



Keeping the Faith

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--Margo Adair & William Aal

As you hear the sounds of these words, you'll go deeper and deeper into the universal realms out of which all life springs... Feel yourself relaxing into the resilient support of the web of life. With each word you hear, you are becoming increasingly attuned to the connectedness of life, the mutuality of life. With the sounds of these words moving through your awareness, your consciousness will expand from your usual individual awareness into greater universal consciousness. Give yourself permission to enter into your natural state of fluid connectedness..

Feel the rhythms of life percolating through you...the pulse of life, the breath of life, the hum of life...Knowing life percolates through all creatures, through all people...

Sense the universal breath—what we breathe out, the plants breathe in,... what the plants breathe out, we breathe in. Energy constantly supporting, transforming, moving—universal breath interweaves all that lives upon the earth...

Feel the great synchrony of the universe. The movement of electrons, the movement of planets, all in synchrony...Let your tensions be washed away by waves of universality; feel yourself sinking deeper into the support of life itself...

Experience the fluidity of life...everything moving, carried by time...day into night, season to season, year to year. History is *alive*...Each generation gives life to the next, generation to generation to generation...Each generation dreams and struggles for a better life for the next, history in the making...

Remember those who passed before who cared...living, breathing beings devoted to life, dedicated their lives to the struggle for humanity...Remember them now.....

They live on in the spirit of humanity...Summon up the courage of those who passed before...Breathe in courage...empowering ourselves, the spirit of humanity lives and breathes in us now...Let our ancestors rejoice in our rising to the times...Aroused, together we take up the call, make history, create the future...

Feel life percolate through everyone; life regenerates itself. Life endowed us with life; now we are called to preserve life itself...We are part of the Great Turning, the great healing...

Give yourself permission to experience the fullness of your devotion to life, feel it in the depths of your heart, your soul, your whole being...Allow yourself to care...Remember the special moments in your life, times where your heart was warmed...celebrations...shared joys...shared love...majestic landscapes...the wonder of life itself. Remember what makes your heart sing...Feel your passion for life.
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Let your feelings merge with the feelings of others who have a passion for life...passion ignites passion...ever-widening passion for the protection of life...everyone caring...forming a great wave of humanity to change the course of history; history is alive within us...Together we have great healing powers, together we transform ourselves and the world...We make room for healing to happen.....

Remembering the powers, the power of people united, the power of life itself...healing powers are all around and within us.... Let all the pain, the rage of yours, of the earth's, let it transform itself into a great healing force, a force as fierce as a mother protecting her young.....

Let the power of life surge through you. Breathe it...Feel it in your heart...pulsing life...empowering you. Feel it uplift you...arousing you...Aroused, humanity forms a great moving wave...Passion for life carries us, empowers us to emancipate life itself...to create a future where the dignity of all life is respected...where the life of every single baby of every kind is honored. Our ancestors rejoice as we answer the call of history, protecting the claim of life itself...

You have your life to offer, you make a difference. You are alive in this great time...Feel purpose,... Feel passion, the power of life lives within you...Feel yourself a part of the great struggle, healing powers move through you...Listen to your heart...Listen to your convictions...Listen to your instincts...What cries out to you?.....

Give yourself permission to struggle for what you believe in.... Remember, there are many who share your cares...joining together, feel how much more powerful you are, everyone is, as we're joined together... Believe in our power. Feel it...Together we can make a difference...We are making a difference already...Life always wins in the end, grass grows up through concrete and reaches for the sky...Life regenerates itself, life always wins in the end...

Feel your connection with life itself...with other creatures...with the plant world...with other peoples.....We all create a great wave of life protecting life, securing it for the next generations... Imagine that humanity pulls through, the spirit of humanity lives on and each generation continues to dream and to struggle for the next generation...trusting the future, keeping the faith...Let yourself be empowered by life itself... and we'll heal the future.

Count Out

Begin to finish what you are doing and go over all the insights you have had and choices you have made...Breathe out, and project these visions into your life. Set the stage for action.Breathe and draw in these powers. Embody them...Live into the changes you are making.....

Appreciate all the energies, spirits, and your own good will for accompanying you through your inner work...Thank you for your inner work.

Make yourself ready to come out to outer conscious levels...

In a moment I'm going to count from one to five...At the count of five, you'll open your eyes, remembering all that you've experienced...feeling refreshed, revitalized, and relaxed, having brought with you the energies you became attuned to, ready and able to act on them.

ONE—becoming more aware of the room around you...

TWO—coming up slowly now...

THREE—at the count of five, you'll open your eyes feeling relaxed, revitalized, and refreshed, remembering all that you've experienced...

FOUR—coming up now bringing with you what you've experienced...

FIVE!—eyes open, feeling refreshed, revitalized, and relaxed, remembering all that you've experienced, feeling a sense of well-being, ready and able to act on the energies to which you've attuned yourself.