

# Conversations with the Unseen

## Meditation – Inviting Relief and Healing to the Body

Make yourself comfortable. Come into the present moment. Move the attention to the act of breathing. Breathe slowly and deeply from the belly.

Allow the mind to settle. Invite the mind to be open, to allow an expansion of awareness to occur during this time.

Move the attention to the heart. As you breathe, imagine the breath entering and leaving the body through the heart. Notice how the human energy system feels more calm, more peaceful.

Hold an intention for the awareness to be expanded during this practise. For the mind to be relaxed. Perhaps even to be open to not knowing.

There's an experience of a physical human body taking place. And that body is communicating - constantly. The invitation for the human character is to pay attention. To be curious around any sensations that may be occurring in the human's experience.

The entire experience of being human is energetic. Energy is arranged in a particular way to create an experience of a human body, a human mind, a physical realm. And the stage is set for an adventure.

The adventure is one of expanding one's awareness. Discovering more about your true nature beyond the construct of a human perspective aligned with fear and separation. And so any sensations in the body are invitations to expand the awareness of the human.

So in this moment, be curious. What could the inner being show to the human that might be helpful? It could be a different, more expanded perspective on what's occurring. Or what seems to be occurring.

If there's discomfort, it's a call for love. What is it that's calling for love? There's something in the system that is not aligned with your true nature. And it's being the invitation, to be free from it. To allow it to be healed.

So where does this love come from, that you can flow to the sensations and to whatever might be the cause of these sensations? The love flows from the source of love, through the non-physical expression of that source, which is the inner being.

So imagine the inner being is drawing closer, flowing love to this misunderstanding, bringing relief, bringing love.

Perhaps the experience can change as a result of this love being brought to these sensations and to whatever is beyond the bodily sensations that is being communicated.

Whatever lies beyond can be released as the human remembers its true nature that was temporarily forgotten, temporarily masked by a human mind with programmes that create an experience of contrast.

And contrast is an invitation to awaken. And so perhaps that is also what these bodily sensations are, to let go of fear, to let go of the idea of separation and just to be aligned with love and oneness. Just imagine how it might feel.

There is a great deal happening beyond what the human can perceive. And the journey is about expanding that awareness. And so anything that is a call for love is an invitation to expand the awareness.

And the human, with its free will, can choose. Choose how to be with these sensations. To resist or to receive the treasure. To release whatever is at the heart energetically of the sensation.

All is well.

We flow love to you now.

Until next time.