

Finding Community Within

Healing What is Hidden Supplemental Meditation #3A

Begin with the shortened light meditation and then continue...

Now imagine that you are walking on a trail in the woods, down by a river... Begin to become aware of your surroundings, the colors, and the textures of things around you... Listen to the sounds... Inhale the smells... Notice what the air feels like... Hear the river in the background...

As you are walking, begin to get a sense of your Loving Presence who is accompanying you... Take a few moments to focus on your Loving Presence and take in how your Loving Presence feels towards you... Notice how your Loving Presence is being with you...

As you get closer to the river, ask your Loving Presence to summon forth the hidden part of you that needs healing right now...

Take time to allow this subpart to reveal itself to you... Allow this part of you as much time as it needs to come out of hiding...

Now observe this part of yourself... Notice how it looks, and how it acts... Become aware of any feelings you might have in response to what you see or sense about this part of yourself...

Notice how your Loving Presence experiences this part of yourself... How does your Loving Presence feel toward this subpart?... Notice how your Loving Presence listens to what this part of you wants and needs... Focus now on how your Loving Presence responds to this part of you in a way that is healing....

If you are able, you can take a moment to step into the energy of this subpart and experience yourself receiving the healing from your Loving Presence... Take as much time as you need to do this...

When you are ready, you can step back out of the subpart, and gradually begin to bring your awareness back to your present surroundings.