

[Expanded awareness meditation/ change the world/janetbalboa2018](#)

Get comfortable in your body. Imagine what it would be like to feel your energy as a subtle form of warmth. Rub your palms together briskly, thoroughly warming up your hands. Now bring them together and apart, palms facing each other. Imagine what it would be like to have a ball of energy between your palms, expanding and contracting as you move your hands away from each other, then back together. Practice imagining this ball of energy for a while. Relax back into your seated posture, imagining what it would be like if this energy from your hands expanded outward to envelope your entire body. Imagine this energy as a warm, soft, blanket that surrounds you with kindness.

Now imagine that you can expand this energy ball out past where you are seated, maybe an inch from you. Can you imagine this energy an inch away from you? What about three inches? Now imagine extending it out five feet from you.

Imagine it, this luminous, five-foot circle of kindness enveloping you. Imagine sending it out past the place you are. Beyond the nearest river or lake. (Slow your mind down. What is between you and that lake? What kind of animals live in the space between you and that lake? What kind of vegetation? How far is it? Are there memories between you and that lake? Attend to the spaces between you. No dwelling on anything, just allow everything to flow through your awareness. As if you were the banks of a wide, deep river, and everything is just flowing through the arms of your banks.)

Now travel beyond the tallest trees, and beyond the highest mountains you can think of. Take a moment to become aware of yourself still here, at the center, seated, in this space of yours.

Imagine what it would be like to extend this warm, kind energy even further. Can you expand it until you imagine you can see the continents? The oceans? (Remember to attend to the spaces you are passing over and beyond. Just open your mind to the infinite potentials that are waiting in you as you travel across this inner landscape. Your attention bathes everything with luminous warmth and kindness.)

Can you imagine the curve of planet earth as you encompass it in your awareness? Now expand beyond the moon, beyond Jupiter, to a place where you can imagine the milky way galaxy, slowly spiraling against the stars. Feel your warm, kind blanket of energy as it encompasses everything, as far as you can see. Imagine yourself holding the entire universe in your lap, surrounding it with your warm, kind energy. Now expand further, beyond, out into infinite being, beyond the edges of what is, until you imagine you can feel a deep sense of peace, of resonance, of lightness, or of profound belonging.

From this expanded awareness, imagine that you can listen, receive and understand easily. Imagine pausing here for a few minutes, melting, relaxing, dissolving into this warm, kind healing space. Imagine floating at the edge of consciousness. Safe, warm and blissful. As an individual, you experience being at the center of your world, yet at the same time, your circumference enfolds the universe. Can you imagine where the universe begins, and you end?

Imagine a moment, an hour, a day, when you, as an individual could choose to experience your being not as just the small center of your personal world, but also as the all-encompassing soul space of your infinite Self.

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Imagine floating at the edge of consciousness. Safe, warm and blissful. As an individual, you experience being at the center of your world, yet at the same time, you can imagine your circumference enfolding the universe in warmth and kindness.

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Fill this new awareness with heartfelt gratitude and thanks.

I am so thankful and grateful

Slowly open your eyes and return to your world; changed.