

Scalar Meditation

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Relax, and take full, deep breaths. Let your body fill up with air, and then let it all go. Melt into the chair you're sitting in... feel your body held by the earth, embraced by it. The earth's gravity keeps you from floating off into space, holds you and keeps you grounded and safe. So relax, surrender to this moment, and breathe.

Continue to breathe and relax. Feel the energy from deep in the earth's core rising through the soles of your feet, energizing and grounding you. At the same time, feel the energy of the stars entering through your crown chakra, inspiring and awakening you. Relax and welcome these energies into your own core, your heart. Feel them meet and merge and fold in on themselves in an elegant scalar wave, a standing wave of pure silence and peace. Allow yourself to simply rest in this perfect space of balance and peace for a moment.

Now become aware of the air surrounding your body. Welcome all of it as you take deep, peaceful breaths and allow your whole body to breathe, with every pore. Welcome the thought-waves that enter from all directions and enfold in the scalar field of your heart. Welcome the radio waves, the microwaves, the sound waves, and energy of every frequency and description as it enters your body from all directions, omni-directionally, embraced and enfolded in your own heart. All is welcome. It is all YOU.

Continue to rest in this silent space of peace and Divine contentment. This is your true Self, the Self that embraces everything as Self, that creates everything out of itself, that IS everything. Awareness itself IS the scalar field of pure potential, the ground of your true Being, and the Source of everything. When all energies are welcomed and embraced, you rest in perfect balance. Exclude any part, and balance is lost. Wholeness cannot be known in a state of fragmentation. In other words, only energy in isolation is painful in your experience. So welcome it all into your heart, and rest there. This is your returning to Source.

As you rest in the silence of your heart, breathing and allowing, at some point a spontaneous vibratory emergence will take place. In other words, the energy will re-emerge from your heart in all directions, and will take on form and experience according to the organic intentions and desires of your heart. This is Vibratory Kinesis. Sometimes this is a gentle re-emergence, and sometimes it is an expansive rush. As you allow this expansion to take place, take joy in the beauty and uniqueness of each experience. And pay attention as you go about your day where the energy wants to move. Stay in a state of allowing and follow the energy, since the energy always knows. *It Knows.*