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'We spend most of our time and energy in a kind of horizontal thinking. We move along the surface of things but there are times when we stop. We sit still. We lose ourselves in a pile of leaves or its memory. We listen and breezes from a whole other world begin to whisper' James Carroll

'Look within. Within is the fountain of good, and it will ever bubble up, if thou wilt ever dig.'
Marcus Aurelius

In previous blogs, we have been enjoying paying attention to the natural world around us and cultivating a sense of wonder - perhaps allowing the 'breezes from a whole other world to begin to whisper'. We have also received an invitation to look within and to become aware of an inner note to which we may tune ourselves. It is my experience that we can actually store up in our awareness the energy from special times so that, when we recall these moments later and are sustained by them, we also recharge our energy field on the deepest level.

I have found that it rewarding to cultivate these memories or creations as inner landscapes and it is interesting to build a repertoire of imaginable 'snapshots' holding thought, feeling and remembered body sensations. I know I have lowered my blood pressure in prolonged traffic jams by conjuring up experiences of being by the sea - even while nose to tail in a car on the M25 (keep your eyes open for this one!)

A possibility then opens up to move from feeling calm and recharged to entering an inner space. We can build a thought form, which can grow day by day. As years go by, this inner space can become palpable, sustaining and enriching - a vehicle for our intuition, offering us a medium in which we can sense our 'note' and, perhaps through imaging, invite our internal wise self to communicate with us. This may be a visual experience, but equally our perception might be auditory or through subtle body sensations (kinaesthetic).

Notice where you are drawn in your imagination, which inner landscape holds the strongest energy, and cultivate it. You may have more than one: I find that I place myself in one imagined landscape in order to make decisions, and in another environment altogether when I seek to access a sense of love and tranquillity. And yet another comes to mind, when staying still and quiescent when visiting the dentist.

So, choose a favourite place, which you associate with relaxation and self-restoration and visit it in your imagination at least several times a week. You may also wish to conjure up your own personal sun shining above you and to imagine breathing in the light and warmth. Allow it to become liquid light, which can permeate every cell in your body and can also clear and enrich your thoughts and emotional state.

Whenever you step into your inner landscape, be receptive to accessing your own transpersonal perspective, offering awareness deeper than and beyond your every day point of view and assumptions.

Allow this place in your imagination to change with time and notice the nature of the changes, as they may be significant to you.

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