

Homework

Reflections Initiations by Air, Class 2: What's in the Air Waves?

Opening prayer:

There is so much I have yet to discover about who I am and what life is about and what is truly important. Just when I think I have something figured out, I discover a whole new piece about me. Yesterday I never really thought about my energy field or that my thoughts really do attract companion thoughts. But today – now – I imagine only activity swirling around me like sparks of sacred light. I am a sparkler that can start endless fires of activity with just a thought or a word or a whisper of my energy. I am all that power and something in me always knew that – no wonder I found decisions so overwhelming. What fire did I want to start? Where should I direct the sparks of my life? Would I start big fires or little ones? Fires require air – and all that air comes from the great soul of humanity – we breathe together. No secrets have we from each other. “So, Lord, I have figured out that I require the breath of all beings to animate the sparks I set into motion. And I breathe with all living beings. We are the Light – or we engage the Darkness. I am beginning to understand the rules. It is not ‘everyone for themselves but we are all in this together because we are all of this together.’ Hover over me, Lord. Help me to extend the space of my small and brief life to include with grace all of us who breathe together. Amen.”

Your practice for the week

Learn to identify your energetic boundaries. You already have a very defined understanding of where your space begins and ends.

- Do you get offended when someone enters your space without permission?
- Who are you vibrationally comfortable or uncomfortable with when that happens?
- How do you react to “space crashers”?

Meditation

We are now in the age of the “energetic ego”, ultrasensitive to both our own space and the space of others. You can feel the boundaries, both yours and theirs. Your energetic self is a data system, constantly active and communicating. You are a magnet, a transformer and a receiver—and so is everyone else. Learning to read your own air waves helps you get to know your energetic self. What sparks do you want to send out into the world?

Closing prayer

I breathe with all life. I am one with all creation. My thoughts and emotions belong to everyone. They blend into the grid of life. I can't comprehend this truth, but I know that this is truth. We all share this Earth. Nothing could be more preposterous than to imagine that I am safe from some catastrophe while others are not. My energy is everywhere – in every country I have visited and in every town and city and in every home and in every conversation. My energy is in a million – perhaps tens of millions if not billions of places by now. How do I stay mindful of this truth about myself? That everything I say and touch and see and think and feel continues on and on because I set a spark of energy into motion? “No wonder the great mystics finally

surrendered to You, Lord – wanting You to take charge of this power of life You have given us. They did not surrender out of fear or weakness but out of awe. Hover over me, Lord. Keep me ever mindful of the power I hold in every spark of life that I generate, from the smallest thought to the most courageous act. Amen.”