

Guided Meditations

for Each of the Archetypes of the Archetypal
Mind

by

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Introductory Note

I designed these meditations to be *listened to*. Alas, I never recorded them. The writing part tends to be my forte. The reason I never recorded, them, though, is that I do not consider them the final product. My thinking about the archetypes has shifted many times over the years, so the best I can do is offer you my past work as it is and my current work as best I can compose it.

1. The Magus

You *want* something.

You can't say what it is—you don't know what it is.

There is some vague inkling of what it is you want, a name, perhaps, or an idea. But what you want is something so *specific* that your vague notion is just a placeholder for something mysterious. You know for sure, though, that nothing else but this *something* will satisfy.

There is an emptiness in you which can only be filled with the mysterious object of your desire.

Feel yourself reaching for that object to fill the emptiness.

...

Remember a time when you thought to yourself either "I want *something* but I don't know what it is," or "I want *this* but I don't really know anything about it." Not a time when you wanted something you didn't have, but a time when you wanted something unknown to you.

Feel the emptiness of your mind, the complete ignorance that impacts you when you focus on this desire. It may look like a white room or a vast, flat expanse.

Feel the uneasiness, the anxiety, the restlessness of that will.

Focus on this desire. Gather all of your energy into willing its fulfillment.

Now all you know is your desire, your will. You can't forget about it. You can't let just let it go.

When you think about this desire, all of your muscles vibrate with energy, tensing with anticipation.

Feel yourself reaching, calling, *yearning* for this mysterious *something*, the invisible object of your desire.

You strive for it, and the only rest for you is the confidence that your determination will bring this object to you. And even this is *work*.

2. The High Priestess

You have *everything* to offer.

You have within you love, support, kindness, moments of joy, affection and tenderness.

You have within you cruelty, bitterness, dominance and submission, moments of sorrow, pain and suffering.

You have within you all the mysteries of the universe. You have an endless supply of creativity and subtleness.

All of these things lie just at the outskirts of your experience, awaiting the moment that you may bring them out, enriching your experience.

Feel the *fullness* of your inner life, the life whose possibility fills your imagination with vivid anticipation, whose rich diversity fills your heart with wonder and fear.

Feel that fullness overflow within you as you *hope against hope* that you will be able to share it with the world, with yourself. Reflect on the beauty of this dream you offer, how many different things you want to do and experience and the many other-selves you want to share this experience with.

...

Now remember a time when all that was missing was someone who wanted badly enough to *know* you and everything you offer.

You are waiting. The entire production is prepared and ready to begin, but you still need an

audience who wants to watch. And so, in your fullness and generosity, you simply wait.

3. The Empress

What meaning do my words have for you?

As I speak, do you hear an arrogant young man striving to seem important by rambling pretty nonsense to you? Or do you hear the song of a soul who has fallen in love with his study and seeks to share out of love of study and student?

How do you interpret me? What desires, fears, passions, joys, sorrows, neuroses, wounds, and intentions do you read into my words? What do you read into my demeanor and persona?

Remember a time when you felt you had the option to interpret your experience in two very different ways. Remember how these two different interpretations made you feel, and how the entire experience changed when you looked at it differently.

Feel the negative interpretation either of that memory or of your impression of me. Let it wash over you without holding back.

...

Now feel the positive interpretation.

...

You are the source of your interpretations. Yet *where* do they arise from?

They appear seemingly out of nowhere, and you are suddenly *awash* in thoughts and emotions of the moment.

In these moments of sincerity, that which is hidden in you comes to the surface. There is a flower bud in you which is always blooming, erupting, emerging into your manifest experience.

At every moment, you are *giving yourself away*. Your every thought, action and feeling proclaim the abundance in you which is being born into the world of your experience.

Your responses and acts of interpretation are also your acts of expression.

Feel yourself bursting with expression. Think of the tone your voice carries, the rhythm of your step, the phrases you speak without reflecting upon them. Your inner mystery flowers out of even the smallest of your movements.

You are the center of attention in your universe. There is art and nuance in your every move. Feel yourself stride along the runway of your life, dancing your inner abundance into existence.

4. The Emperor

Everything in your experience belongs to you.

Open your eyes. Choose some object in your field of vision. What does it *mean* to you? Now look at another and consider *its* meaning. Scan the room. Observe your thoughts and emotions as your eyes slowly sweep the room. Observe your judgments. Observe your biases.

Know that all of these thoughts and feels are *yours* and nod in approval at the mental world you have created for yourself. This is *your* world of meaning, and it is *good*.

You are sovereign over your interpretations, over your thoughts and over your attitudes. Feel the power and authority that come with this kind of *responsibility*.

...

Close your eyes. Recall a time when you were irritated at someone else for something that person did.

Find the kernel of that irritation, the root cause of the action you found unacceptable. What was the *pattern* underneath the actions of that person, and what about this pattern irritated you most? *This* is the root cause.

...

Now think of a time when you acted on that very same root cause.

Think of how the people around you felt in response to you. You are responsible for causing these feelings. Claim them as your own.

The root cause belongs to you also. It is within you or else you wouldn't have seen it in another. Claim responsibility and ownership of this root cause. Even if you regret what you did, claim it proudly.

You are sovereign over everything that affects you. You may not control the events, but you decide what your attitude about them will be. In this sovereignty lies great power. Feel yourself standing tall and proud in a world of your own creation.

5. The Hierophant

You have a unique personality shell, a persona, an ego-self.

This persona changes and adapts to the ebb and flow of your life. Your fears and desires, your biases and projections, your beliefs and convictions – these things change as you grow in experience and maturity. Yet, they are still but a shell.

Reflect on the past few years of your life in overview. As you reflect, notice the shifting of your persona over time: the change in your conscious attitudes and desires, the emergence of unconscious motives, the subtle shift of biases.

Observe the many times you have changed your belief system, sometimes in large ways and sometimes in small ways.

Compare who you were then to who you are now. Feel and explore the many differences between these two.

...

Now feel the *stability* and *constancy* of your personal identity. Notice the personality limitations you have in this lifetime that you feel must have been different in other lifetimes. Perhaps you are inescapably introverted. Perhaps you have never been able to sit still long enough to read much. Perhaps you suck at meditating like I do. Think of some of these limitations of yours.

There are things you have always believed that you can't imagine not believing. There are customs and traditions which are so close to your heart that they will always be a part of you.

Observe the ways in which your identity is fixed and unchanging.

...

Your persona is a paradox. It is always changing, growing, learning, becoming – yet there is something somehow stable just beneath the surface. You have a unified identity, even if its features change. Your mind is your own, even if the thoughts and feelings it contains move.

Reflect on the change and the stability together. Observe that what changes in you does not conflict with what is stable. Observe how in changing you move closer to stability.

6. The Two Paths

You feel conflicted.

There is a cycle that keeps repeating, leaving you frustrated. Yet you don't know how to end the cycle.

You are not unhappy; you just need something to change. But you don't know what it is. You *wish* you could simply change your attitude. Wouldn't that be easy?

...

Recall a time when you noticed a repeating cycle of frustration in your life, when you felt like you were trying to push through a brick wall.

Notice that the repetition of the cycle wasn't frustrating at first. In the beginning, you were able to learn many things and grow in experience. But then you began to feel more and more that you had somehow entered a rut. The old methods ceased to work and no new solution seemed to come to mind.

What was frustrated was your will. You wanted two things which were in conflict with each other.

On one hand, you wanted to control the situation, to carefully maneuver it into the direction of your intention, the direction you had envisioned. Recall yourself attempting to orchestrate your life in that frustrated experience. Feel the sense of control and security it gave you to do so.

...

On the other hand, you also wanted to be open and receptive to the new experiences that life brings you of its own accord. You wanted to give both yourself and others the space to be creative and free. Recall yourself attempting to make space for spontaneity and freedom in that frustrated experience.

Feel the sense of joy and grace it gave you to let events unfold without your attempting to force them in a particular direction.

...

But you cannot have it both ways.

Recall how that finally cycle ended. It ended when you chose to let go of your control. Feel the relief and the sense of ease you felt when you finally chose to be consistent in your attitude.

You are always conflicted in some way. Sometimes you mentally punish yourself and other times you mentally nourish yourself. Sometimes you are harsh and judgmental with others and other times you are quick to forgiveness. Find and feel a current conflict in yourself.

The path that leads out of your frustrated rut is revealed, but you can not have it both ways.

7. The Victor

You are already complete. You know who you are and who you will become.

You can see how your past experience has helped you move into a more sophisticated present.

You have learned who you are thoroughly enough that there is no great question about where your desires will lead you tomorrow, in a week, a month. The specific circumstances may not be predictable, but you know yourself well enough by now to venture a good guess.

You have but to direct your desire and what you want will come to you. There is always more to see, of course, but your eyes are open and the story has already revealed itself to you.

You are, indeed, master of your own mind.

...

Think of a fear or a neurosis you used to have that you no longer have.

Recall the story of your mind healing itself, coming to know itself, and eventually shedding that fear or neurosis. Think of this story as a totality, like a movie.

Play it back for yourself like a highlight reel.

Recall some important moments in this process and the connection between these moments.

...

Do you see how far you've come? Do you see how *complex* the road has been?

Let yourself feel proud about your progress, about who you are versus who you used to be.

8. Homeostasis

Pay attention to the feeling of the air upon your skin.

As you focus on this feeling, look for subtle changes in the air, changes in temperature and movement.

Now listen to the internal rhythms of your body. Observe your breathing. Feel your pulse circulating blood. Notice the slight adjustments that your muscles make in your body even though you have intended stillness.

...

Imagine the consequences of the sudden cessation of any of these processes. *Observe* the necessity of your body's movements.

Expand your consciousness to consider the course of a single day. Consider the steady turning of the earth which produces the 24 hour day that we know, the pulsating flow of goods and services in our complex social web. Imagine the consequences of the sudden cessation of any of these processes.

Now return to your own body. Feel the ever-moving nature of your body. Feel the stability and regularity of this motion.

...

Can you change any of these processes? Can you change the way you breathe or the way your heart beats? Can you change your daily habits? Can you change the flow of energies in our social order?

And if you did, how much effort and concentration would it take?

Feel the *inertia* of the unconscious rhythms of your body. Now feel the inertia in the rhythms of the community around you.

Rest in the strength with which this regularity of motion resists *any* change. Fill yourself with this steamrolling strength.

9. The Sage

Pay attention to your the rhythm of your breathing.

Notice how the whole world seems to breath in its own time as the cycles of your world begin, continue, end, and begin anew. The physical world around you and the energy fields that support it all flow around and through you in circuitous pathways.

Feel the flow of the energy and matter around, in, and through you.

...

Now carefully choose some way to disturb that flow. Change the pattern of your breath, adjust your bodily position, or simply change the configuration of your auric field. Notice the conscious intent behind your effort.

Feel the power and authority that come with the ability to change the flow of nature.

...

Recall the last time you tried something new. Perhaps you went to a restaurant you'd never been to before. Perhaps you changed your method of disciplining your pet. Perhaps you started a new exercise regime. Just think of something you did that broke a pattern or habit in your life.

Notice how stagnant your experience was beginning to feel as you made the decision to do this new thing.

Feel the excitement and invigoration that attended your decision. Remember how the new

possibilities gathered in your hands and feet like magnets irresistibly pulling you to act.

Or perhaps in recalling this new action, you hearkened to a time you knew you had to do something, but didn't want to do it. Recall the last time you thought to yourself, "but this is something I *must* do." You were resolute.

Feel your resoluteness, the unswaying intention that carried you all the way to action with no pause.

...

At every moment, the power to effect is at your disposal. The energy is already gathered in your hands to redirect the flow of your life and all that is left is to decide to do it.

Feel the concentrated sharpness that comes with breaking a habit.

10. The Wheel

You are at the mercy of your sensations.

The sound of my voice invades your ears and you cannot stop yourself from hearing.

When you feel pain, you can not simply shut it off. Your body and your physical environment bombard you with sensations, and you have no alternative but to endure this unrelenting gauntlet of physicality.

Even as you sit quietly in this peaceful setting, seek out the sensations that still jab you in the side, luring your mind out of its meditative state. Pay attention to the light that seeps through your eyelids or the muscle that is not happy with the task you have given it. Let yourself feel the discomfort that follows you around ever still.

This gauntlet of sensation is the consequence of your previous actions. As you feel your discomforts, think of the habits you have that reinforce them, the things you have done to earn your discomfort.

...

Now pay attention to the parts of your body that are comfortable. Perhaps you have excellent posture and your spine is at ease. If you feel no pain at the moment, then enjoy the pleasant sensation of simply feeling a pain-free state.

As you feel your comforts, think of the habits you have broken in order to achieve this reward.

...

Now think of the comforts and discomforts that you didn't seem to earn one way or another. This gauntlet of sensation doesn't always play by your rules. You are, after all, at *its* mercy.

Let yourself fall back into the chaotic randomness of the sensory world.

You are in an ocean of sensation and although you have a paddle, you can't stop the storms.

11. The Enchantress

You have wisdom in your very bones.

If something dramatic should happen at *this* moment, your body itself will carry you forth into the new event. Your reflexes and their hidden programming will take hold and you will learn your true mettle, the depths of your valor. And that valor is sturdy, indeed.

...

Imagine that you are a ship's captain guiding his wind-driven vessel through a dangerously torrential storm.

There is no thought in your mind. You do not have the luxury of resting in infinite beingness. You are thrown into a violent sea and all you have time to act upon is your gut, the collected wisdom that you have gained and that has seeped its way into your marrow itself.

Your hands move on their own, needing no direction from the mind, your feet are nimbler and more agile than you've ever seen them before. You gracefully navigate this complicated vessel through the heart of the angry oceanic tempest, taming mother nature in her raw and violent bestial form.

Feel the grace and power of your body as it navigates its way through danger. Feel the security and the sense of belonging that come with this grace.

...

Think of an environment you've been in or an activity you have done so many times, that you have made and learned from nearly every mistake possible. Perhaps you have played an instrument for years; perhaps you have been gardening your whole life; perhaps your job

rarely ever offers you surprises anymore.

Whatever it is, you are approaching mastery in it. Where you once had to think about the smallest details, now they fall into place easily, without any attention at all.

Feel the oneness you have achieved with your body and your environment through this hard-won grace.

12. The Hanged Man

You are sacrificing something.

As you sit quietly, there is somewhere else you might be, something else you might do. And yet you have sacrificed all those possibilities for *this moment* so that you may sit here right now and follow my voice.

...

Recall a time when you sacrificed something begrudgingly. Perhaps it was a habit you saw as unhealthy, time you didn't want to spend the way you did, a gift you gave, or something else you felt obligated to do.

Feel the pain that came with giving it up.

Remember the times you wondered if it was even worth the sacrifice.

Recall the doubts you had that it was wise and the sourness that this sacrifice imposed upon the entire experience.

Feel the sense of scarcity and starvation that came with this sacrifice.

...

Now recall a time when you sacrificed something gladly. Perhaps it was money you spent on something that was well worth it, time you gave to a friend, or a choice you made and never thought twice about.

Feel the freedom and pleasure that came with giving away something you didn't need for something you greatly wanted.

Recall the feeling that you were accomplishing something or that you were moving in the right direction by making this sacrifice.

...

Your experience in third density is *limited* and will always *be* limited. But your limitations do not have to be painful.

Reflect on the limitations of your body and your environment.

Feel the wisdom in your choice to be in this place at this time, spending your resources in this particular way.

Notice the limitations which frustrate you. Have you sacrificed wisely? Did you spend too much or too little? And will your spending be fruitful?

13. Death

You are in the cocoon.

Your body hurts because part of it is dying. Your body is rebuilding itself.

Locate a part of your body that has been in pain for some time. Perhaps it is a joint you keep injuring, a persistent infection, or chronic pain of some kind.

Feel the *agony* in this part of your body as it awaits its healing, its death and eventual rebirth. Place your awareness fully in this painful part of your body and reflect on the prolonging of death.

Why does death not come when rebirth follows so soon afterward? Feel yourself fighting this little death. This part of your body is not ready to give up its fight yet.

Are you not yet ready to release the habits that cause this pain?

...

Now recall a time when you felt like you had mastered the nuances of a job or a hobby. Place yourself in that situation again.

Feel your *boredom* with it all. Feel your readiness for *something new*. You flit about masterfully in this environment, but it has become too *easy*.

You *long* for this part of your life to end, for this chapter to close. And yet, as you think about ending it, you feel trepidation about the trials that will come when you do.

You must leave the comfort of this womb, this familiar environment, to enter an unknown world where new skills must be mastered and new habits acquired.

You are indeed nervous about it. And yet you feel ready.

...

Now contemplate your own eminent death. It will come whether you are ready or not.

Feel the mixture of certainty and uncertainty, the mixture of acceptance and rejection of the end of your physical embodiment. Reflect on both your readiness and your unreadiness to die.

14. The Alchemist

Your body is an instrument.

Sometimes you use it with the cool precision of a scientist. Other times you use it with the heated passion of a dancer. Your body has both function and aesthetic.

Are you not trying to form the most beautiful and capable instrument possible?

...

Think of the habits you encourage or discourage in your physical activities.

Imagine these habits as the circuitry of your body, the channels through which its energy flows, and think of your choice between habits as an act of changing or programming this circuitry.

Your body responds to your programming. Think of some of the positive and negative responses your body gives you when you program your habits.

...

Now imagine your life laid out before you.

Extending to one side is your past and extending to the other side is the future you imagine for yourself in your most honest moments.

Notice the trends in your body and its environment. Notice the gradual changes as well as the

hitches and the turning points.

See how you have grown freer and freer of bodily cravings, more and more disciplined in your daily actions, and more and more capable of expressing your inner truth.

See how you will continue to grow in the future.

Now look all the way to the distant future. There your body is perfected.

Imagine yourself in complete command of your body. It responds smoothly and without hesitation. Your every action is precise and efficient without effort and your every movement is a living work of art.

Feel your body poised and prepared to respond to the greater purpose it helps you serve. Let yourself feel boundlessly capable and confident in your ability to perform.

15. The Devil

There is a great and *terrible* power in you.

It lurks in the darkest shadows of your awareness, the places you avoid letting yourself stray because they are *dangerous*.

In short lived moments of boldness, you let yourself peek at this great power, but still you dare not look it in the face.

Feel it looming over your shoulder. It is so close that the hair on your neck raises.

What will you become if you let yourself see the size of this shadow monster? What will others think of you if you give in to this demon?

You keep it locked in the cage of your unconsciousness, but how long can you keep it at bay? It howls and claws at your will and sometimes it comes out like a werewolf under a full moon.

Its taboo mysteries call to you, enticing you. And yet you cannot look. Are you in control of the demon or is it in control of you?

How very pitiful is your perception of your own true nature! Ye could be as gods and yet you are afraid to open your eyes to it.

Feel the agonizing uncertainty of your blindness, the *terror* of the darkness.

Imagine that this darkness is a labyrinth. It has corridors and chambers without number and without end.

If you step into this labyrinth, you will probably never return. You will probably get lost.

There is a minotaur inside. It will consume you, won't it? And then you will become a raving madman lost in the dark maze of his own soul.

...

Recall a time when you were terrified of what was growing in the dark places inside you, but you set foot into the labyrinth anyway.

What form did your minotaur take?

Why did it terrify you?

Feel again the spiritual pain that no one could share with you or even understand. Remember how even thinking about it seemed crazy, but no drug or distraction could make you forget about it.

16. The Lightning Struck Tower

You live every day of your life afloat on a little raft in the middle of a spiritual ocean.

A storm is approaching. Clouds accumulate above and around you and fatten with rain. The hairs on your body raise as electric potential accumulates. Something *big* is about to happen.

Feel the dread, the foreboding. You long for somewhere to hide. You hope that somehow the little raft upon which you navigate your life will somehow make it through the storm. But you know there is no shelter from this storm.

Is this the end?

...

Then it hits you.

Your eyes widen and your body is unresponsive. Everything you thought you knew has suddenly changed. What have you been doing with your life? How could you have been so blind before?

Your heart sinks with the pain of seeing the full extent of your foolishness. You suddenly see how immature and unaware you'd been without even knowing it.

Your life looks like such a mess now. You cling to the ragged tatters of floating wood as the waves pound and beat you. You make promises to the Lord to change your life in impossible ways if only you can make it through this.

Now you really *see*. Everything will be different now. Your breaths will be so much deeper. Your sighs will be so much fuller. And your days will be so much more carefully used.

But can you salvage your life? Can you pull yourself back together to wake up tomorrow and return to your teeny tiny normal life—a *fool's* life?

...

Recall a time in your life when reality hit you in the most devastating way, shattering your fragile delusions and shaking the very foundations of your belief system.

Remember how you were confronted face-to-face with something you didn't even know you were hiding from, an unexpected encounter with your truest self.

Feel that newfound humility, the queasiness in your stomach when you think of how *proud* you used to be before you really *saw*.

Remember how *obvious* your newfound clarity ought to have been to you, but somehow wasn't.

Was there not a kind of majesty to this experience? Somehow you never realized before how *vast* the world was until you felt how *small* you were.

17. The Star

You have nothing left to lose.

Catastrophe has befallen you, but you are still here.

Your heart uplifts, attracting warmth and hopefulness to it as a rainbow appearing amidst the clearing clouds.

The attachments that seemed so important to you once upon a time are as nothing to you now. Titles, guilt, glory, and even creature comforts slough off of you like so much dead skin.

It is a new day. And although you seem to have no reason to be so hopeful, still you are.

You have a vision. No, not a vision, a distant *glimmer* of a vision of a beautiful way of living, a beautiful way of *being*. You don't know how to get there, but that doesn't matter. You've *seen* it through a pinprick in the dark curtain between you and heaven. So how can you turn your back on it now?

No barrier, no naysayer will keep you from believing in this vision, this dream. With every breath you draw in the beauty of this vision. In every experience you can find evidence of its possibility, even where no one else does.

Your gaze is fixated upon this utopian goal, unstraying.

You *know* it won't look this way when you get there. And you know that so very much will have to happen between now and then.

Yet your faith is unflinching. This is not a matter of what you *want*. It is a matter of *what must be*.

...

Reflect on your own beautiful vision of what could be. Let it fill you with its glorious light. Your future is unimaginably wonderful, yet your tiny vision of it alone is a source of joy.

Is it not a *blessing* to have something to believe in? What more could your heart ask for but a dream to follow?

Feel the peace and trust you have in your dream. Feel the tender caress of the Creator as you kindle this faith in your heart.

So long as you walk with the Creator, your dream is not far away at all.

18. The Moon

You are uncertain.

Open your eyes. Look at the world around you.

It is strange, foreign, and flimsy, like a theater set. If you were to look just behind it, you'd see that it is nothing more than an arrangement of props.

And the people in your life: Are they merely actors? Do they genuinely love you?

And your persona: Is this who you are or are you also just an actor?

And the roles you play, your career, your family life, your hopes and dreams: Where do these come from? Are you dancing the dream written across your heart or are you acting out the scenes of a play written by someone else?

Just moments ago, you thought you had a strong faith and an undaunted will. But is it really faith that you have? Or is it an overconfident air of self-importance?

Are you boldly facing your destiny or are you sheepishly avoiding admitting to yourself that all you really care about is recognition, prestige, fortune, fame, or whatever other empty pursuit you tell yourself that you don't care about.

There is a *coward* inside you. Admit it.

That coward is curled up in a corner, hiding from you, but it infects all of your actions. Your cowardice has the power to turn all your golden dreams into so much dust.

...

Close your eyes. Imagine you are in a room so dark that the only light is what seeps in through closed doors and veiled windows. You have to wait for your eyes to adjust so you can see vague shapes in front of you.

The coward inside you is *somewhere in this room*.

Explore the room. Touch the furniture. Feel the strange and occasionally dangerous textures. What is this place?

You know you're not alone here and it gives you the creeps to know it. Keep searching. No matter how ugly and offensive the objects and beings in this room are, you have to find the coward.

...

Then you spot a huddled shape in the corner of your eye, moving only slightly to breathe or scratch an itch.

You have found your coward.

Move close. Study the face. Look into the eyes. Understand the fears and defenses, the wounds and the emptiness. This is a fragile and gentle creature, deserving of love, but somehow never receiving it.

Take this person by the hand. This is your navigator in the dark and terrifying regions of yourself.

...

Remember a time when you couldn't tell what was right or wrong for you. You *thought* you knew which way to go. You *thought* you knew where Spirit was guiding you, but at every

turn, you meet with your own demons whose loathsome agendas seem hopelessly intertwined with the beautiful dream you follow unflinchingly.

Feel again the utter uncertainty of the situation.

Feel how lost in illusions you were.

Remember how carefully you had to scrutinize yourself. Every motive, every action. How else could you find your way?

19. The Sun

There is nothing to do. There is nowhere to go.

You are exactly as you ought to be.

Do you move? Then you are simply in motion.

Do you desire? Then you have feelings.

Everything that ought to be in your life is there. When you strive either for or against, you are only delaying the inevitable.

There is no distance between who you are and who you want to be: there is only the continuous change as you become yourself anew, moment to moment.

And there is no distance between you and the Creator. Every moment and every space is holy. The entire Universe is your magical circle.

...

Find the center of your being.

Nurture this center in the warmth of your heart like a seed carefully planted and watered. Feel it grow and unfold, sprout and emerge. Within this center lies your inmost self.

Are you synchronized with this center?

...

Think of something that feels wrong. Perhaps the harsh words you spoke to a loved one, perhaps a person you need to eliminate from your life, or perhaps the job you need to quit.

Sink into it as a drunk sinks into his bar stool. Feel the way your body tenses arhythmically, as if its signals are confused. Feel your breath shorten and your skin chill as you sulk on what is wrong.

Sit with it.

What is in your heart? Why do you fight it?

...

Now think of something that feels right. Perhaps it is your lover, your career, a personal project, or a special space in your home.

Whatever it is, immerse yourself in it.

Feel your breath deepen and your muscles relax. Feel the rightness of it shower upon you like the warm rays of the Sun.

There is no struggle. You simply grow and bloom into whatever it was that was coiled up in the seed-like center of your being.

Feel the peace, the serenity and the joy of the perfect harmony your life already has already

found.

There are no decisions or choices that need to be made, save one: will you exist in sync with this center or not?

20. The Calling

Something is calling you.

It lies just beyond your sight. You don't know what it is; you can't even imagine what it is, but you feel its inevitability.

Each step you take along the Path, though filled with faith and determination, brings you closer and closer to a precipice above a chasm whose bottom you cannot see.

You are afraid and you are also not afraid.

Your mind tells you all the reasons why it is foolish to leap, but you still do not need to know what lies at the bottom of the chasm because the leap feels right. This is how it must be.

Behind you there is nothing but a pallid life painted in grey hues, filled with a culture that bores you. There is nowhere else to go but down.

Imagine yourself approaching this cliff, pulled magnetically, in a dream-like trance, by the inner knowing that you *must* fall into the black depths, even if you have no idea why.

Feel yourself moving forward, unable to deviate from the Path, as you approach this great jump. Feel the sense of destiny: that this is part of your purpose, part of your vocation.

Now watch as you simply walk off the cliff. Your mind is horrified at the absurdity of it, but it has no say in the matter.

It is almost comical.

...

Feel yourself wrapped in the darkness of the chasm, your mind gripped by both fear and anticipation. You fall and fall and fall.

But there is no bottom.

The darkness begins to feel like the warm embrace of the womb. What felt like falling now feels like being lifted.

Now the darkness gives way to light and you are once again safe in the world, but it is vivid, colorful and *alive*.

...

Recall a time when you had to take a leap of faith so enormous that you and everyone else thought you were crazy. Yet there was nothing else you could do.

Feel once again the *uncanniness* and *uneasiness*—the *nasuea*—of the days leading up to that point of no return. Feel the sense of sleepwalking that accompanied what looked like a crisis to everyone else.

Recall the sacrifices you had to make for this leap of faith, and the pain that came with letting go of what was comfortable. Feel your *sorrow* and your sense of loss.

Recall how everything seemed to stand still for a little while once you had committed to this leap. Recall the doubts and the occasional feeling that this was the worst idea you had ever had.

Now recall how you landed on your feet. Think of how much more fulfilling your life became in ways you hadn't even imagined before.

Wasn't it one of the best decisions you ever made?

21. The Universe

Your are a love song to the Creator.

Your very existence is a moving poetry, a dance of infinite subtlety and grace.

You have no foreknowledge of the steps. The broadband stream flowing through you from the Creator within moves far too rapidly for there to be any knowing. Your mind and your body simply respond as to the highest part of yourself, whose ability to direct this immense symphony of experience is well beyond your ability to comprehend.

The current that moves through the continuous river of your experience carries you forward. You are Pan frolicking with his pipes. You are a priestess enraptured in her holy reverie. You are a child lost in his imaginary games.

You are engulfed in the lovemaking of gods and goddesses.

Your every movement is an art and your every word is full of *reverence*, yet you are bursting with the joy and innocence of a child.

Feel yourself moving in such harmony with the whole of creation that the Sun becomes your beating heart, the planets your arms and legs, and the very stars themselves your flowing hair. The boundary between yourself and the All fades as you engulf yourself in the endless dance of life.

...

But is it always this way?

The privileged moments when you can dance to the rhythm of the heavens are but signs that you are learning more and more to play your mind, body and spirit as an instrument for the Creator within.

Reflect on the great strides you have made over the course of your life in learning where the strings of this instrument are, how to pluck them, and which notes sound harmonious. Perhaps you were once too awkward or too nervous, too aggressive or too timid, too overeager or too lazy to play the music of the Creator.

Stand back and look how the course of your life has led you closer and closer to mastering this dance.

Notice how *easy* it has become to act on faith without hesitation. Notice how much more you trust that your next step will be the right one, how you act in accord with your inner sense of knowing without questioning it.

Now observe how much further you still have to go before you are in perfect harmony with the Creator within.

You are already perfect and yet you must learn how this is so.

22. The Choice

You are on an adventure.

How marvelous! How frightening.

Who *knows* what you will encounter? *You* certainly don't.

You are so small and the world is so very large. Feel the *enormity* of the world you are about to explore.

Here you are. A stranger in a strange land. You don't know which way to go, so you pick a direction and you just walk. Slowly, step by step.

Somehow you feel like things will work out—but maybe they won't. It doesn't matter anyway because you *want* this adventure. *Any* adventure!

What will you find? Who will you become? Let yourself feel the mystery of this grand adventure. Feel the energy and enthusiasm in you, your unbreakable spirit, your eternal youth.

You think ahead, imagining the turning points and crucial junctures you'll meet with. You wonder what virtues you'll discover in yourself. What will you find in your heart in these moments of truth? Are you good? Are you evil?

Think of the chance encounters, the joys, the sorrows that await you. Think of how deeply you will love. Think of how badly you'll be hurt. Oh but it's *worth* it, isn't it?

Think of all the errors you'll make. Imagine yourself backtracking when you see you've gone the wrong way. Imagine yourself attempting and failing. Think of the times you'll try again.

And the times you'll give up. And smile. How silly you can be sometimes.

Think of the successes and moments of achievement that are bound to come. Think about how small they will seem before all the grandness of the Universe. Laugh at your success.

...

And have you not already been on many adventures?

Think of the sorrows you have already experienced. They were so sudden and painful. Loss and separation seem to come at the most unexpected moments.

Think of your joys. Your loves, your children, your family and friends. You are so proud of them all. And yourself, too.

Smile at your errors and misfortunes. Times were hard and didn't always go the way you'd hoped, but at least you learned.

Laugh at your successes and achievements. They felt good, but you are so much more than that.

...

With your inner eye, look at your heart. How it glows and radiates! You could have chosen a closed and cold heart, but you chose love. Can you locate that pivotal moment when you chose love?

Could you have predicted the outcome?

...

You may not have always followed your heart or done what felt right. You may also be afraid of what you are or where you'll go. But were you ever *really* lost?