

INNER-VERSE MEDITATION

Rev. 6DEC2020

Rev. Thomas Janssen



The Inner-verse

Inner-verse in this discourse is the term I have adopted to mean the physical package we all call “I.” The scientific term for our physical package is *Microbiome*. Medical science now reveals an estimated 30 trillion cells (30 million million) make up the average human body and 38 trillion microbes (bacteria, archaea, protozoa and fungi). Microbes make up 1% to 3% of your body mass. 90-99% of your DNA is not human. They all play critical roles with sustaining your physical life – literally your life support system. They breakdown your food, assist production of essential vitamins and hormones and play a major role in your immune system. We also carry an even larger number of virus' in our *Virome*. The role of virus' are many including support of mitochondria (responsible for healthy DNA strands) to bacteriophages which infect foreign invading bacteria. Suffice it to say there is a lot going on in your *Inner-verse*!

Perhaps we should recognize, honor and thank our multitude of little helpers, these servants of our health. What if we consciously communicated with these lifeforms that will live out their entire lifespan within the confines of this “I” we see in the mirror?

GUIDED VISUALIZATION/AFFIRMATION

I allow quiet to enfold me.

I allow stillness to fill me.

I allow peace to prepare me.

I am quiet. I am still. I am peace.

I have thoughts, yet I am not my thoughts.

I have feelings, yet I am not my feelings.

I have a body, yet I am not my body.

I am conscious and aware beyond all these.

My awareness resides in my Spirit.

I am Spirit, now, then and forever.

I am Master of my Being,

Master of my Body, Mind and Spirit.

I choose. I experience. I master.

I am grateful.



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Grateful to my Spirit Guides and Teachers.

Grateful to this third dimensional body.

Grateful to the galaxy of organisms serving me.

Grateful they do their jobs well.

Grateful they work in concert for the health of the greater whole.

I now send love and blessings to each living thing within this body temple.

I will do my part to do all that is life affirming for this body temple.

I will do my part and ask you to do yours as part of the whole.

I connect now with all cells within this body.

I am not alone. I am part of a greater whole.

I expect all cells to replicate faithfully in full health.

Together we work to the greater goal of a healthy body temple.

All that we each contribute is life affirming.

I am healthy. We are healthy. I am whole.

I am a pure and prepared body temple.

This body temple is purified for higher energies.

This body temple is prepared for transformation.

This body temple is whole and complete.

This body temple is an open conduit for unconditional Love.

A broadband path for the primordial energy of Creation.

I am the Creator,

Experiencing the Creation,

As the Created.

I AM.

