

Abraham Hicks's most beautiful powerful words on Meditation. 🧡

"What Meditation Is"....

It's like a willingness to think no thoughts
a willingness to carve out time to do nothing
a worthiness to not need to be productive
and worthiness to just be
a worthiness to just allow Source to wrap around you
a worthiness to just be
a willingness to not need to be active
a willingness to not need to do anything
a willingness to just sit in the ethers
a willingness to just let Source wrap
around you and through you
a willingness to just wait until there's an impulse
and the willingness to let it be alright if there isn't one
a willingness to just let it be whatever it be-es
without any control of it, without trying
to make it something, without trying to understand it
just let it be, let it be
just a silent space where there's nothing for you to do
nothing that needs to be done
nothing that should be done
nothing that hasn't been done
nothing that should have been done better
just a willingness to just sit there and be
just sit there and be you
and Source Energy just being
you and Source Energy just sitting there and being
Source Energy just flowing through you
to every cell in your body
every cell in your body being refreshed and uplifted
not thinking about it

it's just happening
it's not your work
it's not something for you to think about doing
it's something that you're just letting be
you're just letting Source Energy have its way with you
you're just letting Source Energy love you and know you
and flow to you and through you and refresh you and be you
that's what meditation is
it's just letting yourself be one with Source Energy
just melding into Source Energy
not being separate from
not proving to
not being smarter than
not even asking a question of
just sitting and being one with Source Energy
Source Energy who has you as undivided attention
Source Energy who knows your value
who offers knowledge of value to you
a knowledge of value that it's being absorbed by you at cellular level
the cells of your body, because of your quieted mind, are receptive to
this Source, are receptive to this refinement and this tuning and this
refreshment and this uplifting
the benefit of this little bit of time of you quieting your mind
and not trying to accomplish anything
just being
even these words that we're offering
this is not chatter
this is conversation about just being
this is general conversation about just being
the willing recipient of The Energy That Creates Worlds
just letting it flow to you and through you
to you and through you
because it's the most natural thing in the world

you don't have to earn it
you don't have to be worthy of it
in fact you can't stop it from happening
but sometimes you can allow it more
and that's the whole point of meditation
to just open your valve
and allow this Source Energy, Love, Power, Current, Knowledge to just
flow right into your experience and at various degrees of readiness,
blocks of thought will begin to occur to you.