

# Conversations with the Unseen

## Meditation – Inner Being Come On In!

Make yourself comfortable. Come into the present moment and allow the mind to relax and settle. To set aside any concerns, any worries, any distractions.

To just know that it's safe. To just pause and to be aligned with that which you truly are, the inner being, the perspective of love. To invite that loving presence to be with you in this moment.

As you breathe, move the attention to the heart. Place your attention on the breath, imagining it to enter and leave the body through the portal of the heart and feel how that feels. Breathing in and breathing out, being present with your true nature.

This is the real you. This loving presence is what you are. Beyond the perspective of a human mind, beyond the fear, the judgement, the belief in separation. All of these aspects are part of the human perspective, which is a costume that the real you has chosen to wear for a season, for an adventure.

How exciting and sometimes a little terrifying, just like one of those roller coaster rides where there is excitement and terror and yet all the time, you're safe. Nothing to be concerned about. You can trust the unfolding of the adventure.

It's impossible to predict what will happen along the way. Frequently there are unexpected twists and turns, and this is part of the design. Nothing to worry about.

And all you can do when you're on this scary ride, all you can do is trust. Trust that it's going to be okay. You're not going to come to any harm. There's nothing that you can do to be in control of the world of form - in the way that you can't control a roller coaster.

You can just sit there and experience it. There can be heart-stopping moments and yet, even when there is a heart-stopping moment, you can go to the heart. You can ask for an expansion of awareness. Am I safe? What to do here? How to proceed? Bring me your guidance. Make it really clear.

Because the human isn't in control and has perspective of fear. Fear of what might happen. Fear of making a wrong choice. And there's one solution. Surrender. Hand over to the inner being. Allow it to be at the controls. It knows far better than the human how to navigate this experience of a physical realm.

There's an awareness that the energy you bring to each moment is determining the experience that you're having. And it comes down to a simple choice - fear or love? Separation or oneness? Control or allow? And life feels however it feels according to the energy. And so, in this moment, you have an opportunity to practise.

In every moment, you have an opportunity to practise. So in this moment, connect with love. Connect with oneness. Trust letting go and notice how that feels.

Just take a few breaths, sitting in that energy, the energy of the real you.

And the human has free will. It can choose in any moment to align with its true nature. To let go of fear. To let go of perspectives of control or trying to figure things out.

The way this adventure is set up, it's impossible to figure it out in the human mind. The only choice is to look in the direction of what is real and true - that which you are and always have been and always will be. A perfect expression of love.

There to assist in every moment, with every situation, every challenge. That which you are is there to help, should you choose to invite it, invite it in.

And then the willingness to follow its guidance. It's a practise. There's been much practise of aligning with the perspective of the human mind.

For most humans, this has been the dominant perspective. And so it may take some repetition in order to align more with the perspective of love. This is, we would say, a wise use of your free will.

And so in this moment, we would invite the human to make the invitation to the inner being. Come on in. Be present in this moment and in every moment.

Let this be a co-creation, a partnership made in heaven.

All is well.

We flow love to you now.

Until next time.