

# Attunement and Healing Meditation

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## Attunement

Tuning in to autonomic nervous system. Take a moment and scan your body, noticing where you are holding tension. Breathe into each place. Now turn attention to your feelings. Notice if your emotional body is activated by some unrecognized or unresolved feeling. Breathe in and out softly. Now draw attention to your mental body, to the thoughts and memories. Again, recognize what is present and breathe gently into the tension produced.

## Healing Meditation—Healing the Collective Nervous System

All life is connected by a great web of energy. Waves and waves of energy permeate physical existence and all the stations of the soul as it journeys to and from paradise. One way to think of this energy is vibration. Another way is to think about the nervous system. The central nervous system connects heaven and earth through the subtle energy centers in the body. The autonomic nervous system helps regulate our response to life's conditions. The sympathetic branch governs responses to perceived danger via fight or flight; the parasympathetic branch governs feelings of safety, rest and recuperation; and the social branch governs the ways in which we take care of ourselves emotionally through bonding and human connection. Because everything and everyone is connected through this web of energy, the work we do individually to balance our nervous system helps balance the collective nervous system.

## Earth

We turn to the Earth element and the physical body. As we incarnate, we lose our divine footing and are born into a state of bewilderment. Newborn babies are not relaxed. Their little muscles are tensed against this new reality. Only slowly do they learn to relax and trust that they are safe, and only then, if the parent is able to offer that kind of safety. Take a moment and remember yourself as a newborn. Soon life's experiences begin to accumulate in the muscles and we learn to resist what is unpleasant. As we scan the body now, we may become aware of patterns of tension and holding, especially in the muscles. Some of these patterns go back to our birth and even before. Take a moment and scan from head to toe and see where you are holding. Breathe into each point of tension, recognizing and honoring it. Don't try to make the tension go away. Soften into it as it is. Feel the space that is available when we let go of all resistance.

## Water

We turn now to the Water element. Water represents the emotional body which is inseparable from the physical body. Water also represents the station of the soul coming into manifestation. The soul itself has no tension. The soul is peace embodied. The Sufis say the only sin is lack of remembrance of God. When we are in a state of forgetfulness, we can easily drop into a state of unease, tension, worry. Like the newborn, we have lost our footing. We have forgotten our own divine nature. The emotional nervous system is feeling unregulated. Take a moment and tune in to your emotional body. Is there something stirring that feels unresolved? Something you may be clinging to that is keeping you from being in touch with your soul, a fear or worry that persists? Don't try to make the worry go away. Embrace it while connecting with your soul. Connecting with Source is the greatest regulator of the nerves. to Breathe out the worry. Breathe in the presence of God.”

*Fear is the cheapest room in the house. --Rumi*

## Fire

We turn to the Fire element—seat of tension in the mental body—the body of our thoughts, imagination, memory, will, egoic identity. When the nervous system in the Fire element is activated, our minds can't calm down. We are caught in our ego identity, driven by past memories. Driven by the need to prove ourselves worthy and even superior. We persist in acting from a state of personal will even when it doesn't seem to be producing the desired effects. We exhaust ourselves with so much effort to succeed, to mold the world to our "lights." Take a moment and tune into your mental body, the body of fire and be present with your "efforting" self. Don't try to stop this efforting. Simply acknowledge it and sit quietly, without judging it. The Buddha called it effortless effort. Turn your attention to your heart and remember yourself as an instrument of the divine will. Stop all effort and wait until wisdom arises naturally.

## Air

We turn to the Air element. The place we carry most tension in the physical body is in the breath and respiratory diaphragm due to activation of the sympathetic nervous system. Think of your first breath as an infant which is quickly followed by the whole body tensing into a fierce scream. In the Air element we encounter the paradox of that first breath and the trauma of birth, and the breath itself as an instrument for regulating the autonomic nervous system. Slow, deep belly breathing brings peace and calm to the body, heart and mind. Take a moment and notice the pattern of your breath. Is it short or long, deep or shallow, fast or slow? Don't try to change it. Allow yourself to breathe and be breathed by the Breath of Life.

*When the small self lets go at the point where it has been clinging, suddenly a breeze can blow in through the windowless room. —Noelle Oxenhandler*

## Ether

The soul is never compromised by tension in the other bodies. We come to rest in the Ether with complete ease in body, mind, heart and soul. We are in a state of oneness and trust, spacious and free. We are in a state of remembrance of the divine purpose in our lives and the divinity of our soul. The soul is beauty. We rest deeply in a perfectly balanced nervous system, offering this gift of ease and peace to the collective nervous system. Feel the collective body breathing out now in perfect peace.

*Beauty dissolves into beauty dissolves into beauty. ---The Buddha*

## Nayaz

## Metta