

Heartbeat of Humanity – first person

by Teri Griffin Williams, SoulcialLiving.com

I begin with a Gatha: Breathing in I am peace and love Breathing out I radiate peace and love to all

I recognize that We are all connected. The seed of humanity is planted within us all. It is our DNA. At times I may feel helpless and hopeless, I am not. When there is nothing I can do or try, I have one thing that is always available, no matter where I am in the world – I can pray, meditate/journey on love or send thoughts of love and light into the Universe.

First, I become a conduit for love and light to flow through me, a clear and perfect channel, a hollow bone, by clearing my energy field, my light body of everything that does not serve my highest good and the highest good of all. If I find myself distracted by daily life, by ego, I repeat the Gatha: Breathing in I am peace and love Breathing out I radiate peace and love to all.

I Connect to love, to the soul of creation by imagining the pure light of unconditional love flowing through me, clearing any stagnant energies, removing any blocks, releasing any cords, attachments, entities or lower vibrational energies that are hanging on to me and my energy field, filling every inch of my being, every void, every empty space, with the light of love.

Recognizing the connection to all of life I begin by being present with my own pain, suffering, anger and frustration, knowing that my brothers and sisters, that all beings, experience suffering on some level.

Without judgement, with only pure loving kindness and compassion I radiate love and light to all beings, starting within, to my soul, the essence of who we all are. I Repeat the Gatha: Breathing in I am peace and love Breathing out I radiate peace and love to all.

As the drum beats like a heartbeat, I see the light shine brighter and brighter, filling every inch of my being, radiating light out above and below to the core of earth and all beings, in the sky and the air, in water, and on earth, seeing the light spread to the sun, the moon, the stars, expanding out to the universe. I quietly sit with this love and light, seeing it gently flow, while absorbing pure, unconditional love, allowing the journey to take me where it will.

When the drum reminds me to come back to this place, this room, I am reminded that love exists for one and all, starting with who I am. I thank the creator, my guides, and all beings for their place in my journey and my life. I am grateful for who I am, a being of love and light.

I return Gently to the room.

Looking up to the sky.... I Thank the Universe, Creation for all that is.

