

Open Heart Meditation

To put ourselves into an open-hearted space in preparation for 'being with' another in the energy of birth or any other site of deep and reverent relating.

This meditation works with the energies of the three seats of the Goddess in the body - womb, heart and third eye, to awaken courage, creativity, unconditional love and compassion, insight and transpersonal wisdom.

Introduction:

This short meditation uses the image of a water lily, with its roots in the damp earth at the bottom of a lake or pond, its long stem rising to the surface, where the flower opens to the light.

As the meditation progresses, I will be guiding you to visualise a new shoot growing up through your body like the stem of a water-lily, beginning from its roots beneath your feet. As it continues to grow upwards, it forms a flower bud. This bud continues to rise through your body, until it reaches your heart-centre. As the bud opens, energies of courage, creativity, compassion, love and insight are released throughout your body and being. With practice this visualisation will come quickly and fluidly, bringing you into a state of open-hearted awareness which will enable you to be with another person in a compassionate and centred way.

Instructions for the meditation (best done ad lib using the script below as a rough guide):

Begin by standing comfortably. Taking a deep breath in... and as you breath out consciously release tension from your body. Another breath in... and again releasing any tension and stuck energy - you may want to give your arms and legs a shake... Now find a way to centre your body-weight over your feet, standing with your spine comfortably erect, eyes gently closed.

Bring your awareness to your feet... Breathing into your feet. Use your breath to open the soles of your feet - imagine that the boundary between you and the ground you stand on is dissolving. Imagine that your feet are partially submerged in the mud at the bottom of a lake or pool of water. Use your breath to begin growing roots down into the wet earth. Opening yourself to the strength and wisdom of the ancestors - your personal ancestors and the ancestors of this land we are standing in - through the soles of your feet... Drawing up that strength and wisdom up through your roots, up through your feet, up into your body..

Using your breath to draw the energy of the ancestors up through your body... Visualise that energy rising, as a pale growing stem, rising up through the core of your being... towards your pelvis... And as the growing tip enters your deep belly, your womb space, it a deep red flower-bud begins to form... It awakens the energies courage, creativity and compassion from within your womb...

And the lily continues to grow and rise through the centre of your body ... Until it reaches your heart-centre. Breathing with the awareness of the budding red flower in your heart... allowing it to rest there gently.

And now bringing your conscious attention to the crown of your head. Breathing into this energy centre... And as you open yourself to receive the strength and wisdom of the cosmos, you will be visualising three rays of light entering your body through the crown of your head...

The first is a ray of sunlight, which descends through your crown centre, awakening your third eye as it travels on downwards to your heart.. where it touches and kisses the bud of the water lily and opens the first layer of deep red to crimson petals, revealing a inner bud of deep pink... and as the outer layer of petals open, your body is flooded with a beautiful red light (- the energy of courage, creativity and compassion - the resonance of your womb-centre).

And now visualising the second ray of light, a ray of moonlight this time, entering through your crown and bringing with it the strength and wisdom of the cosmos... and as it reaches your heart, it touches and kisses the bud in the centre of opening flower... and the middle layer of deep pink petals opens... revealing an inner most bud of violet petals... and releasing a flood of (unconditional love as) beautiful pink energy flooding throughout your whole body and being.

And now visualising the third and final ray - of starlight - entering your crown.. and descending into your heart , where it touches and kisses the innermost bud of the flower.. and as it does so, the innermost bud opens to reveal its beautiful violet petals, releasing violet energy - the energy of insight and transpersonal wisdom - through your being... and revealing the open golden centre of the water-lily/lotus flower...

Taking a moment to breath into the awareness of the open flower with its golden centre, resting gently in your heart-space... Noticing whatever is there for you to notice...

And knowing that you can continue to be connected to this open-hearted awareness... take a couple more deep breaths.. and when you are ready... open your eyes.

Note:-

The meditation was originally received through inspiration in 2001 for the Birthplace Community Childbirth Education Project: 'The Journey In'. I am very happy for the instructions to be passed on from woman to woman with appropriate acknowledgement of its original source and context, but would prefer that it not be published without explicit permission.

love and blessings,

Ishara

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