

**Cosmic Dimension Meditation#3:
The Elements by Diane Weiner
Summary of Guided Meditation for Nov 22, 2011**

Earth- heals, holds and transforms all beings.

Identified with Archangel Michael, the virtuous, strong heroic figure. Earth energy sustains and restores all.

Our body is a flux- not a monolith but always in change. We take in nutrients, cells divide and cells are shed. In 5 years all the substance of the body has been recycled. Having a sense that our body is particular to us is undermined when we see our body as a long phase of expression of our genome, constantly combining and reconfiguring our DNA. Our bodies are products of multiple intersections including synergy. We are independent of no single organism on the face of the planet- all act symbiotically as a single living being: Gaia. From space we would have a very different perspective, seeing Earth as a planetization of the light of the sun.

Seeing our self from within we sense subtle flows of energy. Now identify with the body. Realize it is a formation of clay- the substance of the earth which draws the sustenance of the earth through digestion, ingestion of magnetism, in accordance with ones breath. As you **inhale** from the nose, feel an influx of Earth energy which mounts from below. Feel that the subtle energy that pervades you being reinforced. **Exhale** through the nose, feeling the magnetic body collapsing, the denser elements sinking down into the earth, that which you cannot assimilate being absorbed by the earth. (Repeat breath 5 times)

Water flows, purifies and revitalizes- Archangel Israfil, archangel of resurrection with a subtle transforming breath. One feels breathed by the archangel. Feel your crown opening, accepting the energy of water flowing down, an outpouring of energy. There is a continual resurrection of your light body. Water flows, purifies and revitalizes. Prayer theme- repentance

Feel a total absorption in the water element. It gives life, renews and regenerates. How precious water is, how sacred the gifts it brings. See water as love, magnanimity. Identify with the quality of water- feel the unique gifts it brings: love, friendliness, kindness. What qualities of water are you manifesting, what qualities of water do you need or on a cosmic level does the world need?

Water provides natural repentance. The energy of water purifies of resentments and other things that keep us from being who we really are. What can we let go of? What blocks the flow?

We are 75% water. Our blood's nutrients reflect the same proportion as sea water. Hold still feeling the pulsation of the heart seeming like the ebb and flow of tides in the sea. The blood flows through 100,000 mi. worth of capillaries and veins. We are a complex maze of pulsating energy. Feel the heart beat, then the return pulse at the extremities.

As you **inhale** through the nose, feel water vapor collected above your head, then as you exhale through pursed lips, experience the descent of celestial radiance like a cascade of pure water rushing through every cell of your body, pouring out every pore, flushing down through the soles of your feet. An inner baptism of water energy. Repeat 5 times.

Fire burns, gives light and colors archangel:Azrail

Prayer theme- supplication for a specific need. Continual renewal of life. Remember always having been a being of light

Feel heat being transmuted to light. Identify with your solar inheritance. Visualize a light landscape. Immerse yourself in light like a moth drawn to a candle. Sufi quote:“Enough of words. I want burning, burning!”

Fire moves one from negativity to truth, and darkness to light. It gives us courage and hope. What gifts of fire do you have in you? What opportunities do you have in life to experience the energy of fire? What is my heart’s desire?

Living things are distinguished by warmth. We are in a continual state of self-combustion whereby we use food in a fire of metabolism. If we visualize heat in our body, the body increases its metabolism rate. Fire without a lot of oxygen is acrid- has lots of smoke. But when oxygen is infused the fire blazes up. Visualize fire in your solar plexus, **inhale** with pursed lips, like a bellows bringing in air to stoke the fire. See all toxic residues burning up, all that is superfluous or incidental in one’s being, or contrary to fulfillment of one’s purpose now useful like solid fuel for this process.

And as you **exhale** through the nose imagine the heat of the solar plexus rising up through the chakras and cooling as it changes to yellow, green, blue and violet then radiates out the crown in a display of clear diamond light . Repeat 5 times.

Now see this light passing through your glance, even as your eyelids are shut, like headlamps of a car thrust into the darkness of night. Threading celestial light- not personal but transpersonal. Like light which not only reveals a rosebud but stimulates it to open. Rest in awareness of light within and without.

Air energy disperses fear, brings joy and peace

Associated with Jabril (Gabriel)- archangel of revelation and fulfillment of our purpose. Feel air circulating all through you- even in the space between thoughts, etc. Feel a flow of breath, gentle cleansing and freeing breeze. Prayer theme- invocation

Feel you are expanding in space, air circulating through your magnetic field. See a landscape of air and wind. Look for the elements of wind and air in your environment. What air qualities do you have in your being? Air allows one to be the visionary, to be creative. What gift does air have related to your life?

The breath is not the substance of the atmosphere- the oxygen and the carbon dioxide- that we exchange. That is simply the freight of the breath, while the breath itself is immaterial, subtle. Breath is an energetic ebb and flow that follows the pathways of consciousness. **Exhale** through pursed lips, blowing out the breath into the cosmos, and inhale through **pursed** lips, allowing a new dispensation from the universe. Imagine you are an eagle flying high in the sky. Repeat 5 times.