

Cosmic Dimension Meditation#4  
Connecting to the Cosmos through our subtle self  
Summary of Meditation of Nov.29<sup>th</sup> by Diane Weiner

We began with an orientation to the concept of “chakras” used in yogic meditation which describes seven spiritual centers located in a subtle space associated with locations in the physical body. These centers are often the focus of meditation and sometimes described with the metaphor of “lotuses” which open according to the aspirant’s meditative effort. The meaning of this is that the physical body, as an element of the material, physical world is but one level of existence with the chakras serving as thresholds to a more comprehensive, or deeper reality. Sufis may describe this investigation as exploring what transpires behind that which appears, not saying that what appears is false, but that it is a shallow interpretation of the whole universe.

Additionally, the chakras are sometimes associated with certain of the four elements: **earth** with the first chakra(at the base of the spine), **water** with the second chakra(centered in the spine behind the sex organs), **fire** with the third (solar plexus near the navel) and also-in its light nature- as the fourth chakra(in the center of the chest) and **air** in the fifth chakra near the throat.

So our meditation for the week was to (for example) sense energy coming from the earth as we feel we are breathing from the first chakra, connecting with our concentration all the external associations about the earth such as magnetism, enveloping generosity, motherly care, etc. with our inner sense of self. This can have the effect of “grounding” us in the earth and counteracting a feeling of separation from life. We focused on the second chakra, connecting there to the water element with its associations of health, resonance and well-being, and feeling support for our life energy from all the water systems in our environment. Then we brought our attention to the third chakra, feeling the fire element there supported by fire (or light) manifested in the world around us. We brought to mind how the fire element brings a desire to create a more beautiful, balanced world , Finally we focused on the fifth chakra (throat area), sensing it to be an interface between the air energy within us and the air manifested in the world around us. This practice would strengthen our feeling of freedom.

Note: One might wonder how simply imagining such connections could lead to any actual changes. I would answer that we have ourselves through a limited sense of identification separated ourselves from the natural inner flow of all of the elemental energies which ,for example, supported the well-being of indigenous peoples for thousands of years. We can reconfigure our sense of self through the above practices and begin to function as beings integrated within our manifest cosmos.