

Becoming Wiser -

A Transcript Of The Meditation

found at http://www.people-healer.com/?page_id=375

Hi. This audio file is designed to help you become wiser, as you gather the wisdom that is already there, currently residing in other parts of your consciousness. You can use this wisdom, you can access it, and make it your own.

Once you have taken their wisdom into you, you will see things more clearly. You will see your life with greater clarity, and you will have a better perspective on your situation. Solutions will come into view.

So as you're ready, find a comfortable position, and begin to relax your body. Begin to relax your body. Settle in. Begin breathing deeply. Breathing deeply. Beginning to relax. Starting with your toes. Relax your toes. Let em relax.

And let the relaxation move to the balls of your feet, the arches, and the heels - so that your feet are completely relaxed. And let the relaxation move to your ankles. Relax your ankles. Relax your calves, and your shins. Relax your knees. Let em relax.

And let the relaxation move up to your thighs. Relax your thighs. Relax your pelvis. Relax your waist. Relax your stomach. Let it relax. Relax your liver... your intestines... all relaxed. Letting go. Letting go.

And let the relaxation move up to your ribs. Relax your ribcage. Relax your lungs. Relax your heart. Relax your heart. Relax your breathing. Relax. Relax your shoulders. Relax your shoulders. Let em relax. Let em relax.

Now let the relaxation spill down your back - let it move down your back. Relax your upper back, the middle of your back, and your lower back. So that your entire back is relaxing. Relaxing.

Now let the relaxation once again move from your shoulders, down your arms. Relax your upper arms, your elbows, your forearms. All relaxed. Relax your wrists. Relax your thumbs, your palms, and your fingers. All relaxed. All letting go.

Now let the relaxation move from your shoulders, up your neck. Relax your neck. Relax the back of your neck. Relax your throat.

And let the relaxation move up to your chin. And your jaws. Relax your jaws. Let em relax. Let em relax. Now relax your face, your forehead, the sides of your head, and the top of your head, so that your entire body is completely, and fully, relaxed. Relaxed.

And I'm going to count, from five to one. And at the count of one, you will find yourself, in a beautiful place in nature. A safe place. A nurturing place. A healing place. At the count of one.

Five... four... three... two... one. One.

Find yourself. Standing. Outside. Find yourself. Surrounded by nature. Imagine the sky. So blue. So clear. So bright. Imagine the trees. The grass, the rolling hills in the distance. Wildflowers here and there. Imagine.

And imagine the sounds. The faraway sounds. Birds calling. Calling other birds. Warning them - letting other creatures know that you have arrived. Listen. And listen to the wind rustling through the trees.

Feel the wind on your face. Feel the warmth of the sun. Feel the ground beneath your feet. Let this place come alive. Breathe deep, and take in the smells that carry on the wind. The smell of grass, the smell of trees. The smell of nature. The healthy smells.

And you are safe. And all is right, in this safe place. But then you remember, you came here for a reason. You came here to gather and garner greater wisdom. Wisdom held by other parts of you. Wisdom, that will be gladly shared. Wisdom. To help you see things more clearly. So you'll know what needs to be done. Wisdom, to help you live your life. With greater elegance and ease.

But where is this wisdom? You look around. You don't see it. Where is it? And you know, you must go seek it out. You must go searching. You must leave this safe and secure place, and travel out into the wilderness. Into the unknown. Into the unfamiliar.

And so, you begin to walk. You begin to go searching... seeking... looking. Looking not for wisdom, but instead, looking for a sacred spot, a place of power. You're seeking the hallowed ground. The sacred ground.

And so you begin to walk. Perhaps on a trail, or a country lane. You travel the gentle path. The gentle slopes, the foothills. You travel the terrain. Up one hill and down another. Travelling. Searching. Seeking. Looking. For a place of power.

And over the next hill, or around the next bend, you see a figure way off in the distance. You see a figure. Far away. And you know, that is your destination. That's where you must go. So you walk faster.

The figure starts to come into view. Is it a man, or a woman? Is it a man? Or a woman? You see them, waving to you. Smiling. Urging you forward. They've been waiting for you. For this, is your own higher self. This man or this woman, is a part of your own consciousness. They are a part of you. You are a part of them.

And they've been waiting for you. They've been waiting. So long.

Closer, and closer you come. They look so happy to see you. Closer. Now you can see tears streaming down their face. They've been waiting for this moment. They love you so much. They love so you much.

They've been waiting so long. And now, you've finally come. You're finally here. You've finally arrived. The two of you embrace. Feel their body next to yours. Hold them tight, as they hold you tight. It's an embrace that could last a lifetime.

Feel the warmth of their body next to yours.

And now, you open your embrace, and the two of you gaze into each other's eyes. You feel their love for you. You see it in their eyes. They want to help you. They're eager to help you.

They beckon you to sit. You look upon the ground, and see they've prepared a place for you. And so you sit down on a soft comfortable mat. They place one hand on your forehead, and the other hand behind your neck, and you find yourself getting woozy. Everything becomes dream-like, as they gently lower you down on your back.

You lie down on the mat. Through hazy eyes, you see your higher self sitting beside you. They pick up a container - a glass, or a bowl, or a chalice. Then you see more people - more figures - approaching. Single file, one by one, these figures come, and place a drop or two of liquid into the bowl.

Men, women, of all shapes and sizes, approach your higher self, and make their contribution. Each adds what they can to the container. One, after another, after another. You quickly lose count. It seems like dozens of people walk by. Each adding a drop or two or three, or more, and then walking on past.

Single file. They look at you, they add their wisdom, and they move on. Lifetimes and lifetimes of wisdom are added to the container. Hundreds of lifetimes. Maybe thousands. You can't tell.

The drops add up. Eventually, the container is full. Filled with the accumulated wisdom of your ancestors and your many other lifetimes.

Your higher self helps you back up to a seated position. They hold out the container, and you look at the silver, metallic liquid inside it. It's thick. It's inviting. You bring the chalice to your lips, and take a sip.

It tastes delicious and you want more. You take another sip. And another. And another. Until you've drained the liquid completely.

You feel it warming your heart. You feel it in your throat. You feel it moving down to your stomach. It starts to travel throughout your entire body. Feel the wisdom, moving through you. Feel it coursing through your veins. Feel it warming you. Changing you. Healing you.

The wisdom, of hundreds and hundreds of lifetimes, coursing through your veins. Filling your entire body. Filling your entire being. Filling you with wisdom.

And now your higher self looks at you, and you know they want to add their own wisdom. They move closer, until their forehead is touching yours. With eyes closed, you feel the warmth of their flesh on your forehead. Such tender skin.

And now, you feel a flow of energy moving into you. Flowing into your forehead. Feel the flow. Allow yourself to receive - the love, the power, the wisdom - of your higher self. Allow yourself to receive.

Allow the transfer of energy. Allow. Receive. Welcome it in. Be an open vessel to whatever they want to give you. An open vessel. Be. An open vessel. Receive.

And now you lie back on the ground. Surrounded by love. Surrounded by the love of your higher self. Cocooned in love. Embraced by unconditional love. Filled with wisdom.

And you can stay here as long as want. When you're ready, count yourself out of meditation, one, two, three, four, five, and you'll be back in your room where you started from. When you're ready.