

Calling on True Refuge from Pain

1. Get still. Get comfortable. Get present. Anchor in your body or breath. Let thoughts come, note them, let them go, and return to your anchor.
2. If you wish, close your eyes.
3. Feel the life inside you. Feel it in your hands, legs, feet, head, and the rest of your body. Sense your aliveness. Sense life flowing through you.
4. Now let yourself be transported to a sacred space. It can be a real place you've been or an imagined place. Note what you see, hear, smell, and feel.
5. Now sense the presence of a loving being. Visualize them. See them beaming lovingly at you. It can be anyone, real or imagined. Experience a sense of belonging and connection with them.
6. Now imagine your sacred space being filled with the warmth, acceptance, and kindness of this loving being.
7. Imagine the loving being inviting you to bring your troubles and pain into the space of love between you.
8. Sense what is most asking for a healing attention in your life. Your pain. What you are believing about yourself that is causing suffering?

Calling on True Refuge from Pain

9. Let yourself feel the fullness of what this is like. What are you most needing in this moment? To feel safe? To feel loved? To be seen? To be reassured? To be comforted? To be accepted? To be forgiven?
10. Let what you need be a prayer to the loving presence. Express and communicate your longing.
11. Imagine what you most long for being offered by the compassionate being. Put your hand on your heart to receive. Let it flow into the most wounded places of your being. Let your hurt, fear, pain, anger, or sorrow dissolve into this merciful presence.
12. Let body, heart, and mind release into and merge into loving awareness. Merge with the loving being. Be the loving awareness that you visualize in your mind's eye. Let yourself be both the holder and the held.
13. Imagine there is an ocean of awareness that is holding the waves of thoughts and emotions on the surface. Feel the currents. Feel their belonging to the ocean. Feel the still ground of being within you and its oneness with your sense experience. Feel a sense of divine oneness and wholeness. From this place of awareness, sense that your pain is real, but not true.

© 2021 Michael McGee