

Five Paths CD - Path I - Via Positiva - thankfulness

pic - white lily



"We shall not cease from exploring
and the end of our exploring
will be to arrive where we started
and know the place for the first time."
T S Eliot

Exercising an 'attitude of gratitude' is the starting point on the path to discovering the secret -
'hidden in plain sight' - of your true identity.

"The real voyage of discovery consists not in seeking new landscapes but in having new eyes."
Marcel Proust

The Via Positiva meditation invites you to put your senses on full alert and go on an interior journey to discover your true self - your body inside the soul - your connection with the earth and the landscape ... a mosaic of space - and your place in the cosmos - separate yet immersed ... knowing yet fully known.

"Your vision will become clear only when you look into your heart... Who looks outside, dreams. Who looks inside, awakens" Carl Jung

This meditation will ground you in the centre of your Being - in the cross hairs between the horizontal axis of the physical plane and the vertical axis of the spiritual plane.

"I touch the earth - the earth touches me
I feel the earth - the earth feels me
I bless the earth - the earth blesses me"

Release your gaze with a breath of thanks ...

"You find out that what you've been searching for you already are." Van Morrison

music: Private Universe - Jon Hopkins from the album Opalescent, Just Music – TAO 006,
www.justmusic.co.uk

photo: lilies at Bodega El Grifo, La Geria, Lanzarote by Jerry Lampson, qr8 Design,
www.qr8.co.uk