

Candlemas/Imbolc Meditation 2010-“Who Are You?”

Jendy/Beth: This is the visualization I wrote to begin their journey. I pass it on so that there is a cohesiveness between us. If I need to change it to tie in with what you've written, let me know soon, please.

Snuggle in, and get very comfortable. If you need anything at this time to make yourself more comfortable, please do so. Is there anything you need? All you need to do is ask. We are here for you.

You are about to embark on 2 journeys. The first is a journey to your ancestors. Let's begin.

Close your eyes and breathe deeply. Consciously relax each part of your body. Give yourself permission to float within the womb of the mother who nourishes and supports you.

From the security of the womb, 2 questions will float within you, “Who am I?” and, “What made me who I am?” As these questions gently pulse through you, recognize that the sum of all your ancestors reside within you. Their genes are a part of you. For thousands of years, generations of people have come together to take part in the creation of the person you are now. Some were great people -- some, not so much. But, they all have helped to shape and create you.

And so, from the mother's womb, protected by the goddesses, take time right now to open yourself to your ancestors. Invoke the protection, “for my highest good”, then, invite those ancestors that can help to clarify how *they* have influenced your present. Observe and record in your mind's eye, without judgment, the information you receive.

Ask now, “Who am I?” “What made me who I am?”

Give appreciation for their coming to you today. Say goodbye and then return your awareness to the mother's womb.

See and feel and hear your spirit inside the womb. An egg and a sperm meet. DNA intertwines and the egg doubles, quadruples and grows into the being that is you. See the DNA of your ancestors as light passing through you as you grow and form.

Each cell's DNA has born an influence upon you, but your life's experiences have also influenced who you are. Think about your own strengths -- and weaknesses -- and remember that they came from somewhere.

During this second journey, you have the opportunity to play back the tape of experiences that have been your life. Start with your birth or your earliest remembered experience. Take note of how the experience or person affected you. Observe and record the effects without judgment, then move on. As you travel forward in time, notice the people, animals or beings that have helped to mold you into the Self that is you now.

You are still within the circle that is protected by the goddesses. Take time right now to open yourself to your life's history. Invoke the protection, "for my highest good", then, give yourself permission to remember the experiences that weakened you, gave you strength, brought you joy, or sorrow. How did you change after each experience.

When you're ready, ask yourself, "Who am I?" "What made me who I am?" then travel the path of your life.

Wendy speaks next...Which influences do you wish to carry forward into your new life?

Then Carol...Is there anything you wish or need to transform?

Then Beth...Are there any new energies or qualities you want to embrace for your new self?

found this next paragraph on-line. I thought I'd pass it on because it ties things together in a way.

"As a result of meditation, new channels are formed in the brain, new thought-currents are generated, new brain cells are formed. There is a transformed psychology altogether. You have got a new brain, a new heart, new feelings, new sentiments, new emotions and new sensations."