

Star Meditation

As Taught by a Female Humpback Whale

We are not alone. There are helpers all around, all over the planet. We must stop and attend to the depths of silence where we can hear them.

In February 2017 on the Silver Bank Reef, 90 miles off the coast of the Dominican Republic, I visited the humpbacks that travel from northern waters to give birth, mate and rest during the winter months. It was my third year in row to spend a week with them. During the time away from the reef my meditations involved working with them in daily practice and then we would pick up, face-to-face, from our times where we met in the timeless realm of the Dreamtime.

One day a female humpback whale gifted me with information on meditation and now I am prompted to share it. More than ever, we need to journey to the depths of silence within us to quiet the chaos in which we can too easily be swept up. I offer this practice as a gift, as she gifted it to me. What follows is excerpts from my journal and then an outline for the practice.

As I was floating in the water with a female humpback whale I went into meditation. She showed me how my mind is so expansive I can do/create anything, go anywhere, reach anything...imagine anything. She told me the stars anchor this wisdom. The heart and mind expansion was so great that I wept into the scuba mask I was wearing...sobbed when the energy moved up and up within me. I felt it come out as a sob and up thru my head and just as it reached my crown chakra, she surfaced.

I wish there was some way I could adequately describe the expansion of mind I felt, that happened, with the female whale. I literally felt my mind grow as a sensation inside my head. Then it felt as if my entire being expanded.

When I looked into her eye as she passed by me, we made a face-to-face conscious connection. As she rose from her rest/dreaming near the bottom, I could 'see' her mind as if it was the constellations of the sky, the Universe. It's like she was connected with the Cosmic Mind or Universal Consciousness and I could 'see' it.

After 'seeing' her mind as the vast night sky, I relaxed into it and asked to be shown. I opened my mind to her mind and I felt completely filled with Universal Consciousness. The emotional energy moved and it was exactly when I felt it move up and out that she broke the connection and surfaced to breathe.

Last year I came to understand that humpback whales are the Dreamers of the planet, the Ocean Dreamers, planetary dreamers. Their winter 'sleep' is actually Dreaming and vital to the balance of our planet. We can participate in Dreaming, which can help stabilize the chaos and bring much-needed balance to our homes, communities, and countries.

We drop into meditation, move through emotion and allow the mind to expand into Oneness. The whale 'said' to use the healing and heart-opening you have done to propel your mind past emotions to the vastness of the Cosmic Mind. Perhaps imagine the vast night sky, swirling with stars and constellations. Breathe with this vision.

Imagine what would be possible if you believed it was possible.

As a practice, begin by sitting in a comfortable position. Take some clearing, cleansing breaths focusing on your entire body. Starting at the crown of the head and moving to the feet, simply breathe in life force to all aspects of your body infusing it with energy and light.

Then focus on your heart and see it blossoming like the petals of a lotus flower, pink and green intermixed. Continue breathing with this vision and then imagine pink and green hearts forming a mandala pulsing with vitality and life. See this expanding at your heart as you breathe.

After spending time with this practice, imagine the vast night sky filled with stars overhead and allow your mind to touch that Vastness. Imagine a beautiful humpback whale swimming in the Cosmos and allow her to guide you as you open to the Cosmic Mind, the Universe. Allow the stars to become your mind and breathe into the space.

Continue in this manner of breathing with star energy, anchored in the Cosmic Mind and when you are ready offer gratitude and return to the pink and green heart mandala, breathing there for several breaths. Then continue by doing a body scan with your breath, focusing on your feet. When you feel grounded, open your eyes and be present in your physical space.

I was told we get stuck in emotions and the stories that go with them. When we do this we limit ourselves. When we breathe through the emotions and allow ourselves the freedom to connect with Cosmic Consciousness, we expand our ability to create freedom and balance, peace and calm and we contribute positively to the area around us.

The Ocean gifted me with this as her warm water washed over my feet, "Take all of the hard work you've done with emotions and opening your heart and apply it to the mind. Open your mind. The world is your oyster if you do this."

Apply the beautiful emotional clearing and heart-opening work and experiences to an expanded mind and BAM! WOW! Awesome!

The stars are a reminder and resource for us, to help us expand our minds and join in Oneness with the Cosmos, with all life. Energize your mind with expanded heart energy and then connect in Oneness. Reach beyond the little mind to the Great Cosmic Mind. That's how we can stay in creative flow.

Each of us has something to add to the Cosmic Mind. We each offer a gift to Oneness.

Use emotion to connect with mind through an open heart and then breathe into Oneness, connecting your mind to the Cosmic Mind. The gift we add to the Universe goes far beyond what we can imagine. And it isn't just something we do, it is ourselves we gift to Oneness. Imagine yourself as a bright star shining bright in the night sky, part of the Vastness.

Another way to view this experience of meditation is to think of the energy of love filling your body from the breath. Allow the emotional energy to move up and up within the body, to the mind, to the Cosmic Mind, which is everywhere. Physical body and personality self/emotional self is encompassed in the Soul, or the lower self encompassed in the higher self/soul. We are within the Cosmic Mind at all times. The meditation helps us be more aware of this fact.

So...Breathe and direct emotions upward to connect with mind then Cosmic Mind. Envision the emotions moving up and into something immense and endless—Cosmic Mind. The key is to not get stuck in the emotions and/or dwell on them. Move them simply by envisioning them moving up and out and connecting with Cosmic Mind. It then takes them to a place of expansion and healing. The flow is a key to this practice.

Our minds want to ruminate on emotional themes but when we do this it keeps us oh-so-stuck. When we can envision the emotional energy moving up it frees us to be open to expansion and freedom. Freedom doesn't occur when we are stuck emotionally or when we have repetitive thoughts we dwell on. Ruminating on thoughts keeps us stuck and we get into a cycle of constriction.

When we consciously direct the energy up with our minds and allow space for something more to happen, even if we can simply give permission to entertain the idea of some new way to be or think or imagine.... This is a key.

The whale showed me that the only way to get un-stuck is to expand the mind and connect with something larger than ourselves, what I heard as Cosmic Mind. When we do this we move to another level of living. We can step into our lives more fully and into the amazing beings we are and allow our potential to unfold.

The gifts we bring to Oneness isn't a list, it isn't even our purpose—whatever we might think that is—it is bringing ourselves to Oneness, to the Whole, to Cosmic Mind. That's it.

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