

BEING A WHOLE HUMAN

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ONE LIGHT

***Earth Meditation** is now available below for free downloading as PDF and MP3 files. It is a non-moving visualization, about five minutes in length.*

[earth_meditation_v_16.2.pdf](#)[Download File](#)[earth_meditation_v_16.2.mp3](#)[Download File](#)

'The One Light' is a moving meditation which evolved from a 1,000 years old Qigong set, and includes breathing visualizations, pineal gland activation, opening the Third Eye, merkaba experience, Chi flow, heart opening, and physical stretching.

[ol_ve_16.3_-_one_light.pdf](#)[Download File](#)[ol_ve_16.2_-_one_light.mp3](#)[Download File](#)

The One Light is practiced in a smooth and orderly 45 minute flow,
by following voice prompts in real-time.

PDF and MP3 files of the *One Light* are freely available for

downloading.

Both text and audio guide a person through 'the moves.'

Both can be downloaded from above.

Please note the version number when you download, and update periodically.

To experience the One Light:

1. Read the PDF file ~ not to follow, but to become familiar.
2. Then **ask me any questions**, for clarification of the PDF instructions.
3. Follow the movements in real-time with the MP3 audio file.
4. Feedback is appreciated, but not expected. No strings.
5. One Light is also available in **SMALL BITES** of 5-7 minutes each.

Both text and audio guide a person through 'the moves.'

Both can be downloaded from above.

Here's another thumbnail on what 'One Light' is about: **Merkaba**

The *One Light* meditation is a continuation from the *Present Moment Movements*.

PMM is still available, and has more introduction for the newcomer.

Comments from others:

I love the journey of your spirit in this skin made from ancient stardust manifested in human form

in its unique travels back to Source. I practice Kriya yoga and some Zen Buddhist meditations,

so am very interested in different approaches to raise our conscious awareness.

I am intrigued by this practice of yours and will try it tonight in my meditations. 🙏❤️👁️



(Later) I have begun it and my Heart Bliss is already flowing... beautiful technique...

I found it authentic and a new approach to add to my Heart Chakra meditation 🙏❤️

Thank you 🙏

- Ed Crowley (comments reprinted here with permission)

One person wrote that to her the O.L. meditation is 'all over the place,' and I appreciate the honesty. I am on the autism spectrum, and wrote the movements for my own use. After about 160 revisions and practices, sure it is more natural for me to follow the voice prompts in real-time than for a person just coming in. To me, the O.L. is a smooth and orderly flow.

Present Moment Movements is the predecessor to *One Light*, and has more introduction. I wrote PMM at least partially considering how it would be for another to understand. At this point I would like to see if either PMM or *One Light* have a broader application than only for my benefit. I am interested to know how this moving meditation can evolve. Another comment was:

I listened to the MP3 then quit halfway and read the rest. There was a lot of illogical bits for me, like aiming the arrow on a horse. Served no purpose.

My response:

Knowing how 'One Light' developed resolves most such questions. I started by transcribing a Qigong instruction video, on the 1,000 year old '[Eight Pieces of Brocade](#),' and practiced traditionally at first. That is where the horse and bow came from. But, it was aiming the arrow at a hawk, and I couldn't do it! So I changed it to aiming at a target. Originally, it was to sharpen mental focus. For me, it became a wonderful experience with the One Light. Like all of the O.L. moving meditation, it also expands the capacity to *visualize with feeling*, a powerful creative tool. Also, every time you exhale slowly after a deep breath, you are stimulating the [vagus](#) nerve, which has proven health benefits.

None of the development was planned. It happened over a course of about 160 revisions, each going deeper into my Truth. But I do know it will not be for everyone. One beauty is that the narrative is a text file, which is played on a natural voice synthesizer. So I can edit it, and put it into other languages. For example, if a person does not relate to 'One Light', it could be changed to Source or whatever a person resonates with. I could even eliminate the bow and arrow, if a person wants to just ride the horse! Anyway, thank you sincerely for giving it a try and writing. Namaste.

The *One Light* includes a new breathing visualization based on a quote from
Tantra of the Beloved, by Virochana Khalsa:

*By connecting to your feelings, you have the opportunity to evolve and refine.
Make an art of surrendering every contraction into the flow of love itself.*

Excerpts from the book follow my comments.

A printable PDF of this page can also be downloaded, below.



being_a_whole_human_-_home_within.pdf

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Tantra of the Beloved

by Virochana Khalsa

Energy in Motion

Consciousness, prior to content, is what we eternally are. It is our soul which is the ability to feel. In our essence, what we feel is our Presence, our radiance. Stop for a moment and connect to yourself as pure radiant consciousness.

This continual consciousness is clothed with the specifics of our awareness, such as images, feelings, and mental qualifications. **These qualities, clothing our primal radiance, are what make up the entire universe.** Everything is emotion. Trees, rocks, people, thoughts, atoms, everything of this universe is created from the blissful power of emotion, the form of image and the qualification of its existence. Yet this refined emotional view often goes unfelt and unrealized.

The ease with which you as radiant consciousness can awaken within our co-creation determines the nature of your outer feelings. When your light, your purity, your stark beautiful eternal presence, stays awake while flowing through the frozen images of physical creation, it is as a flower springing to life. The whirling dance of image, of atoms, is alive.

Fully penetrating into creation, its very atoms become the atoms of your awareness, the flower becomes the image of your radiant source, emotion is the feeling of your spirit and what happens with that image is the decision of your soul in perfect attunement with all of creation. Matter and spirit have regained essential truth, their unity — the Oneness.

When awareness of Self is distant, it is like stepping on a hose and diminishing the flow of pristine energy. The emotional sensitivity of the soul operating in such a fraction of its truth becomes limited to emotions of the mundane world. Yet, even in the roughest, gaudiest awareness, it is the soul which gives that ability to feel.

Love is experienced in a free abundance flowing within the heart. **Love is the natural, unrestricted, free flow of energy.** Love is the root emotion which literally holds our universe together.

Nothing exists until it is felt. For physical atoms to exist within the mind of God, someone felt them into being. **To create anything, someone, on some level, has to first feel it. This is a fundamental law of creation.** You only damn yourself when you feel damned. You bless yourself when you feel blessed. Emotion is, in some way, always present. When you cannot feel, it is because you have become disconnected from your emotional sensitivity.

Positive emotion multiplies and spreads by its transmission from one being to another. Blessing others and creating an uplifting atmosphere opens an abundance of goodness that dissolves hurt and constriction. Maintained, it is like rain giving life to seeds, nurturing their growth and witnessing the blossoming of beauty.

You cannot feel anything which you have not, on some level, helped create. Truly, when you abide in the feeling of Oneness, you are given the keys to experience the unlimited Universe.

Emotional Direction

Emotional experience can be a gateway for growth. Yet emotion can also be the force of suppression and ignorance. When emotion runs away with you, creating havoc,

ignorance, or shallowness, you have turned your back upon your own Light and forgotten who you are — creator, God incarnate, the pure joy of existence. Each must face their limited emotions, each must free themselves into unlimited experience, into the flow, the beauty of life, the refined emotional radiance of Self.

Each will ultimately do this, because we embody a living matrix of emotion. Every atom of us gains its ultimate identity from the highest emotion of Love. Love will ultimately compel a forward and enlightening evolution within every one of us. Wherever your soul wanders, in all its ventures, Love will find a way in to its rightful and free dominion.

Where there is constriction, Love, which is the free flow of natural energy, will compel change. The universe has a built-in force of evolution which is you finding the freedom to experience yourSelf. This force of evolution just keeps on shining, forever. Your natural, bliss-filled, all knowing, wonderful, God-given radiance of Love has the ultimate staying power.

What Loves you is your Self. You are Loved by a power that already owns the whole ball-game and can never fail!

Really, you are made of, you *are*, LOVE.

By connecting to your feelings, you have the opportunity to evolve and refine. Make an art of surrendering every contraction into the flow of love itself. What trust! You know when something feels right. As you honor and awaken your sensitivity, this becomes very clear. Eventually all your feelings are overseen by and permeated with the inner sense of Perfection — the open heart.

Love is not something that you can project to or do to another being. This is often one of the biggest hurdles to overcome in spiritual growth. Love simply Is. Love is noticed, opened to. It is something that delights you, something that flows by itself.

Understanding Love in this way instantly deflates the grandeur of the ego, opening wide the floodgates into the sea of bliss. Your responsibility is to Love itself.

It is an act of the Supreme Creator that has Created us. Fully Awakening to this, you experience the beauty and glory of God effortlessly bustling out through your creative

awareness — I AM. God, the infinite, the all-possibility, finds an outlet through the Presence of each one of us. In the higher realms of your Presence, you radiate forth your Eternal Presence as Light. This body of light is your Eternal Radiant Light Body, your image made of heavenly consciousness, your shambala. This eternal exuberance of your Soul is the active principle of creation, of God.

How important to open and allow yourself to simply feel each moment, to be vulnerable and to take shelter in the vast depth of your being!

To discover yourself in the supreme Oneness, does it not make sense that you will have to surrender dualistic feelings of being separate? To surrender yourself, you have to first find yourself. **You get There by being There!** To remain in the ever-opening experience of yourself, you must constantly surrender any feeling of contraction, by anchoring your identity as the inner Radiance of Self – I AM.

The feeling of being contracted comes from doubts, judgments, belittlement and existence caught in a suffocating cage of the limited mind.

For some, this contraction becomes so severe that they literally become allergic to themselves. To surrender is to relax, aligning more and more totally into the sense of the free flowing heart — giving and receiving becoming one and the same, the Oneness of Self.

Awakening forever moves you into the indescribable, grounded in the heart of creation itself, your heart. Spiritual growth is change. To enter the spiral, you must commit to spiritual awakening, to sadhana. Those who fear changing have arrested and, silly as it may seem, taken themselves prisoner. Fearing to change, you cannot grow.

Take Time to Feel Your Depth

The number of trees in a forest can be calculated to yield so many cubic meters of timber, so much fuel, or so much capacity to hold water in the ground. In short, the trees are being described in the context of what material benefit can be gained from their use.

When you connect with a tree and feel what a tree is, you embrace the sacredness of its creation. Therefore to cut a tree, you must do so in relationship with the earth, with a feeling of the gift that you are receiving. A group of people who live in sacred connection and know the Oneness, will not by nature harm the earth or each other, because they intensely feel everything within themselves.

This is your willingness to embrace creation, to be in it, to honor it. It is a spiritual process. You cannot be fully incarnate without becoming spiritually aware, for this world is made of spirit. It is spirit to which you awaken when you are fully in the world, with two feet on the ground and the eye made single.

By playing in and bowing to shallow surface emotions, you will remain in these emotions time and time again. Such a socially driven existence is ignorant of life's deeper meanings and movements. When emotion runs pure and deep, the surface may be as a lake, or rough like the open sea, but deep down there is a fountain of joy.

For those who listen, surface emotions are pointers and indicators of deeper currents. Emotions never lie, nor do they play by the rules of the analytical mind. Those who go to the fathomless depths of their spirit shall obtain harmonious understanding and be able to direct with a guiding hand the turbulent path of any emotion — in themselves or others.

Learn to listen to what is being said underneath the outer words and circumstance. Don't try to figure it out as an exercise of the analytical mind. Rather, apply intuitive sensitivity through a mind that does not need to make anybody wrong, right, or have an investment in seeing things in a particular way.

- Pages 130-133

Picture

Amanda Sage, Artist

AMANDA SAGE ART

Small islands of coherence in a sea of chaos have the capacity to shift the entire system to a higher order.

MENU

Credits and links are appreciated.

The information on this website is not an alternative to medical advice from your doctor.

Each person is self-responsible for their own choices and actions.

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