

# Attunement and Healing Meditation

January 26, 2022

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## Attunement

With each in breath, feel that you are waking up. With each out breath, feel that you are sparkingly alive. Breathing in, you are waking up within every cell of your being. Breathing out, your whole being is radiating aliveness. Breathing in alive moment. Breathing out, miracle moment. *We have arrived. We are home.*

## Healing Meditation with Elements—Waking Up

We will use the power inherent in each element to help us heal self/world. The elements are alive and awake and streaming with energy. We can use this energy to heal and move us forward. Our healing is Earth's healing and Earth's healing is ours. For the next several weeks we will continue to unfold the Four Noble Truths through each one of the elements. Today we'll focus on the Fire element and awareness that there is an end to suffering. We see that waking up is both personal and transpersonal.

## Earth —The Holy Truth of Suffering

We began with the Truth that suffering exists in the world. Limitation is inherent in manifestation and is necessary for growth. Suffering opens the heart. As we breathe in the Earth breath, we are acknowledging the existence of suffering. It is part of life. The power in the Earth element is stability. With Earth's stability, we have the capacity to be with suffering. We relax our body, mind and heart.

## Water Element—Cooling the Flames of Fear and Anger—Acknowledging Causes

As we breathe in the Water element, we recognize the Holy Truth that suffering has causes. The primary cause is the fact of our incarnation into a physical body. We could call this necessary suffering. Limitation causes suffering but this is suffering with purpose. Then there's unnecessary suffering caused because we persist in seeing ourselves as separate beings, yet even this suffering serves a purpose. The purpose is to break out of our limited small selves to discover our true eternal nature. The purpose is to open our hearts so we can remember that we are fully divine as we practice becoming fully human.

The Water element gives us the power to see the causes of suffering and to change because the essential nature of water is change/mutability and depth of feeling. As we breathe in the water breath, we visualize ourselves standing under a gentle waterfall, washing away all fear and anger, leaving us in a state of peaceful acceptance. And we relax our body, mind and heart.

## Fire Element—Energy for Change—A Way Out of Suffering

The power inherent in the Fire element is transformation. The Third Noble Truth tells us that suffering can be transformed. So much of our suffering is unnecessary. We identify with it, allowing our truth to be covered over. Even the necessary suffering can be transformed if we recognize that the experience of a broken heart is part of the process of waking up. We can't know joy without experiencing suffering.

*To see it, to acknowledge it, to feel it, is necessary for the heart to be alive. Then the challenge is to make the heart wide and deep, to take in all that suffering, to participate in the broken heart of God. –Suhrawardi Gebel*

As we breathe in the Fire breath, we draw Cosmic energy in through the solar plexus. Cosmic energy is made of light, warmth, and fire. When this energy of love touches the places of wounding, something changes. The pain is digested and transformed into pure energy which rises into the heart, awakening the subtle centers there. What the Buddhists call the Mind of Love is born in our hearts. As we transform, the Earth transforms with us because we are not separate from Earth. Our transformation helps Earth to transform. Imagine this at the scale of millions and millions of humans healing themselves and see how this would affect the health of Earth. The promise of the Fire element is that this kind of change and transformation is possible for every one of us.

We breathe the cosmic energy into the solar plexus and feel the fire consuming another piece of suffering. Right away, we can feel the heat and light rising up into the four-chambered heart and radiating and healing the heart. After a few minutes, we want to share our awakened heart, so we radiate it outward to Earth, touching the suffering, and already helping transform Earth's suffering. We can feel the tiny stream of smoke, like a fragrant incense rising up from the heart and out of the crown. This represents the fragrance of transformation. This fragrance joins the Ether—the atmosphere that we all breathe. It's very subtle and potent. And we can see that there's a residue of ash left behind in the solar plexus. Ash is about essence. The suffering has been reduced to its essence and now it is compost available to help the seeds of happiness grow stronger so we are more able to face the next piece of suffering, and the next.

*Master Linji taught that we have to have confidence in our own seeds of awakening, liberation, and happiness and not go looking for them outside of us. In your body, your mind, your spirit, you have all the elements you need to heal. You already have the elements of awakening, enlightenment, and happiness in you; you just need to come back to yourself and get in touch with them. –Thich Nhat Hanh*

As we breathe in the Fire breath, we feel the energy of transformation flowing through our veins and arteries, giving us the resilience and energy to do what we can to heal self and planet. And we relax our body, mind, and heart.

## Air Element—Energy of Intelligence

As we breathe in the Air element, we take in the energy of Intelligence that will guide us toward right actions, helping us discern what is ours to do. And we relax our body, mind and heart.

We see that the Four Noble Truths, like the elements, are leading us on a path toward fulfillment. This is the evolutionary journey.

## Ether—Homecoming

*We know that in the ultimate dimension there is no birth and no death, no being and no nonbeing, no suffering and no happiness, and no good and no evil. We will train ourselves to look deeply into the world of signs and appearances with the insight of interbeing, in order to see that if there were no death, there could be no birth; without suffering, there could be no happiness; without the mud, the lotus can't grow. We know that happiness and suffering, birth and death, lean on each other. These pairs of opposites are only concepts. When we transcend these dualistic views of reality, we're freed from all anxiety and fear. –Thich Nhat Hanh*

We have wandered for eons searching for and seeking to find meaning—the reason for our existence. As we breathe in the Ether, we surrender to the Intelligence that created all life. We bow down to the holiness that is guiding all manifestation—all evolution. We surrender to the perfection that was always here and now. And we relax our body, mind, and heart. We are arriving. We are coming home.

Nayaz

Metta