

Divine Love Group Meditation

Here are a few helpful pointers for you to perhaps note for the weekly meditation sessions:

Intention: to come together in a group meditation of peaceful stillness to connect to Divine Love, which resides within the heart-centre of each and every one of us.

The more we can release and let go in to this concept and feeling of Divine Love within us, the more we allow ourselves to connect to and receive from our 'higher self'.

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- Be comfortable, sit, lie down, snuggle under a blanket, create a relaxing space for yourself.
- Have a drink nearby.
- It's fine to take mini breaks during the session, do not feel that you have to sit there and not move for the duration. Sometimes it's more beneficial to take a break and come back.
- Let yourself breathe naturally, no need to force yourself into any kind of breath-work. This is a time to simply be as you are, right here, right now.
- The focus - place your awareness on your sternum at the heart centre (between the nipple line, as it were).
- Those with some experience in meditation practice may prefer to use the brow centre to focus instead.
- Keep the awareness here as much as you can, without forcing yourself to stay there.
- The mind will wander off piste! Smile and return back to your heart centre, this is normal during a meditation. With practice you will be able to maintain this gentle awareness for longer and longer periods.
- Some days, we simply are unable to switch off, do not despair, there's no need to leave the session unless you really want to. Maybe write down all the thoughts that keep popping up or doodle on a piece of paper or make a cuppa and sit quietly. You could use the rose image that will be on the screen - more details & the image further down.
- Set the intention to connect to the Divine Love within you.
- This Love resides within you already, you can't do this wrong, but it can take some practice before it feels right.
- I have provided a picture of a rose from my garden that you can use as a focus point if you need it. Let your gaze soften as you observe the rose, almost as if you were staring 'through' it and relax into its beauty.
- Personally, I often see my heart centre as a rose bud opening as I relax into myself. It is soft, subtle and loving.
- However it's best not to over focus on visualisation, try to maintain an awareness of the feeling that the heart centre IS.
- Phenomena - all kinds of sensations, thoughts, visions may pop into one's awareness. Try not to analyse them, no 2 meditations are ever the same, and do not look for a previous experience to re-occur.

- It's not unusual to nod off, or even fall into a deep sleep. In this meditation you are asking to receive and connect to the Divine Love within you, so simply trust that this is what you need at this point in time.
- If you cannot make the Zoom session for any reason, you can still join us through the Unified Field of Awareness.
Divine Love has no boundaries or rules, you can also set the intention to participate wherever you are and settle into the meditation just as you normally would.
- You can tap into this meditation any time you like, it's not exclusive to Tuesday evenings. Perhaps even see how it feels to sit for a moment or two during your day or evening. You're simply connecting back to who you truly are, beyond the busy-ness of daily life.

Finally, I welcome your comments and feedback from the meditation sessions, thank you for joining us.

Love
Caroline x

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