens stays in the adventure.

Apart from who you become, having been on that adventure. What you discover. The expansion of your awareness and the raising of your vibration towards that which you truly are already.

And so it's impossible to know what the intention of the inner being was in choosing this particular journey into form, this human character. A unique design. A unique collection of programmes, desires. A unique perspective on the physical realm.

There's nothing for the human to judge in the way that the programmes would sometimes create an experience of. That which you truly are would not judge the human, does not judge the human. It merely loves.

And as the human awakens to its true nature, it becomes more loving to itself. The judgement that it may have had of itself may recede, may reduce, to a point perhaps where the love and the experience of the love and the perspective of love become stronger than the perspective of fear, separation, and judgement. And this is the practise.

The practise is to create time to go within, to go to the heart, to connect with that love and to allow the love to flow freely. There's nothing that the human has to do to deserve it. Just be open to the receiving of it. And so let's take some moments to really practise that, the receiving of the love.

Feel it infusing the human energy system, healing any energies that are not of love, any programmes, any energetic wounds that may still be felt, bringing the love to those aspects of the human.

And imagine the love being like some kind of magic eraser, gone. No more judgement, no more fear, just love.

And this can be your practise, to simply receive. Nothing else the human needs to do other than make a choice to look in that direction and be open to what the inner being brings through the heart.

We encourage the human to practise, return to this experience whenever it feels light to do so, and to receive the benefits.

All is well.

Until next time.