

# Spirit of Infinite Love and Wisdom

BY LARRY WELLS

This is an exercise designed to connect one to one's higher self, spirit, unconscious self, or whatever term might be useful. The outcome is individually determined. That is, it is a practice for self-discovery.

There is no precise or predetermined outcome or discovery. What sets this apart from many other guided meditations is that, once the relaxation part is completed, the place "to which they go" and its qualities are entirely of their own construction, as is the content of their interaction with the "spirit of infinite love and wisdom"

(00:03):

So as you prepare for this guided imagery, guided meditation, let me invite you to find a place to comfortably sit or to lie down, a place where you won't be disturbed for approximately half an hour. The meditation itself won't take that long, but you may want to give yourself a few minutes to wrap up at the end.

(00:32):

As you sit or lie, notice how the chair or what you're lying on supports you, what parts of your body feel the pressure of the support, what's really comfortable, and what might need your attention in order to become even more comfortable and relaxed.

(00:57):

I invite you to begin to imagine a golden light shining down upon you. And it's as if at first, it begins to shine on the top of your head. And that light is quite comfortably warm. And you can begin to discover that as it shines on your head, the skin, the muscles and the light feel warm, comfortable, and begin to relax.

(01:47):

And slowly the light begins to flow downward across the forehead and the muscles in the forehead and your brow. Just feel that warmth then become very comfortably relaxed and all tension seems to just flow away.

(02:10):

You might feel it flowing down the sides of your head, even down to the back of your head. And it does so. It brings that same warmth and relaxation to all of those muscles flowing down even to the back of the neck.

(02:30):

As it flows down around your ears and into the jaws, notice how that warmth allows those muscles to begin to relax and let go of any tension that might be held there. Many people hold tension in their jaws and they can just let it, for the next few minutes just let it flow away. Drifts down around the ears, even down from the forehead around the eyes and all the muscles in the eyes and the cheeks. Begin to let go.

(03:17):

And feel that warmth and relaxation flowing down into the cheeks, the part of the face, even around your mouth and your lips. And you might even notice what's happening with your tongue. Is it floating comfortably in your mouth or is it pressed against teeth or other parts of your mouth? Just allow that warmth and comfort there to calm and calm it and relax.

(03:59):

The jaws are loose. The mouth remains gently closed, but just comfortably relaxed. Allow the warmth to flow down into the neck. And you might feel it flow across the top of your shoulders. Notice any tension that has been there, that can simply let go in the warmth of this light. And the muscles there can just simply relax and become more and more calm and comfortable.

(04:49):

The warmth flows down even into the upper arms and into the forearms even. And you may begin to experience that as those muscles begin to feel warm, comfortable, and relaxed, the arms begin to feel a bit heavy, but comfortably heavy. And you could move them, but there's no need. All the tension drains out through the wrist, out into the hands, and as if it flows out into your fingertips.

(05:27):

Allow the warmth of that light to come down across the upper torso. You can feel it coming down into the chest area. And you begin to notice that each time you choose to exhale, those muscles let go and relax even into the upper body, the upper back, and across, even in the area of the shoulder blades, those places can become even more calm and relaxed.

(06:03):

With each breath, inhalation and exhalation, you can experience this comfort flows down across the mid section, across the lower back. Those muscles there, some people carry attention there and they can simply flow away for the next few minutes. And across the abdomen, lower abdomen area, that region feels warm, comfortable, relaxed.

(06:44):

Allow that warmth to flow into the upper legs. They become just very comfortably warm and relaxed. They too might begin to feel just a bit heavy knowing that you can move them, but there seems to be no reason to do so, because they become even more comfortable and relaxed. Flowing down in, across the knees, into the calves. And it's as if in your mind's eye, you can see whatever tension, whatever color that would be flowing down through the lower legs and through the ankles and even draining out through the ends of the toes and your feet and the ankles, all of those muscles, let go.

(07:48):

Take a moment to scan your entire body and notice if there's any place at this moment where you're holding a tension. And allow that warmth to flow into that area and allow that tension to just go and flow away for the next few minutes.

(08:25):

I invite you now in your mind's eye to go to someplace that is very, very safe and comfortable. It may be a place from your past, maybe even a place from your childhood, a place perhaps long ago forgotten, but now remembered as a place of being a place of comfort and where you're safe and will not be disturbed. It could be a place that you use now or you can even imagine one place, create a place.

(09:14):

And as you go there, I want you to begin to notice the kinds of things and the colors and the shapes that you see in that place. What are the shapes, the colors? What's the texture of those shapes and colors? Is everything soft and smooth? Do some things have a texture and others are really smooth? Are the colors sharp and bright or more pastel in nature?

(10:04):

And as you think of the textures, what else do you feel there? For example, what's the temperature of the air? And does the air flow? Is there a breeze or is it very calm and quiet? Are there fragrances in that air, in that breeze? What does it smell like to be in this place? Are there sounds distant or near or present? Or is it quiet?

(10:53):

Take a moment to be fully present in this place of safety and comfort. And as you find yourself in this place of comfort, you may begin to become aware of a presence, a something or someone that you had not expected but is very welcoming and comforting. And what kind of form would that presence take as you begin to become aware of you're in the presence of this spirit of infinite love and wisdom?

(12:12):

And that spirit may present itself to you in the form of something or someone that is expected or could be an entirely new form or something that is really surprising. But it is that sense of being totally completely loved and accepted with no questions just as you are. What's that feel like to be totally loved and accepted?

(12:58):

Allow yourself to sit in this love for a few moments with the understanding that it's not simply love, but it is also great wisdom. Not just wisdom from somewhere out there, but is a wisdom that is about you as well.

(13:37):

Perhaps in the midst of this love and this wisdom, there's something that's been on your mind you want to bring to its attention or to ask. Or perhaps you may simply want to ask, "What is it that I need to know? What is it that I need to see? What is it that I need to hear? Or what is it that I need to feel today?"

(14:27):

Spend some time in this presence, listening, experiencing, seeing, talking, asking, hearing.

(14:59):

And there will come a time in this interaction with this spirit of infinite love and wisdom in which it's as if you are embraced and embracing. And in that embracing and being embraced, notice that that spirit of infinite love and wisdom it's as if it simply dissolves into the center of yourself as a signal that the spirit of infinite love and wisdom is always present, always available. And you can know that that spirit of infinite love and wisdom is there for you at any time. And you're free to come to this place anytime. You take just a few moments to relax and to go inside and calm.

(16:26):

So I invite you to spend as much time as you need in this place, but when it is right and only when it is right for you, I invite you to return to this room and to this time.

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