



# Meditations for Awakening

*Larry Moen*

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## **Meditations for Awakening** Larry Moen

Meditations for Awakening is a collection of guided imageries to help individuals awaken to higher consciousness, and tap talents hidden within. By opening the inner frontier one will also utilize the power of visualization to improve physical and emotional health.

This book explores the Light and Dark side of the personality allowing acknowledgment and acceptance equally. This enables the sightful one to exist wholly in Divine Energy without encumbrances of the past. It is not easy, but anything worth while seldom is. Like brushing teeth, the more it is done the less thought is involved.

The Light category which contains God, Love and Truth is the basis for feeling. It's Dark duality contains the opposite which reflects Satan, Hate and Deceit and is the basis for emotion. Without motion matter does not exist. Motion or emotion is a vital ingredient to obtain its link with feeling. The two constantly move within themselves and are the expression of Divine Energy desiring to experience Itself.

We all have the answers within: we need only to locate the Source which for different people are manifested in numerous ways. Using outside tools as a method to tap into the Higher Self are fine as long as the individual realizes insights or wisdom begins and ends with that person. Some people commune with Spirit through prayer, yoga or devotional rituals. Some people channel the energy of outside entities, or ancestors, others use tools such as tarot, crystals, jewelry, palm reading, astrology or runes. Any method is acceptable as long as the communication lines are open with Higher Self.

Guided meditation or visualization is the most profound way I have discovered the link between feelings and emotions.

I believe that everything that has ever been is contained in each one of us. To analyze the ocean, only one drop of sea water is needed. And so it takes only one person's Spirit to know Universal Energy. One person's Spirit holds the answers to all. Every person is a drop of that Divine Energy. And that Energy can be felt in the body or seen visually as Light. We are drops of Light in the sea of humanity. When we embrace the Light, the fear of human existence vanishes.

One purpose for physical existence is to use our bodies as filters to purify our Light. To work through lessons by seeing the mirror of our own Energy in everything. We have free undisturbed will to make the choice of Light, Dark, or any shade in-between. The idea is to bring the heavy third dimensional frequency level upward to Spiritual freedom.

What keeps us from reaching the depths of our Divine Energy, from experiencing the Light is the trap of our own fear-based and judgemental perceptions.

These perceptions of reality are nothing more than our own thoughts given to us by our environment, our culture, and our society. Society has set the parameters of reality in such a manner that it acts as a prison, keeping us all in manageable, predictable situations. These barriers keep us from realizing our full potential and from experiencing oneness as true energy that is the source of all life. We have access to that Light whenever we choose. We need not be victims of the society in which we live. We are responsible to awaken

ourselves from sleep. It is our thoughts that keep the doors locked and block out the Light. Guided meditation is the tool I have chosen to transcend the confinement of this programming.

It is time for us to change our old patterns, to declare our freedom, and to wake up. It is important to experience the Light in every human being, material object, in every situation, in every part of our lives.

You may begin to realize that you can see beyond your limited desires, past this reality and into an expanded one. When you “see the Light,” you realize that your consciousness is what you choose it to be. Shed your old version of consciousness and walk toward the Light, become the Light, and send the Light.

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