

Meditation for Abundance

Part One

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Sit in a comfortable position with a white candle lit in front of you a few feet away. As you stare at the flame of the candle allow your gaze to soften and the rhythm of your breath to become slowed and easy of pace.... As you continue to gaze at the candle flame allow you eyes to gently close and retain the image of the flame within the center of your higher consciousness.... As the flame expands and becomes brighter and luminescent of white light see your physical image standing directly in front of this veil of white light..... give as much detail, shape and form to that image as you can.... And when you feel ready step through this white flame of purification.... As you emerge through it's dense veil, you find yourself standing at the outer gate of what appears to be a garden.... The wrought iron of the gate is slightly rusted with weathering and is embraced on either side by a brick wall that seems to extend infinitely on either side.... As you look upwards the tops of scantily budded branches reach upwards towards a clear blue sky... the promise of lush greenery just a few months away as it is Spring and time to prepare the ground for new planting and growth in the months ahead..... you move towards the Gate and barely reach forward with your hand as the Gate gently swings open , allowing you entrance.... This Gate has no need for lock or key for you are the only one who has the powerful energy to open its gate.... Your thought , your intent, your will are gatekeeper, gardener and master designer of all that is contained within this sacred space..... as you move forward the Gate closes behind you and the warm Spring air embraces you..... each footfall provides the crackle underfoot of stone and dirt..... take a moment to look around and drink in the sights and smells of this place....

(brief pause).....

As you continue along the Path ... you can feel the energy of new growth underfoot and surrounding you but that is not your focus this time..... your eyes come to rest on a dark patch of earth a few feet ahead of you.... This ground will need tilling and clearing so that it may be a place of nurturing for what will be planted soon..... you kneel in the center of this ground covered with dried and dead weed , root and thorn that are no longer of use or conducive to new planting.... As you sit centrally, take a moment to ground, center and focus your will and intent on clearing and purifying this space.....

Now you are ready to begin and as you reach out to pull out the first patch of weed and overgrowth, feel the release of this action.... Sense the sigh of the earth as you continue in this manner to un-tether and uncoil dead root.... Move around the circle of this space and remove and untangle all unnecessary growth... carefully and completely removing all of it.....

(Long Pause)

When you have removed the last bit of overgrowth.....take a moment to look around and acknowledge the strength and transformative power of the task you have just finished..... you can feel the gratitude of the earth below and the un-constricted flow of the fertile energy of this space..... the piles of weed and tangled root you pulled from the ground encircle the space and as you have expected, slowly they begin to be drawn down into the surrounding earth.... consumed and absorbed by the Great Mother to be transformed and renewed within her womb... no longer of concern or care to you and the plans you have for new growth in this place..... it is now time to complete the last stage of this process of clearing away and preparing.... As you rise to a standing position you hear the gentle sounds of the music of the winds playing through the branches of the trees... the music is sweet and gentle and you begin to move

rhythmically around the newly cleared earth.... Foot moving lightly here and fro ... moving the soil around, aerating, mixing and blending Continue dancing , feeling the soft, pliable earth belowblending energy and breath .. your heart light and the feeling of freedom moving throughout your being.....

(Pause).....

you will know when the ground is just right and the foundation lain.... And when this moment arrives you slow your movement, catch your breath and close your eyes - arms outstretched at your sides- in thanks for the energy provided and foundation laid.....

Your work is done for now and it is time to leave this place The earth will settle into just the right form and space.... The energy of new growth will continue to build and the sun will provide nourishment and strength – the moon opportunity for rest and renewal..... as you move out of the space you have prepared and step once again onto the Path.. you are filled with joy and anticipation of what potential and opportunity awaits you on your next visit..... you continue along the stone Path and see the Gate just ahead Turn and take one last look at your surroundings.... You will return to this space again and as the seasons change so will the colors, smells and sights that surround you..... as you approach the Gate it gently swings open and you step through.... The gentle clang of metal closing echoing in your ear as it shuts..... you turn again to face the front of the Gate and wall and take a moment to give thanks for this space and what is contained within..... you turn away feeling the presence of the white veil.... Its energy and density..... Step through and emerge once again as observerallow your focus to move gently from this center of consciousness and return to your physical being..... the rhythm of your breath, the rise and fall of your chest... the physicality of your being sitting comfortably.....

And So It Is Done
Blessed Be...