

## **SOUL LIGHT - Thirteen**

### **THE BOUNDLESS SELF (part 3)**

To move back into One-ness is to access the Boundless non-discriminatory Self that is being beyond all knowing.

Rites of passage, undertaken with intentions of utmost sacredness, reconnect us to the cycle of deep ecology.

Such rites take us into a deep and rich relationship with that part of our Boundless Self we call Nature.....

As Cass (Adelaide) shares: “One of my rites of connection to is do a dancing meditation on Thursday nights with a group of friends, after which we sit in a circle and sing songs together”.

To dance with focus and to sing with passion!

It is surely in such simple acts of the soul that we express our one-ness.

Teya (Sydney) adds: “My favourite rite for unplugging from the mental ‘chit chat’ mind and treadmill of daily living is to do my daily Kriya yoga bow. It reminds me that everything I need I really have. It allows me to feel peace and bliss as I do it, not just after I have done it, but right at the moment I do it. The most wonderful thing is that I am completely self-sufficient in doing it, too - no need to go to yoga classes, or need to do it outside. I can enjoy it in my office, clinic or home. I can literally do it anywhere, anytime.....

As I do it I feel the bliss of just being and breathing as it literally quietens my ‘monkey mind’ and allows me to experience a state of just breathing and being.... no control..... just natural surrender and ease in witnessing my ‘monkey mind’ surrendering its chatter. I call it my “sanity” as it teaches me about self-mastery....”..

Here is a similarly powerful rite for you to try....

Make yourself comfortable with a partner or friend. Ask them to stand barefoot in front of you. Kneel. Bow down until your head touches the floor just in front of them. Hold that position whilst you allow your hands to gently hold their feet.....

Now vocalize an affirmation such as:

I bow to you as my own flesh and blood. We are one though we may seem to be two.

I love you as I love myself. I love myself as I love you.

I walk in your footsteps as you walk in mine.

The Divine Presence is our Father. I bow to the Father which is you.

The Divine Presence is also the Offspring. I bow to you as the Offspring of the Divine Presence.

The Divine Presence is the Spirit. I bow to the Spirit within you.

I am utterly grateful for you. I am utterly grateful for me.

So be it.

Repeat the affirmation after repeating the exercise from the beginning (the standing position from which, each time, you kneel and gently hold their feet). Each time (before kneeling) advise your friend or partner of the name of the person – living or

passed over – for whom they are acting as stand-in.

Always speak the affirmation clearly with absolute integrity and commitment as you hold each word and an image of its intended recipient with unimpaired focus.

Finally repeat the affirmation using your friend or partner as a stand-in for Mother Earth, for the plant and animal life and for any other aspect of life for which you are immensely grateful.

Do so and realize you are immensely healing yourself.

You are reconnecting deeply and meaningfully with your truly Boundless, non discriminatory Self.

Love and Blessings,

*Les*