

MEDITATIONS ACCESSING DIVINE ENERGY AND GRACE

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(Accompany all meditations with slow, deep breathing)

STANDING MEDITATION

WHY? Needed when our energy or power is being drained, blocked or abused through **passivity** or **aggression**. Taking a position and holding it helps us gain courage and conviction to be **assertive**.

WHAT? Accessing the power and energy needed to be fully present, true to ourselves, and clear in our communications and relationships with others.

HOW? Stand with both feet firmly planted, one hand on guts, other hand held outstretched in assertive position, eyes focused on one's goal. Draw energy from the earth below and the heavens above to be courageous and honest.

WALKING MEDITATION

WHY? Needed when we are stuck, trapped, or imprisoned in some way by false beliefs, distortions, control or domination by others. Walking moves us and opens us to **the divine energy** all around us in the universe.

WHAT? Accessing the energy of hope and the grace of vision empowering us to see clearly who and where we are and where we need to be going to fulfill our vocation and mission in life.

HOW? Walk with openness and receptivity to the images that present themselves, trusting that we will see, hear, touch, smell, experience in some way what we need.

PRONE MEDITATION

WHY? Needed when woundedness, sinfulness, ego preoccupations or obsessions (manifestations of shadow) are draining or consuming all our energy. Assuming the position of the patient and welcoming healing energy into our heart helps us move from egocentricity and willfulness to **true self** and **divine will**.

WHAT? Accessing the healing energy of love in the universe enabling our wounds to be owned, addressed, and healed; our sins admitted and forgiven that we may be available as wounded healers for others.

HOW? Lay flat on our backs, hands over heart (one hand vertical if needed to prevent sleep), focus on the wound in need of healing and invite the energy of the divine doctor of the soul.

SITTING MEDITATION

WHY? Needed when confused, stuck in same old unhealthy patterns, stressed about many things and needing to know the one thing that is important at this moment in **seeking first the kingdom of God**.

WHAT? Accessing inner and divine wisdom and guidance that we may let go of beliefs or attachments that do not serve and learn what we need to understand at this moment.

HOW? Sit comfortably, legs uncrossed, hands open on thighs with palms up, eyes closed, mind & heart open. Breathe in divine inspiration & guidance, exhale ego control & willfulness. (Kneeling may be used when ego resists letting go)