



Setting Down in Being and in Clarity, in the Inner Temple

18th August 2023 - 07:00

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**** Please notice that the recording was transcribed using automatic transcription software and might contain errors and discrepancies*

Let's continue for a little bit, for this meditation, to keep establishing the base of inner restfulness, of the inner space, the base of clarity in consciousness. Connect to your breathing and gently keep letting go with exhalation, so that you are fully settled, whether it is Being or the Absolute, depending how much your axis is Here let's start with Being. You need to feel settled, restful, and ideally absorbed. Now move to your headspace and first make sure that your consciousness is clear, luminous, alert, and thoughtless. That it is not foggy or lethargic, dim.

And then let go in your headspace as well. If there are any fluctuations or restless energies, you need to consciously keep letting until they settle. You may want, it can help, connect

your letting go in consciousness as well to exhalation. Then let go from your body, the whole of your body, including your head.

So that every particle of your body becomes settled. If you are ready to, you can connect that letting go to exhalation. And then just be in that inner temple which you are. You are the temple and the one who lives within it.