

Release the Fear of Death & Explore it's Light

As we open this meditation to release the fear of death and explore its light begin by choosing to become quiet and allow yourself to enter the stillness within. Return your attention to your breath – just that much. Breathing in and breathing out. Breathing in, two, three, four, and breathing out two, three, four. Pause and return once more to “breath.”

It is that simple to enter the stillness...

Life continues but we don't have to concern ourselves with the details. Right now, in this moment, choose to enter the liminal space between past and present.

From this space of calm, ask yourself – What if today calls my name? What if this day was my ending in human form?

To try on this thought –

Imagine rising above your physical form and from your Eagle's perch looking down on your body. See its peacefulness.

See how it has let go of struggle.

Now, return to your form once more. Feel yourself with skin-on once again. Feel into the breath, allow it to slow to the pace of a calm river. You know it is flowing without you needing to be conscious of it while you enter the felt sense of leaving this life.

Feel a sense of spaciousness as you enter a larger plane of existence...the plane of no-form.

Maybe you experience a bit of lostness, of not knowing where you are or how life without boundaries works. May be you experience a sense of lightness in comparison to the heavy burden of being embodied. This lightness is like being a wisp of breath or merely light itself. If you find yourself struggling simply imagine you are a wind in the willows.

Feel into this sense, the untethered-ness, enter the spaciousness of fully letting go and letting go.

What else are you experiencing? Just take a moment to explore...

As you look around you notice there is a being near you. This being may be an animal you loved deeply, or a relative, or perhaps they are your guardian Angel who is always

present for you. Allow yourself to feel their luminous presence... Allow yourself to feel their love.

Let your smile be your welcome and your thanks for their presence, as they let you know you are never alone. You may wish to ask them if they have a message for you... sending it telepathically. Now give yourself a moment to receive their response similarly.

Pause

Remembering that your life in human form still needs you – when you are ready – return to your breath. Feel your chest rising and falling. Feel your lungs filling and emptying. You may want to place your hand over your heart to feel its beating to ground you.

As you enter your day take the peace you experienced with you. Know that visiting No-form can help put life's concerns in perspective.

We are all mortal beings, yet our souls are finite and one day they will carry on without the need for form. Thank your soul for this wee journey away from fear of life's endings and back into living life on the earthly plane until you are no longer needed.

As you reenter your life, remind yourself of what you've recently experienced. You may have received a message. Or you may have a sense that you transformed your cellular matter coming in to such a peace filled space. This is a gift you can offer yourself. A wee bit of a time out from life, from living in fear, from the work of fulfilling purpose. In revisiting this meditation, you may use it as a window you can visit whenever you need to see with a renewed perspective.

Thank you for coming today.

Kathryn