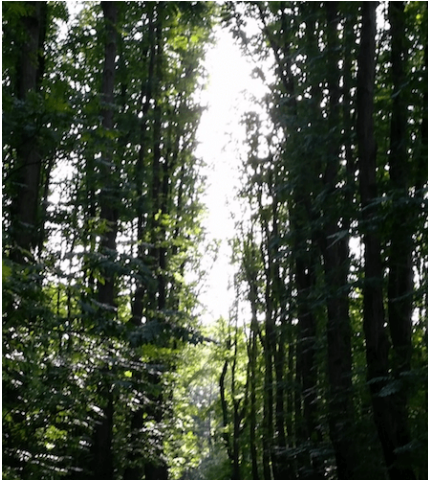


The sun



I would like to invite you to join this Meditation today. It takes fifteen minutes or more, if you like. You can stop wherever you want, that's fine.

Meditation with the sun:

Pretend you are in nature and the sun is shining. Close your eyes if you want. Breathe in the light of the sun through your third eye (your forehead) and let it go to your heart. Your heart is completely filled with that sunlight. And then you let that sphere of light expand to an arm's length from your body. Enjoy it for a few minutes.

Then you see your light flowing out of you too, flooded with sunlight like a fountain of light. You keep filling yourself even more with sunlight, until your I you no longer exist, you ARE that light now. You are now a formless being of light, just very consciously present in your I AM feeling. Enjoy this for a few minutes.

And then you feel your ball of light getting bigger, lighter, higher and merging with all the other light in the universe. You are now the Infinite Omnipresent Light. And feel and see that light around you, it now fills your room, your house, your street, your village or city, your country, your continent, mother earth, the planets and the entire infinite universe. Come back slowly, move your fingers and toes and open your eyes when you are ready.

Happy Diwali!

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