

April 2020

## A Healing Meditation

In this time of international stress and fear we need a prayer which is beyond religion, culture or national boundaries. A meditation with words or thoughts that allows us to be close to those we love, a meditation which allows us to reach into aloneness, fear, and ill health. The following meditation is one that overcomes all boundaries, to unite all peoples whoever they are, wherever they are, whatever their philosophies or culture. In the final analysis we are one people before God, and dependent on that all-inclusive love for our eternal survival.

Sitting quietly:

Imagine a beautiful bright light, see that light around you, and move into it.  
As you move into the light imagine yourself floating on a cloud.  
As the cloud rises higher and higher in the sky, a beautiful feeling of peace and calm comes around you.

Look up, and see that the sky is filled with hundreds of stars.  
One of those stars is yours.  
One of those stars is burning bright for you, this is your star.  
One of those stars holds you in its love.  
Feel yourself being drawn closer and closer to your star.  
You are now moving so close to your star that you become one with its light.  
Feel the light around you, totally enclosing you.  
Relax in the peace and the love of its light.

Now think of a friend.  
A friend in need of help, encouragement.  
A friend in fear or hurt, lonely. Perhaps a child, a relative or even an animal, all need love to chase away fears and return to full health, contentment and happiness.  
See the friend and wrap them in a shawl.  
A shawl of love.  
And as you wrap this shawl around them, breathe into its weave the thoughts of love you are for the one you hold dear.  
Whispering with peace the greatest words you will ever know;  
'I LOVE YOU'

Continue to wrap the one you are helping, in the shawl of love.  
Breathing into their thoughts those precious words that come from deep in your soul;  
'I LOVE YOU'

These words are healing.

These words are calming.  
These words are life.  
These words are the first words of God.

Continue wrapping you friend, your pets, your family in love.  
All the time whispering those healing words;  
'I LOVE YOU'

When this is done see another one in need and wrap them also in the silken shawl of love.  
And as you are doing so, breathe again those incredible words of life;  
'I LOVE YOU'

Over and over again, breathing into their thoughts those God given words;  
'I LOVE YOU'  
From the depths of your soul repeat these words, over and over, looking into the light of the ones you are helping.

When you have completed this for the second one, and it may take a longer or lesser time, see a third one and again wrap them in a shawl of healing love.  
This healing love is the greatest you can know.  
There is no limit to the number you can wrap in God's love.  
All the time, remember to breathe love into their thoughts with the words;  
'I LOVE YOU'

Continue wrapping shawls of love around those in need of God's healing love until you feel it is finished.  
Repeat as often as you think it is necessary.  
There is no special time to wrap loved ones in healing love, there is no special hour, no special service in which to say;  
'I LOVE YOU'

It needs to be constantly at the back of your thoughts for the ones in need.  
Finally, withdraw back into the centre of the light that you are.  
In the centre of this light, you will see a child – this is the child you are.  
This child is the innocence of the love that you are.  
Take this child, your soul, in your arms and full of love and from the depths of your heart say to the child;  
'I LOVE YOU, you are God's gift in me.'

The child you are is the love that you are, and then gently withdraw from that place, bringing your child with you.  
Hold close this child, for this child is the love of your soul.  
This child is the God of your soul.  
It is the child you are who does the healing.

The child you are, sees not the colour black or white, sees neither old age nor young,  
sees neither ill health nor wellness.

The child you are will always see someone worthy of love.

This child you see is the child you are in all its innocence.

Your child is full of the love to heal others.

In coming back to reality know you are God's child, healing with love where ever there is  
need.

Back in reality, hold your child close to your heart and whisper;

'I LOVE YOU'

Dear God, I hear you.