

# Basic Individual Whole-Body Mystical Awakening Practice

*(by Paul Smith and Martha O'Hehir)*

Settle your body into a comfortable position.

Breathe deeply, letting your neck, shoulders and arms relax.

Breathe again, and allow your head to make a gentle circle, and find a balanced easy position.

Breathing even more deeply, notice your whole torso expanding with the breath of life.

Let your next breath fill every cell of your body, from the top of your head, all the way down to the bottoms of your feet.

Breathing in the breath of life,

as you release the breath,

let it carry away all worries and expectations,

Let go of all tasks and deadlines.

Setting them safely aside for this brief, precious time.

(WAIT)

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Let the breath fill your heart.

Feel your love and gratitude expanding,

And radiating out with every exhalation...

Your breath and God's,

Joining in your heart and

flowing out on the breath as love.

Pure love is radiating from your heart.

(WAIT.)

This is the divine human love and bliss

that always resides deep in your heart center.

Notice, as you rest in this,

you're resting not only in your heart,  
but you're resting in the heart of God.  
This is the Inner Face of God Being You.  
This is what God feels like deep within your heart.  
(WAIT)

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Now,  
On your next deep breath,  
Again fill your whole body, every cell,  
all the way down your legs to your feet.  
Feel how your feet ground you on the earth,  
Like roots and tendrils coming out of your feet,  
reaching all the way down  
toward the center of the earth.  
Like a tree, stable and strong,  
draw Christ energy up through your roots.  
Let yourself feel anchored and rooted  
in your material, divine embodiment.  
WAIT

God is in all things,  
including the material reality of your body and the cosmos.  
Feel this stream of Christ energy flowing,  
With any sensations and impressions that may also arise.  
(WAIT)

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On your next deep breath,  
draw that grounding, sacred earth energy  
up into your gut or spiritual womb,

A center of spiritual knowing  
That is home to your mystical self,  
your deepest core identity,  
your enchanted divine self.  
Rest here in your spiritual womb, in the womb of God  
Where you are continually knit and recreated,  
ever becoming your unique particularity.

This, too, is the Inner Face of God Being You.  
The divine energy field that has always resided there  
is creative, transforming, magical energy  
that liberates you personally and collectively.  
From your womb flows healing power  
like a fountain of living water  
flowing as a river out to the world.  
You can direct it now to any part of you  
and to anyone  
or any situation in the world that comes to you.  
(WAIT)

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With another deep breath,  
Draw Christ energy from the earth up  
Into your spiritual womb,  
And lifting into your heart,  
Joining with the heart of God.  
Soak in the love radiating there.

This Love irradiates your every cell,  
Every potentiality is possible.

Rest with gratitude and awe for the mystery  
Of your own transfiguration into the Light of Christ  
WAIT

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Now the Christ energy, like Light  
shines into your head center of spiritual knowing.  
Your mind is unusually clear and still and open.  
Rest here in that vibrant stillness.  
(WAIT)

Here, in silence, is the Inner Face of God Being You in your mind.  
Here, co-creation between you and God  
may bring images, symbols, and words  
up from our deeper awareness  
that may be helpful, encouraging, and meaningful  
for you and for others.  
Rest, in being,  
together  
with the inner face of God being you  
(WAIT)

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Let your mind center expand  
up and out,  
to include the vast transcendence  
that is symbolized by the endless cosmic space  
that is above you and all around you.

Let yourself simply be.  
This is you having your being  
in the Infinite Face of God Beyond You.  
(WAIT)

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Now, from endless, cosmic space  
and the mind center's knowing  
the Infinite Face of God Beyond you,  
bring this vast sense of space  
to your loving heart,  
allowing a sense of eternal, deep time,  
cosmic time,  
where your heart and God's heart  
beat close together as one.

Become aware of the divine spiritual presences  
that are here with you.  
Let yourself connect with this realm of the presence  
of the Intimate Face of God Beside You,  
close to you.  
God's motherly, fatherly presence  
hovers over you, holds you.  
Jesus, your transforming, loving friend  
will make himself known if you desire it.

Mary  
and other loving spiritual guides

and beings of light  
communicate God's presence to us –  
revealing the Intimate Face of God Beside Us.  
Rest in the awareness of any beings, here with you.  
They are there for you.  
They love you.  
(WAIT)

Notice  
when you turn your heart toward these presences,  
the energy field that is created between you and them.  
This is a sacred energy field  
where beings of light,  
spiritual companions, and guides reside.  
God, Jesus, and other beloved spiritual companions beside us  
invite us to an intimate relationship,  
a transforming friendship,  
not just a casual one.  
Let their love for you and devotion to you flow into you.  
Let your feelings of love and devotion flow back to them.  
(WAIT)

From this river of deep time,  
Ever and eternally NOW,  
Open your heart  
to Jesus, Mary, and your other friends in the spiritual realm  
If you are open and willing,  
they may touch your physical body.  
Become aware of any sensations you have  
anywhere on your body

and to the possibility that it is their touch.

Feel free to say to Jesus, to God, to Mary  
or to any of these loved ones, "I love you."

Notice how it feels to be touched or to say, "I love you."  
(WAIT)

When you are ready,  
gently come to back to the present.

This concludes our meditative prayer time,  
You can bring this consciousness of being with you  
Into your day.

You can call on your centers' ways of knowing,

You can bring Christ energy,

You can direct healing to flow

You can sense the three faces of God

Inner, beside, and beyond you

At any time.

This reality is always present,

And always available.