2012-03-04 Joshiah：问答录——引导冥想练习（N）

Well, now… allow us to express our greeting to each of you. We would like to spend the rest of our afternoon interacting with each of you, and attempting to help you go on to a journey withinside each of you, through a suggestive meditation, if you would. As we like to suggest to you, we would emphasize the importance of utilizing your imagination and particularly, your senses of feeling, of touching, and of smelling, of hearing. Utilize as many senses as you possibly can. Utilize your imagination in an attempt to make it real.

Now we're going to suggest certain elements, certain scenarios, and certain visualizations. We like to emphasize that it's not important that you see, in particular, that which we suggest. It's not important that the visualization is exactly as we suggest it should be, or that you even see it at all. What's important is, once again, the utilization of your imagination to sense as much as to see individual lives. The images that we would present to you, utilize, once again your sense of smell, your sense of touch and view. Use your imagination. Allow it to run wild like it was when you were a child and you would daydream. And it would be a daydream which, while you were in that altered state, was as real and as vivid as the reality that you experience in your awakened consciousness state. Allow that imagination to assist you in the experience.

So we would begin. I will ask you to close your eyes. I would ask you to breathe deeply. Take a deep breath and when you exhale, allow tension to begin to drain from your body. As you exhale, allow all of the tensions and anxieties to begin to dissipate. And breathe in relaxations. And exhale tensions. And begin to relax. Breathe deeply and pay attention to your breath. Feel it go deep into the lungs, refreshing and relaxing. And you exhale and feel attention begin to drain from your body. And relax, relax.

Feel the relaxation, begin to dwell and to settle upon you, coming down over the top of your head. Relaxing. Down across your forehead. Down the back of your neck and through your cheek. Feel each and every muscle relax. And relax. The relaxation creep down over your shoulders, down through your arms and out through your wrists, into your hands, into everything that it is. Feel the relaxation, warm and inviting. Relax. With each breath you feel, relaxation begin to creep further and further through your body, down through the crest and through your abdomen. Relax. Back to the hips, begin to creep down your legs and total relaxation. Feel completely at ease. Relax. Relax. As the relaxation begins to creep down your bottom of your legs, and through your ankles, locked into every toe. Relax. Feeling it is very comfortable. Relax. Relax.

We are going to count backwards from five to one. And when we reach the number one, you will be totally relax. The only sound that will have importance to you is the sound of our voice. As you relax, allow yourself to go deeper, and deeper into relaxation.

Number five, relaxation now comes your entire being.

Four, deeper and deeper, more and more comfortable.

Three, feeling totally relax.

Two, almost there. Completely relax. Beginning to only pay attention to the sound of our voice.

And One, one, totally relax, completely at ease. Feeling very comfortable, very sad. Listening to the sound of our voice. Completely relax.

And you begin to sense that you are standing in the center of a very lush meadow. The sun is warm upon your face. A lovely day, you can feel the breezes, hear the rustle of the grass, sense the smell and the sight of the wild flowers that are growing profusely throughout the meadow. A very warm and inviting place, this meadow. As you stroll through the meadow, feeling sense and smell all of the richness of this wonderful grass that you found yourself in.

As you cross through the meadow, you notice that there is a wooded area at the edge of the meadow, with the path that it seems very inviting. And you walk down the path, leaving the meadow and entering into the woods, and its smell changes and takes on that musty aroma, that beautiful smell that comes from the forested areas. And as you walk down the path, you can feel the leave brush against you, and you can hear the birds now singing. And you can hear the rustling of the wildlife in the middle, a very comforting place, very inviting, very welcoming that urges you to continue on your journey. Follow the path to explore, feeling warm and at ease and very comfortable.

And there is around the corner, the pathway that you're following, there in front of you is a varying lighting cabin. It's beginning to become evening. And this cabin now offers you the ultimate inviting and warm shelter. And you open the door and step into a very inviting environment, with a fire burning off to one side. And you sit down. And stare into the fire and feel the warmth. Hear the crackling of the wood being consumed by the fire. A very inviting place. You sure absolutely it is, completely at ease and comfortable, and warm and satisfied.

And this evening comes to the darkness, you have the inclination to lay down and to enter into it a very comforting, a very deep sleep. You are deeper and deeper into this warm inviting area. And you are deeper, and deeper. And in your sleep you enter into a dream state. And it's the type of a dream state where you can have the capacity to influence that what you're experiencing.

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And as you're involved in the dream, you see before you a stair-case that leads down. And it once again appear to be very inviting, a well lead-down stairs, One that you have absolutely no fear of entering. And you begin to begin to descend, and go down and down and deeper. As you walk down the stairs into this inviting, very warm, very welcoming environment, and you sense the lights that are around you, and you can feel as you get deeper, the slight warm darkness of this stairway that you are traversing as you go deeper and deeper.

And at the bottom of the stairway, there's a door there that invites you to open it. And once again, you feel completely at ease and it beckons you. And you reach out and turn the knob and feel the dampness and the coolness of the knob, as you open the door, and step through into this magnificent environment, a very, very desirable place to be here, absolutely.

And once again, there is this pathway that seems to lead off into the distance, but no definite destination, and yet it beckons you to follow, it beckons you to come forward, to enter into this new area, this new environment, this warm and inviting place where you can once again feel and sense the warmth of the air that's around you. You can hear the birds and it's a very varied site, very desirable place to be. As you walk down the path, you begin to notice that on either side of the path, there are activities being carried out by individuals. As you walk along, these activities seem somehow to be familiar. Some of them even beckon to you. And you walk down the pathway, look off to the side and see these various activities, different activities as you appear to the other side. As you walk down the pathway farther and farther into this reality, one of these activities that are occurring beacons you. You feel compelled to step off to the path and to step into that reality, to step into that activity.

So you take the step, step into that reality. You begin to sense an entire change as you step off the path and into that reality. We would ask you to look down, and look at the way that you are dressed. And we would ask you to determine whether or not as you step off that pathway into that reality, that you are a man or a woman, standing that reality, involved in that activity. Pay attention to the garment that you are wearing, pay attention to your clothing, to your shoes. Feel what it's like. Sense the environment that surrounds you. Beware of the smells and the sounds.

If you look around you, we would ask you to give a sense of the time period that you involve in. Utilize your imagination once again, and it will come to you, what that time period is. Remember once again, whether you're a man or a woman involved in this activity. We would ask you to look around, and get a sense of the environment. Are you in an open area or have you stepped into some part of a structure or building? Beware of your surroundings. Feel, and sense, and smell, and hear all of the activity that's going on around you. Beware of the others that are involved in that activity, and see if there's anyone there that you recognize, perhaps someone that's in a different gender than what you would experience them in your so-called present existence, but nonetheless, someone that you recognize as someone that you know, someone, perhaps, that you know intimately, or someone that you know simply has an acquaintance. It's involved in that reality that you are experiencing. Take a moment or two. Dwell on the activity. Who are you? What do you do? What is your purpose? What are your interactions and relations with other entities that are involved in this reality that you are experiencing?

Now, we would ask you to go to a significant event that's occurring in this reality, an event that has attracted you to step off the path into this reality, an event that may be occurring in the present moment that you are experiencing, or perhaps at an earlier date, or perhaps at a last day in this reality, some event that has a significance to what you're experiencing in this particular incarnational period, a significant event, once again, that attracted you to step into that reality.

And take a moment to once again ask yourself if it's an earlier or later date, and what that significance is and what the event is, the experience of the event, and know that whether it's a positive or negative event, it's one that you have created and one which you are in control of, and one which you have no need to feel apprehensive about at all, and to experience that reality, experience that event. And take a moment to allow the significance to come through, so that you can grasp the entire reality.

Now, we would ask you once again, step on to the path, once again, feel that comfortable and inviting environment, and begin to retrace your steps, follow the path, and come back to the doorway. To ascend the stairs, to come back into your dream state. And when you awake from that dream state and into the cabin, you will remember the dream, you will remember the events that you were participating in, that you were involved in. And as you come out of your sleep and you find yourself sitting once again in front of that fire, you begin to exit your cabin and come back down through the path into the forest, back into the meadow, bringing with you the memory of the entire interaction, remembering each detail.

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As you begin to awaken, as you begin to come back into this reality, and we will count down from three to one and when we reach one, you will feel wide awake and refreshed, retaining the memory of the entire interaction.

And number three, beginning to wake up.

Number two, now feeling like you are coming wide awake.

And number one, feeling wide awake and refreshed and indeed bringing with you the memory of that entire experience and interaction.

Well, now. For some, that may have been a very inviting and indeed interesting interaction. For some, it has been an experience that you've been involved in before. For some, it has been your very first experience at that type of a guided meditation. But we hope that each of you enjoyed it for whatever the sense that it had for you in terms of some type of recognition of a past interaction or life that you may have been involved in. And we utilize that term past simply because in your awakened consciousness state, you believe in this concept of time and space. The irony of it is that you exist in the now, and you are involved in a multitude of various reality creation processes. And when we suggested that you walk down a path and that there were activities being carried out on each side, each one of those could have been an activity that you choose to be involved in, that you are currently in the process of creating and involving and interacting with other entities. Many of those entities as well are interacting with you in various those activities that you witness, like you're walking down your imaginary path.

You are so much more than what you perceive in your awakened consciousness state. You exist in a multitude of creation process. And it is within your capacity, should you desire to do so, to experience many of those alternate realities, if you wish, from an altered state of consciousness. That capacity, that ability is within each of you and if you find it beneficial to have someone do what we refer to as a guided or visualization type of meditation, then so be it. But it's not necessary. You can, if you wish, become involved in that process simply by giving yourself a suggestion when you enter into a meditative state and using your imagination to utilize the visualization to get to that same area. We have suggested, that you will remember through the meditation, that you go through various stages where you are continuously going deeper and deeper and deeper into your consciousness. Each one of those elements, each one of those visualizations, is for the purpose of taking you one step deeper and one step deeper and one step deeper, so that you can get to that area where you utilize your imagination and visualization in the events, although when you come into your awake state, may seem to be simply a utilization of your imagination. Nonetheless, when you're in that altered state, the feelings and emotions are quite real. Because it is as real as this reality that you are experiencing in your awakened consciousness that state.

Ah…So we hope that each of you has enjoyed that particular activity that is quite a different alternation from our general format, but it is our intent to allow you to experience some type of entertainment instead of always attempting to be so serious a presentation to you. And so, until the next time that we have this opportunity to interact and share with you, we would remind you that we are not separated by time or space, but rather by a vibrational level. And if you choose to interact with us, you have but to express the intent and we would welcome that opportunity. And once again, we are grateful for this opportunity to interact and to share with each of you. And until the next time, we would bid each of you farewell, with love and with peace.