

Gaia Meditation

General Relaxation

1) Visualise a golden hemisphere of light covering you/or group, and through the centre of this golden hemisphere, see a great column of light descend into the middle.

Set aside daily consciousness, and come together as a group within higher consciousness, to form one being of Pure Love. The ego has no significance.

2) The group being starts to identify with the whole of the planet. Starting at the very centre of the earth, in the mega heat and working slowly outwards in a great spiral, being one with the magma – then the hardening rock – issuing slowly at the surface – becoming one with the mineral world in all its elements. Uniting the dragon energy of the earth, through all its mountains, valleys, fault lines, plains, rivers and seas, then out into space to the outer edges of the invisible fields that are part of the planet.

3) Identify with the biological earth – the humus – organic life – primitive organisms – lichens – emergent plants – savannahs, grass, cereals, flowers, herbs, fruit trees, great forests – and the whole process of life within the plant kingdom. Bring the dragon energy into it with love, gentleness and the authority of pure and unselfish consciousness.

4) Now to the animal kingdom. The life-giving energies of the dragon now combined with the plant kingdom give rise to primitive life forms, which in turn evolve into the insect kingdoms, and the whole of animal life – pulsing in harmony with the basic energies of the planet. The dragon lives in the animal world in harmony.

5) Back in time, to the various epochs, some millennia away, when emerging consciousness took the form of man. Through fits and starts, and external interventions, see the evolution of man as a being of higher consciousness. Moments of harmony, moments of discord, confused at times, clear at others, struggling with his environment – uncertain, at times lonely and desperate, at times illuminated and harmonious – ever struggling to make sense of his struggle on this planet.

6) See recorded history. The struggles for domination by one group over another. The emergence of the idea of love and its shattering fragility breaks each time it is put to the test.

7) See the emergence of tribes and nations, with all their pride, arrogance, glories and disasters. The many races, at times seeking to destroy each other, then reaching a harmonious accommodation, then falling out with each other again.

8) See the occasional teacher who seeks to show the way in love and light – the occasional beacon that shines as one great messenger speaks for a brief moment, then fades. How his message is sometimes incorporated in a state of institution to have a longer but emptier lifetime and is perverted into a cause for bloodshed.

9) See how more recent teachers represent the true understanding of love – whatever their cultural or ethnic circumstances – see how some pervert the knowledge for personal gain, and how man slowly and painfully grows in consciousness and awareness, but fails for the lack of faith, to practice love in their daily lives, and develops instead the arrogance of reason and a man centred universe, which can be organised according to the will of the most powerful human groups. The rise of science and technology, harnessed for state and political reasons to create domination for one group or another – and that the pursuit of reason alone has brought man's adventure on this planet to the edge of total disaster.

10) See how man's increasing penetration into the moving forces of life and the cosmos is eventually showing that the materialist explanation is becoming increasingly unsatisfactory, and that the sciences of man are beginning to realise that what they are looking at is – HOW GOD WORKS – and that the missing part of all the equations is Consciousness – which is an objective field.

And that the highest form of consciousness is

THE PURE, UNSENTIMENTAL, UNCONDITIONAL IDENTIFICATION WITH THE EVOLUTION OF TOTAL CONSCIOUSNESS FOR THE WHOLE – LOVE.

11) Go forward in time to a period when Gaia is finally manifest in a harmonious, complete, loving planet, in which all its members have evolved sufficiently to return to group consciousness in a totally and understanding act. When the whole human race acts as one with itself and all its component parts as a deliberate way of life, and in harmony with the rest of the cosmos.

12) Now take the archetype of the perfection of man – the androgyne – the sum total of male and female – of dragon and cosmos – of yin and yang – complete and integrated – trembling on the brink of his cosmic destiny.

13) Holding that model, return to the present day and see man currently as he is. Now consider the labyrinth in history as myth, and in practice, as it appears in diagrams in many civilizations. The magnetic fields of the earth are like the labyrinth, which is the representation of the human brain, left and right hemisphere separated. See the new labyrinth developing in which the separate parts integrate, to become the total integrated structure that may be best seen at Chartes Cathedral. See the coming together of rational man with intuitive man – see physical knowledge finally merge with spiritual knowledge.

14) Understand Golgotha, the place of the skull, and the crisis of consciousness that took place there and similar places in other cultures of man. Understand the message of Osiris and bring together again of all separate parts of man. Understand the light of the East and the message of the Buddha. Understand the truth of Mohammed. Understand the message of Quetzlcoatl and the unity amongst all races.

15) Now see the planet as energy, for ultimate energy is consciousness. Take the archetype of man and the whole planet into your consciousness as one inseparable energy being. See the dragons of East and West, North and South cease their vortical movement and fuse into the straight line's of man's consciousness. See the links between the villages strengthen, between villages and towns, between towns and cities, between cities and whole nations, between nation and nation, continent and continent. See the frontiers fall, and all divisions disappear. See the body of man and the planet, one whole vibrant being, in joy and harmony, with all it's meridians and energy points functioning.

16) And now, go through the complete being, as you would go through an individual when you are doing healing, and clean it completely.

Take a clean blue light from above and use it as a broom which sweeps before it all man's collective diseases – better known as the seven deadly sins.

Take them one by one.

PRIDE, JEALOUSY, HATRED, GREED, LUST, SLOTH,

And the very last one, and the most dangerous of all,

PRIDE OF THE SPIRIT

That somehow, we are better than others because of doing this.

This must be done with total humility.

Sweep out all these lurking demons and archetypes from the being Gaia, and its inseparable inhabitant, man: expelled once and for all from our misery ridden existence to the farthest and most distant corners of the universe, never ever again to trouble man.

See the great being, the archetypal consciousness of the whole universe in majesty, binding again all the negative influences to his will, and bring them back to whole again.

Leviathon Bound

And know that in LOVE, man can henceforth participate consciously in his evolution on this planet.

Holding the image of Man in perfection, in harmony with the planet, healed of his diseases.

Come very slowly back, breathe slowly. Take a lot of time, don't talk. Relax very, very slowly, and when you really feel that you are back. Give thanks to the Source and embrace your neighbour.