

# Attunement and Healing Meditation

May 4, 2022

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## Attunement

Breathe into the physical heart in the left breast. Feel an attunement with Earth. Breathe into the left breast and feel the connection with your soul and the moon. Breathe into the solar plexus just below the breast bone and feel the connection with the cosmic light. Breathe into the SIRR or secret heart in the center of the chest and feel the love flowing in and out as pure radiance.

## Healing Meditation with Elements—Landscape of the Heart

We can see and listen to the heart with all our attention. Humans have this potential. When we stop all activity and listen deeply to our hearts using the eyes and ears of the heart, we discover a landscape we didn't know was there. This landscape is in direct relationship with and having a conversation with the outer landscape—the natural world—all the time, behind the veil of our awareness.

The physical eyes see a very old and beautiful tree and immediately, there is a correspondence between the inner tree and the outer tree. They reach toward each other in recognition. Something new is born of this connection—even if we don't have a clue that this is happening. A tree is born in our unconscious mind which we could then nourish with our awareness or it could stay hidden. We will take a walk through the elements, weaving connection with the landscape of the heart. In old German, a landscape is something to which people belong. We belong to the land and we belong to our hearts. Our hearts are making relationship with the natural world continuously. Reflecting it and making it real. It's up to us to make this relationship conscious so we can sustain it and be sustained by it.

### Earth

The heart is made of the Earth element. It can be strong and steady and grounded like Earth or it can be weak, unsteady and without grounding. Take a look into your heart right now and see what conditions exist. Imagine a beautiful old tree, one you have seen before, and see it clearly. The trunk is upright, stretching toward the sky, with roots sunk deep into Earth. Its branches are extending out to surrounding space. Let your heart see this tree now and connect with the qualities. There's a correspondence between the inner tree and the outer tree. Can you feel it? Moments ago, this tree was a seed hidden in your unconscious and now it is alive in your heart and the qualities you have noticed are also alive inside you and they are nourishing you. You have seen your Earth nature.

### Water

The heart is also made of the Water element. Blood is mostly water and all the body tissues are bathed in water. Water is fluid, flexible, buoyant. It goes where it is needed, finding its way around all obstacles. Now visualize yourself floating in a warm pool of water surrounded by a magic forest radiating green life. Let your heart see you floating in this warm, nourishing water. See yourself clearly, with as much detail as you can see. Feel those qualities of water within yourself, corresponding with the qualities of pool of water. See how water is nourishing you just as it nourishes the outer landscape. You have activated those qualities now in your conscious awareness. You have seen your Water nature.

## Fire

The heart is made of the Fire element. There's a divine spark emitted with every beat of your heart, representing warmth, love, and longing. There's a deep longing to experience life more fully. A deep longing to experience the interbeing of all of life. Now visualize yourself sitting near a fire outdoors in a very dark corner of Earth where the sky is filled with starry light. Let yourself attend to the details of the landscape as well as the field of your heart. With each beat of your heart, a star streaks across the sky, emitting its radiance. You feel the warmth and light of the fire and starlight. You feel united with everything in a great web of life where everything is connected to every other thing. You feel loved. You feel yourself dissolving in this field of love. You have awakened the fire of love and longing with its warmth and light in your heart by connecting with the qualities of the Fire element. You have experienced your Fire nature.

## Air

The heart is made of the Air element. Consider that when you breathe in, you are breathing a field of breath that surrounds and interpenetrates absolutely everything. And absolutely everything is breathing in the breath of this field and breathing back into the field. Breath is life. The real breath, which is the breath of life and carries the physical breath, is the essence of all life. Imagine yourself sitting in a pristine forest of old growth hardwoods. You are sitting on soft, spongy Earth. Countless beings are breathing in and out of this field, including the trees themselves. Experience yourself in this forest in as much detail as possible. This is a very oxygen-rich environment and it's so easy to breathe here. And it is also numinous, filled with the Real breath or spirit. You are filling up your lungs and your heart with this healing breath and then returning it to the land in reciprocity. Feel how alive you are. You have awakened the element of Air in your heart.

## Ether

All these experiences with the elements have activated the qualities of the elements in you and have also filled you and your heart with great beauty. Beauty leads to Awe. The Ether element is all about beauty and awe. The outer experiences of beauty have touched the beauty in our heart and soul and we feel the awe in the inner landscape of the heart—this heart beating in rhythm with the cosmos, filling every atom of our being with aliveness, with hope, with joy. The outer and inner experience are perfectly reflecting each other.

## Nayaz

## Metta