



Meditating Zero point

I allow myself complete relaxation... . During a deep cleansing exhalation, the eyes slowly close. With each exhalation, I notice how the body surrenders to gravity and allows itself to be attached to the Earth's nurturing glow. I allow myself to say goodbye to the idea that I have to control..., I allow myself the openness of reassurance, I allow myself the complete freedom of being natural.

Each breath expands the inner Purity more..., each breath attracts the crystal white Light that fills the Purity with Itself. Light clarifies the inner space, and what it occupies in its expansion, fills with Power, harmonizes and heals: it dissolves the tension of the body..., smoothes the turbulence of emotions..., creates a shelter for mental Peace..., only the smooth surface of unchanging Grace remains.

I am Presence without borders. I am a vibrant and pulsating Light Consciousness, shining from a still center like an attractive field that attracts its own resonance. It overwhelms me and spills into the field of the One, so that I dissolve in It like a photon into the radiance of the sun.

Now I Am Who I Am. Pure Stillness in the Center of Light, I float in the waveless ocean of infinite Love. I am the smooth surface of the soul lake, bottomless and boundless. Far, far away..., at the very edge of this light cell, is a tiny, insignificant, almost invisible human world.

I remain centered Stillness and the world remains distant from Me. I am a tranquil fulcrum and a panoramic perspective remains a permanent vantage point. The world is pushing to break into the Grace of Consciousness, but it can't get past the bulletproof security of Silence. It remains behind the melted edge, far away from the Holiness of the intimate.

Society is caught up in the outside world and I can unmoor myself from it. I can remain Light Consciousness, Resting in the fullness of the Source. I am the Sovereignty of Power, I am the authority of my own borders. I remain a Resting fulcrum of counter-pressure against outside incursions. I am the perfect Peace of the smooth surface of endless soul waters, from horizon to horizon of my domain.

I own this space. The longer I stay in it, the fewer voices dictate my train of thought. I am who I am. There aren't even celestial beings flying around wanting to talk to me. I am the sovereignty of this space and the thoughts that I give attention to, come exclusively from the Source. Originality I am.



I see an undisturbed inner space, I can put any thought I want into it. It will not meet resistance..., it manifests distinctly through the waves of the surface. I remain relaxed in the inner Purity, I allow myself to let go of the reins, I surrender to It with confidence. I enjoy Its rhythm, I enjoy Its Sobriety, I enjoy Its Melody.

Peace reigns in flawless harmony with the Oneness of the Universe. Far, far away... at the edge of this Light Cell, there are many doors. They are all closed, I am the Sovereignty of this Grace. The more doors I open, the more Sovereignty I lose. News, the web..., personal history, past experiences..., chats, the words of loved ones, the thoughts of others, the opinions of the masses..., social consensus... are doors that I want closed.

I allow myself complete relaxation, not trying to control the door. I am the Sovereignty of this space. I am safely in the shelter of the Tranquill fulcrum. The outside world cannot enter the sanctity of the blessed Silence. It only enters when I leave the fulcrum and open myself to the flow from outside.

I am the Clarity of Purity. I dominate this space without any effort. I have Freedom, I can maneuver, I can allow Peace to make Its choices. Carefree I curl up in Its arms, that It remains the Ruler, permeated in this field.

I demand the right of a child of Light, I demand the Purity of God's thought, I want Its Order. I want the harmony of the garden of the soul, to enjoy Its Possession. The world was... and is chaotic, I allow it to be and I say to all who want to belong to it, be. I steadfastly abide in the center and reap Its Abundance. I do not step out of Its circle, It protects and supplies me with Its own Fullness.

I am not drawn to the world outside, I know no attachment to it. I rest in the depths of the Source, in Its rhythm I sway, in Its rhythm I breathe. Removed from the impermanent edge, I remain the Eternal Light that binds me to the web of the Universe. Through It I spread into Omnipotence and all possibilities are available to me. Everything unfolds, I live satisfied and fulfilled, hunger disappears.

Grace's center is no longer polluted, it knows no negativity. I am the Purity and Eternity of the highest Values that Life has. The next thought belongs to the peaceful Source, which bubbles up loving solutions, high inspirations, eternal Beauty..., imperishable Masterpieces. In my own depths, perfect Peace does not pass..., I remain an unwritten leaf and a brush in the hands of Silence.

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TheForestLover