

# WHOLE-BODY MYSTICAL TRANSCENDENCE

*A Meditation by Paul Smith*

Okay, I invite you all to first of all settle into where you're sitting,  
Just be comfortable.  
You don't have to sit with a straight back  
Or do anything strange.  
I like to slouch myself,  
But just get comfortable.

So you are going to be able to sit where the way you're sitting  
For the next 15 or 20 minutes.  
And then you might want to close your eyes  
And turn your attention to your breathing.  
Feel your breath moving in and out of your nostrils,  
In and out of your chest.

Just breathe naturally.  
You don't need to count your breaths.  
Just pay attention to your breath moving in and out.

-Pause-  
Now that's wonderful.  
You all have done the first step of entering.  
You've entered into attention to your breath.

-Pause-  
So the next step, if you've not already done it,  
Drop your attention down from your head to enter your heart.  
If you need help entering your heart space, you can tap on your head  
And slowly down to your heart.  
Keep tapping onto your heart till you feel your attention enter that space  
Or place your hands on your heart space.  
Or think of someone you love.

As your heart is activated,  
Let the deep love and joy that is always there  
Begin to flow out into your consciousness.

-Pause-  
Now let yourself know any feelings that are coming up, sensations, impressions,  
Images, or words that rise up from your heart space.

Just let whatever comes up come up.  
It may even be sadness.  
Just hold the sadness in your heart space of love.

-Pause-

Now let yourself know or become aware of any spiritual presences

Who are with you now.

This may be the presence of God, of Jesus, Mary, other spiritual guides.

Direct your loving attention towards them

And feel the love from them coming back to you.

They love you dearly.

They wouldn't be there if they didn't.

-Pause-

Now let yourself be drawn to any loved ones

Or friends that you seem to be drawn to

And see them being held in your heart space and love.

Your heart just reaches out to embrace them.

-Pause-

And now finally from your heart

Let yourself be drawn out to the space in front of you

To hold more and more people in your heart's loving space.

Invite all the people you know,

All the people in your city and country in

To be held in your heart space in front of you.

Let your heart grow so big that it holds all the people of the world.

Sense that as much as you can.

Sense it from your heart space.

Your heart gets big and big and bigger,

Embraces the whole world.

-Pause-

Now drop your attention down to your feet.

Enter that space.

You may want to wiggle your toes or tap your feet.

You can see roots, spiritual roots growing from your feet deep down into the earth.

As you sense your feet and their roots going down into the earth,

Let yourself know how anchoring and centering that feels.

Doesn't that feel good?

It feels solid.

Let yourself feel any other body sensations or impressions you may have.

Some people feel energy in their feet or or a movement or warmth.

-Pause-

Sense the roots or spiritual connections of your feet from the earth to the earth growing,  
Reaching deeply down into more and more of the earth  
Until you sense a connection with the entire earth  
And feel the connection with all the bodies walking the earth.  
All things in and on the earth and even the cosmos,  
Let yourself rest in that connection with everything and everyone as much as you can.

-Pause-

Now come on back into your earthly feet,  
Your bodily feet and move on up to your gut.  
Bring that earth energy up to your spiritual womb  
And let your attention enter that space and rest there.

You may want to place your hands on your tummy to help you enter that space of your womb.

-Pause-

And when you sense that you're there,  
Just rest in that womb space and let yourself know any sensations  
That may be arising in your body or impressions or intuitions or images that come up,  
Maybe a fleeting image or picture or impression, just grab it as it passes by.

-Long pause-

Now move more deeply into your spiritual womb  
To that point of divine light deep within you  
That is constantly creating you in the image and likeness of God.  
This is your divine identity.  
It's really there  
And now as much as you can, let that divinity identity expand.

It's the same identity all people have  
As divine human beings whether they know it or not.  
We flavor that identity with our own life  
But there's only one divine identity and we share that oneness with all others.  
Sense as much of that oneness that you, that unity that you can.  
That same divine identity that's in you connects you to every other living being.

-Long pause-

And now move on back up to your heart just for a brief stop there  
To get refuelled with that love space.  
Just let your heart love flow as you rest in it

--Pause-

And finally gently let your attention move up to your head.  
Enter your head space and the vibrant cleared stillness there.

Just rest in that stillness

And as you rest in that quiet at any time you want  
To let your inner knowing become aware of any images, words, sensations,  
Impressions that may come up from that very stillness.

-Pause-

And now let's take one last adventure while we're in our head space.

At some point you may feel yourself drawn to the top of your head  
Or to the front of your head, your forehead.  
If so let your inner spiritual self be drawn  
Into the space in front of you or above you.  
Sense being drawn into that vast spaciousness that's around you.

As your body remains anchored here  
Let yourself be drawn peacefully to float in that vastness.  
Be in that spaciousness as much as you can.

-Pause-

Now gently come back to your body  
And the delicious feeling of being connected to the earth in your body.