



*Entering the silence,  
I become one with the  
vibration of compassion.  
I AM shines on me  
reflecting these points of  
light within me like jewels  
in the translucent, all-  
seeing, all being wisdom of  
spacious Presence.*

## *Eye of my heart*

*Beloved Trinity,  
With my heart, my body, my  
breath  
Mellowed and softened in you  
I open to the inflow of your love.*

*I live in my wound and  
vulnerability  
with courage from your source of  
love running through me.  
As the music of your healing  
silence pierces my soul I sing in  
harmony with you.  
You are my silence.*

*Shalom.*

*I surrender  
I trust  
We are One.*





*Once the Earth Star is found  
And deeply planted in the  
ground  
My outer shell cracks open  
As my self falls into light -  
Revealing my unbound  
essence,  
Luminescent, transparent  
space, fully present  
In the naked now -  
Uncovering profound depths  
in silence -  
My being is woven in to the  
order of things*



*The I AM light of clear seeing  
& healing moved up through  
me like a column of perfect  
brightness, enfolding all  
darkness along the way,  
turning all discomfort, pain  
and knotted patterns to dust.  
The dust does not settle but  
rises into the light and  
sparkles in my inner eyes.  
Beautiful, silver, glowing  
light, you shower me with  
divine blessings. In you I am  
safe. I am joyful in you I AM.  
What grace and thankfulness!*