

Final Reflections

Reflections Initiations by Air, Class 4: You as an Air Creature

Opening prayer:

I was born intuitive, sensing the world around me with clear and precise accuracy. Even as a child, I knew what the adults around me were feeling and sometimes even thinking. It never occurred to me that I was unusual. I loved the way you designed us, Lord. This was brilliant. Human beings could sense through walls and around corners. I could leave my body at night and float so easily through the ceiling and into the night sky. How luxurious – this human experience. Then, I asked in a prayer, “Why are we so attuned to each other?” And then I knew. We all breathe together, like one grand cosmic breath. How simple, how elegant. Once out of childhood, the night flights long over, I still see clearly but require a deep faith and trust to sustain the view. I know now that we are meant to sense each other’s vulnerabilities so that we can offer each other care, love, compassion and healing. I know without a doubt that we sense the life force in every person we meet – and they sense mine. The soul is a free agent. “Lord, I know it takes courage to live from the inside out instead of the outside in. But the most alive part of life is invisible. Every form of life that I encounter communicates with me first in the language of energy and secondly through sound and motion. The truth is it takes a great deal of courage to perceive life as well as see it, to sense it as well as hear it. I would not be able to turn those senses off, to deny the pain of helpless beings, or to tell myself that I did not hear guidance from You. Grant me that courage for I realize I have already crossed that Rubicon. Hover over me, Lord.”

Closing prayer:

As I turn my attention to expanding my inner nature, I know that I will not only discover myself but I will become ever more attuned to other people. I will need a bigger heart and a more patient nature, certainly a less judgmental one. I will need that type of grace that makes me pause an extra moment before running away from someone in need – just that extra moment for myself. And yet, in return I will discover that growing tranquility that comes from acting on inner guidance – not emotions – but guidance. I will not have to fear myself, fear my weaknesses that have in the past caused me to betray myself, to say things that were not true or to compromise my integrity. “Lord, I need that clarity from my inner nature, my deeper self. Perhaps I will also discover that as I honor myself more, loving others will be effortless. Hover over me, Lord.”