

THE HEART OF APHRODITE:

FEELING HELD, OFFERING HOLDING...MERGING AS ONE

TODAY'S CHALLENGE

Identify someone who you know loves you unconditionally and always is with you, even if unseen. They may be a representative of God, such as the Lord Jesus, Lord Krishna, or Mary, an angel, or someone who has been or still is an important presence in your life (such as a favorite aunt or uncle, a teacher, or a brother or sister, whether or not they are still physically alive).

Imagine your supporter standing behind you, holding their arms out as if to protect you from behind as you face forward. Their hands and arms do not touch you, but offer protection for your space. Feel the essence of the unconditional love, resting in the feeling of warmth and light that they offer. Feel that your heart is being warmed and united with theirs, and enjoy this unity for a moment. Offer a couple of words about how it feels to be held and what you want to say to your "holder" and protector.

If you wish, while still being held, you may like to imagine that you are reaching your arms out to shield the back and send unconditional love to another person. Feel the love in their heart unite with yours and your holder's too.

SHARE: Say how you felt about this practice of being held and, if you wish, what you said to your protector.

Remember to offer encouragement / comment on Facebook posts added by others (not necessarily for today's challenge).

Clive x