

A Meditation on Spirituality

Overview and Purpose

Spirituality, the connection between self and divine, is a critical component to a life of fulfillment, effectiveness, love, joy and inner peace. Without it, health and happiness are hard to find.

Our unconscious mind speaks in symbols. Our higher self, our personal access to God, is through that unconscious mind. Thus, one of the best ways to stimulate and deepen your own spiritual connection with Divinity – the divine inside and out – is through the use of archetypal symbols.

From the online article, *Archetypes & Mythic Imagination*, written by Michelle Belanger:

“A good corollary for the relation between archetype and divinity can be found in the Hebrew Kabbala. In this system, divinity is so vast, so unknowable, that one cannot even utter its name. Yet that vastly unknowable deity makes itself manifest through smaller and smaller emanations. These emanations, or aspects of the divinity, filter down through the cosmos like light filtering through clouds. The closer they get to humanity, the more limited and human they become, but also, the more limited and human they become, the easier it is for us to contain and comprehend them.

Archetypes are the equivalent of these emanations. They embody some aspect of the limitless divine in a finite persona that we can relate to. When we give an archetype a name, such as Odin, Brigit, Mary, Mithras, we then draw it down even further, bringing it closer to our human level so that we may comprehend its nature with our human minds. The ultimate comprehension is identification, when the lines between the knower and that which is known blur and merge.”

This is precisely the purpose of this meditation on spirituality: to bring the divine closer through the use of the archetype, and to reach up toward the divine through the practice of meditation. It is designed to support your unconscious in becoming accustomed to the thought of, impact from, the merging with the Divine through your higher self.

Archetypal Symbols

Choose an archetypal symbol that has ***the most meaning for you*** as it relates to God, Spirit, Divinity, Higher Power, the universe, however you define it. In case you need help, here are some examples.

- The sun
- Red rose, yellow sunflower, white lotus
- A Cross or Star of David
- Equilateral triangle, circle or square (especially in the color of gold)
- Tree, or Tree of Life
- Dove, Starfish, Dolphin, Eagle, Unicorn
- A special lamp or candle
- Christ, Buddha, Vishnu, God, Goddess, etc.
- Church, temple, cathedral
- White Pearl
- Red/pink heart, heart center, heart chakra

Spiritual Centering Meditation

We can utilize a meditation focused on the archetypal symbol as a way of getting the unconscious mind(s) conditioned to connect with, acknowledge and receive a Higher Power. Do this at minimum once per day before bed. And... It is preferable to do this more often than that.

- Close your eyes, get comfortable, take a few slow, deep breaths
- Imagine yourself as a being of consciousness, a conscious energy that permeates your entire body
- Draw all of that consciousness into your head center, behind your third eye, and spend a few moments focusing on your conscious awareness
- Now imagine your symbol of divinity in front of you, and for a few moments focus on that symbol
- Then, either
 - merge your consciousness into the symbol in front of you, or
 - merge the two by bringing the symbol into the third-eye head center where your consciousness is already gathered
- For a few minutes, allow your consciousness to **resonate with** the energy of your symbol of divinity
- Move your merged consciousness/Divinity from your head center into your heart center and allow yourself to feel its presence there
- For a few minutes, be aware of this energy in your heart center - you might feel a tingling, a fullness, or heat in that area as your inner levels respond to this connection
- When you're ready, take a deep breath and come out of the meditation
- From time to time during the day, re-connect with the merged heart-center energy by remembering this meditation and the energy in your heart center