



VI ~ EXALTATION: PRACTICE OF GREAT FULLNESS

I am the wind which breathes upon the sea, I am the wave of the ocean,
 I am the murmur of the billows, I am the ox of the seven combats,
 I am the vulture upon the rocks, I am the beam of the sun,
 I am the fairest of plants, I am the wild boar in valor,
 I am a salmon in the water, I am a lake in the plain,
 I am a word of science, I am the point of the lance of battle,
 I am the God who created in the head the fire.
 Who is it who throws light into the meeting on the mountain?
 Who announces the ages of the moon?
 Who teaches the place where couches the sun, if not I?

~ *Amergin* ~¹

Each of the previous practices can be the first door that leads into a second one of focused emotional gratitude—the awareness of great fullness—which then gives rise to new joy.

A simple but powerful way to change the momentum of how we are feeling is to mentally go over a brief gratitude list. For those of us already caught up in the momentum of grief and other emotional downers, this is probably all we *can* do for the time being. Before you go to sleep at night, go over a list of five things that you are grateful for—your bed, your house, your companions; the sun, the rain, the air—anything basic that you can easily list. And then go over this list of five things again upon waking up. They can be the same or different five things, and even more than five.

Ideas about the value of gratitude are increasingly being brought forth by many spiritual guides and teachers. It is clear that encouraging and maintaining an inner posture of appreciation and thankfulness is a healthy thing, which medical research and the biological sciences affirm and continue to confirm. However, the conclusions are coming to us from a mental aspect 99% of the time—meaning that we are given much to think about, and then thinking about it is what we mostly do. We erroneously believe that this thinking is actually doing it. While we may notice the 1% energy difference that is being made in our life from thinking about it, we aren't consciously aware that 99% is missing. The large amount of energy that is absent is the *feeling* of gratefulness, which will be presented from hereon as the feeling of great fullness.

¹ This poem is ascribed to Amergin, an ancient Irish druid-prince.

Whereas before our grief might have been draining the life out of our living, we also have opportunities to experience and subsequently understand that there is no such thing as death. This will allow joy back into our living, which is the meaning of “enjoy.” Many people these days seem to think that they should be getting joy out of living, but they have it backwards. Joy is something we put *into* living, for we are the channels for this ever-emerging energy, which is also our Source. That is, Creative Source is not only in us, but we are also Creator Source. We are the waters of life—we are the fountains through which the waters of life flow. We are the lilies and the fields and the ground from which all being and awareness of being arises and manifests.²

When we express gratitude toward someone or something, it connects us with the good that is already inherent within ourself as we bring it forward into the outer world in some way. This action of connect-and-flow results in an openness that feels better, instead of the less-than-good feeling of shutting off our flow. This action of feeling great fullness is actually activating our sense of appreciation. This sense is, in every way, a real thing. In the plainest of language, appreciation is the very special doodad that allows us to feel our physical materiality connecting with the non-physical reality of Creative Source. It’s like a bolt or peg that joins and brings the two together as one. And so feeling the feeling of great fullness to activate a sense of appreciation connects us with Source, which is also and simultaneously our Self.

What follows is a mindfulness practice enhanced by a “feeling-full” aspect that becomes the channel for the outflow of joy. It begins with a thought of gratitude as a doorway into the thinking mind, and then expands further through the feeling of great fullness, which allows the sensation of joy to flow through us and into the world in which we are currently living.

Like air and breathing, the substance of great fullness is always available, for it substantiates our visible and invisible worlds. It is that in which we move and have our being. *Feeling* this substance opens up channels to it and keeps it flowing. The flowing is the feeling of great fullness, which is also joy. Because this joyful substance of Life is always available, this practice is not difficult. If done enough, the only thing that might become difficult is not doing it.

THE PRACTICE. Start with any easy thought of gratitude, which is the mental flint that sparks the flame of feeling. As the feeling ignites, quickly let go of the thought and continue to feel the feeling.

For example, after a thought such as “I am grateful for the sun” or “I have gratitude for my health” or “I am grateful for this being’s love,” immediately raise its vibration by changing it to “I *feel the great fullness* of the sun” or “I am *feeling the great fullness* of my health” or “I *feel the great fullness* of this being’s love.”

Then declare that you feel—not have, but *feel*—gratitude for anything and everything, and then allow yourself to actually feel it. You can also use the word “sense” instead of feeling. Even if you weren’t feeling gratitude, announce that you do now. Use your mind to spark the flame. Do it for *everything*. Fan the spark into transformation which transforms beliefs, so whether or not you believe this will work doesn’t matter. The power of Love, which is what this energy of choosing great fullness is, removes all obstacles to Life. The only way Love can’t do this is if you choose otherwise.

“I feel the great fullness of my ever-increasing or perfect health; my perfect circulation, my perfect lungs, my perfect spine, my perfect digestion, knees, heart,” and so on. Adding the word *perfect* increases the constructive energy. Use other enlightening words to enliven and enrich the feeling. Creative Source modeled this for us from the very beginning, creating something and then pronouncing it “very good.”³ If you don’t already believe in the energy of words, experiment as a Co-Creator and assess your own personal evidence.

“I feel the great fullness of the cellular health and happiness of my body; of my shoulders; my hips; my knees; my digestion; my eyesight; my heartbeat.”

“I feel and sense the great fullness of my peaceful home; the great fullness of a perplexing relationship; the

² “Consider the lilies of the field ...” ~ Matthew 26:28

³ “And God saw everything that He had made, and behold, it was very good.”
~ Genesis 1:31

great fullness of my job's potential.”

“I feel and I sense the great fullness of the rich green of those trees; the symmetry of this blade of grass; the silky wetness of this precious rain; the warmth of the sunlight dappling on my face; the flight of that distant bird; the antics of this silly cat. I open myself to the great fullness of the exact moment a snowflake alights on my tongue. I allow myself to enjoy the great fullness of this tumultuous thunderstorm that just opened up on umbrella-less me.”

“I feel the great fullness of this glass of clean water; the taste of this delicious yogurt; the shine and design of this interesting spoon.”

“I feel the great fullness of this toothbrush; the coolness of this sink; the instant running water; the underlying life of that crying baby; those laughing tourists. I feel the great fullness of my smile.”

All of the above suggestions are about elements and experiences we would likely label as positive. But what about seemingly less-than-positive, even painful things? I can also let myself feel the great fullness of sadness; my tears; my body's aches; the anger; the loss.

“I feel the great fullness of my sadness, but also of my breathing as it helps the sadness gently subside into calmness and peace. I allow the tears to flow and let myself feel the great fullness of their tender and caring caresses on my face. I sense the great fullness of how the tense anger I've been hanging onto all day is finally becoming feathery light and dissolving away. I feel the great fullness of the energy gently draining from this headache, as I let my eyebrows and shoulders release and relax, and as I feel the great fullness of this soft pillow and comfortable bed that so faithfully support me.”

“I feel the great fullness of the tides of my grief washing in ... and out ...”

Extend yourself even further: “I see, hear, smell, taste, and touch the great fullness of the world within which I am immersed.”

“I see the great fullness of this windy, blue winter sky. I hear the great fullness of that flock of noisy starlings. I smell the great fullness of this baby's hair. I taste the great fullness of this new autumn apple. I touch the great fullness of this antique table. I feel the great fullness of my friend's presence.”

Proclaim great fullness as much as you can for a day, or for parts of it. Move through each day riding a wave of great fullness from dawn until dusk.

As you're riding the wave begin to let yourself feel the energy of the wave. Let yourself realize that you're actually *entering* each of these elements in the world about you, and that the feelings are flowing up and through you and out into the world, as if through a Renaissance fountain of astonishing character and dramatic detail. Flow from one thing to another with the feeling of great fullness.

And then ... instead of thinking in words about feeling great fullness, allow yourself to simply experience it, *wordlessly*. Let the experience be a song without words. A person in the deepest realms of grief is perhaps the one who can do this with the greatest power and the least effort, because they know that words cannot and will never adequately describe their present experience.

I am the feeling of great fullness.

At the end of the day take the feeling of great fullness with you into sleep, whether it's joy, sadness, relief, or a mixture of them all. “I feel the great fullness of this day as it departs, to never happen again: fair thee well; this old creaky but comfy bed; the warm embrace of this soft pillow; these supple sheets; the quietening darkness. I feel the great fullness of all sadness subsiding, of any anger drifting away.” Float on ever-more-gentle waves into your world of dreams, bringing peaceful joy, the slowing down of your energies, an awareness of consciousness dimming with the light. “I feel the great fullness of the unending mystery of my life.”

Express an awareness of gratitude upon awakening and before getting out of bed in the same way as you did falling asleep.

If, for any reason—it doesn't matter why—you find that as much as you'd like to feel the great fullness of your life you just aren't feeling it—meaning you're resistant to it. So there is still something a bit simpler you can try. Whatever you are looking at, begin to state that there is something about it that you like—even if you're not sure if you like it or care one way or another.

“I like the sun.” “I like the moon.” “I like the stars.” “I like naps.” “I like flowers.” “I like animals.” “I like water.” “I like chocolate.”

You might then experiment with getting a little more specific. “I kind of like the color of that person's sweater.” “I sort of like the glitter on that one's sneakers.” “I think I rather like the design on this book cover.” “I like the way the trees are looking this sunny Autumn day.”

That the subjects here appear insignificant and of little consequence is what makes this approach so potentially powerful. It's quite easy to say we like something that doesn't seem monumentally important, and it is this ease that lowers the tension of the resistance to feeling better. While any actual emotions don't seem to be there at first, the ever-so-slight lowering of your resistance *is* now there, as is the exquisitely subtle body chemistry that is being summoned—just enough to signal to the brain-body to start composing and releasing chemicals inherent in the body that, with just a little bit more amplification, will flow your vibratory momentum in a better-feeling direction.

“I really like how happy that dog looks, walking her human.” “I'm liking how it feels on my comfy couch in the quiet of my home.” “I like so much that I have hot water for a soothing shower whenever I want.” “I like that I listened to my hunch to wear a coat today.”

Whether we are feeling much of anything, saying enough “I likes” will begin a momentum which then summons more new and better feelings. Do this for perhaps 5 or 10 minutes and you will find that you will actually feel better, and may even forget that you weren't feeling so good a few minutes ago.

You may notice something in you that sounds as if it resents how easy this is, and will try to get you to stop doing it—this is your undisciplined ego-mind. It will say things such as, “That is so stupid. Whoever heard of such a thing? Anyone who wears sneakers with glitter must be an idiot!” and so on. When this happens, try this: “I like that I can see my ego-mind trying to pull the wool over my eyes and the rug from under my feet. I like that I can just notice this and not have much of a reaction to it. I like that I don't care about what the ego-mind thinks. I like that I care about what *I* think.”

As stated earlier, when we express a feeling of even slight appreciation toward someone or something, it allows us to connect with the good that is already inherent within ourself and bring it forward into the outer world in some way. There is also an even more profound thing that is entering our life experience. When we consciously choose to summon the higher state of awareness that we desire, and then rest in that state of higher vibration, it is a choice that is coming from an increasing connection to Authentic Self, while disconnecting from the hold that ego-mind formerly had on us. And so in perhaps a very small but real way we have begun rising from the middle of the earthly pendulum. From there we can continue to rise in spiritual ways that will allow us to connect with our Risen Loved Ones.

Walt Whitman's poetry reveals that he moved through the world with awareness of his own great fullness, experienced as a song of himself: ⁴

“... The smoke of my own breath,
Echoes, ripples, buzz'd whispers, love-root, silk-thread, crotch and vine,
My respiration and inspiration, the beating of my heart, the passing of blood and air through my
lungs,
The sniff of green leaves and dry leaves, and of the shore and dark-color'd sea-rocks, and of hay
in the barn,

⁴ Walt Whitman was known to be intensely interested in spiritualism, and felt that he had the potential to be a spirit medium. It's been noted that he tried to develop as one but for various reasons became discouraged and doubtful about his gifts, although he never stopped believing in the reality of mediumship.

The sound of the belch'd words of my voice loos'd to the eddies of the wind,
 A few light kisses, a few embraces, a reaching around of arms,
 The play of shine and shade on the trees as the supple boughs wag,
 The delight alone or in the rush of the streets, or along the fields and hill-sides,
 The feeling of health, the full-noon trill, the song of me rising from bed and meeting the sun."⁵

Mindfully move with conscious purpose through the vibrating substance of Life—feel its great fullness, and your own existence will reflect the living poem of Amergin's ancient declarations that Life is, and death can never be.

As we continue to mindfully journey together and with our Risen Loved Ones, it becomes possible to discover that our world and many other worlds interact with the greatest of ongoing intimacies. These interactions have been happening all along, ever since the day we entered this particular material realm, and will continue to do so as we finally leave and move beyond it. This may all sound paradoxical, mysterious, and mystical—because it all is.



PONDERINGS

~ Air ~

Air is always available and my breathing is always with me.

Mindfulness takes practice and repetition, which is how the brain learns.

I can always start over. I start over now.

~ Water ~

I can either battle grief as an alien enemy or embrace it as a personal companion that is part of my nature and my divine design.

Memories may evoke a quiet sadness as they fade and then are carried onward by the gentle but insistent undertow in the river of our past.

Carried by the waters of Life, I let everyone move freely on.

~ Earth ~

Just as I am in a physical body and in a physical place, so, too, are my Risen Loved Ones.

I am *nyrd* and *wonderful*. And so is everyone else.

The grief-weary mind is unable to put feelings to words, yet the feelings must be found, acknowledged, and felt in order to be transformed.

When I reconnect with the Earth's energies, I feel welcomed and nourished with feelings that gently whisper, "You're Home."

⁵ *Song of Myself*, by Walt Whitman, 1892.

~ Fire ~

Feeling tired, exhausted or fatigued during grief are down-cycles and are the times for quiet resting.

“May all those who are interested in my well-being and that of the Universe assist me now.”

I announce to my body, “I love and care for you and will not abandon you; I am staying.”

~ Spirit ~

Spirit is the prepared ground out of which everything earthly planted arises and grows, including people.

Let me resurrect my spirit and rise above the pendulum of grief.

I allow myself to forget my Earthly beliefs about grief to feel lighter in some way.

~ Great Fullness ~

Appreciation connects our physicality with the non-physical reality of Creative Source.

The awareness of great fullness gives rise to great joy.

The power of Love, which is the energy of great fullness, removes all obstacles to Life.

I feel the great fullness of the omnipresence, omniscience, and omnipotence of life within me.

“Consider the lilies of the field, how they grow; they toil not, neither do they spin.” (Matthew 26:28)