

The Sphere of Creation

Use the kenosis meditation (see appendix) to enter the deep peace. Become aware, deep within your being, of a tiny spark of light. This spark grows into a sphere that expands to encompass you and fill the cosmos.

Visualize the upper half of the cosmic sphere as gold, the lower half as silver. The sphere now turns indigo blue and you become aware of the shining stars all around you.

A landscape solidifies. You stand upon a plateau at the summit of a mountain. Near you runs a stream, soon becoming a river that empties into a great sea.

The full moon rises from your right and illumines the landscape with its silvery light. It sets to your left. At the point where the moon rose, the sun now rises, glorifying all the world with new light and life. You hear birds singing their dawn chorus. You become aware of a great host of angelic beings all around you and you commune with them. The sun sets and the sphere darkens again.

The sphere contracts, drawing the stars together so that their lights merge and you are at the center of a sphere of pure starlight that coincides with the boundary of your aura. You meditate upon this, repeating to yourself as you do so an appropriate ritual phrase (suggestions: “a shining sphere of cosmic love,” “blessed are those who are centered in love,” or “be hallowed by a sacred sphere”).
