



This is a simple meditation you can do whilst thinking about the Thinking-Feeling qualities of the conscious sky.

Lie on your back and hands on your stomach (or by your side).

Muse on the expansive qualities of the Sky.

The Sky is a landscape. It stretches. It is vast. It grows to know the full length of territory. It fades in and out of patterning. It registers a deep blue to black midnight.

Each register in thought is consumed by the Night Sky.

We give it wishes that we send out to stars. We watch the graceful phasing of clouds, we muse on sunsets and phasing moons.

The Night Sky is a landscape for receiving information. What have you given to the Night Sky through words?

If the Night Sky is a mirror, it reflects back words and stories.

Consider your word vibrations going into the body that you have done previously to strengthen the positive relationship. Sending phrases and powerful acknowledgements into the Sky is an offering of praise and blessings.

Muse on the Sky to feel the words reflected back to you.

You might say things like:

Thank you

Blessings

I love you.

When you say them outloud as active concentrations, there is a quality to the register being carried out through your whole stream as you 'embody' the emotional aspect of what you say.

The Night Sky, as in the day sky, is a constant landscape like the sun and the earth's land. Corresponding word-landscapes exist with each and carry the energy of what may be sent into them.

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