

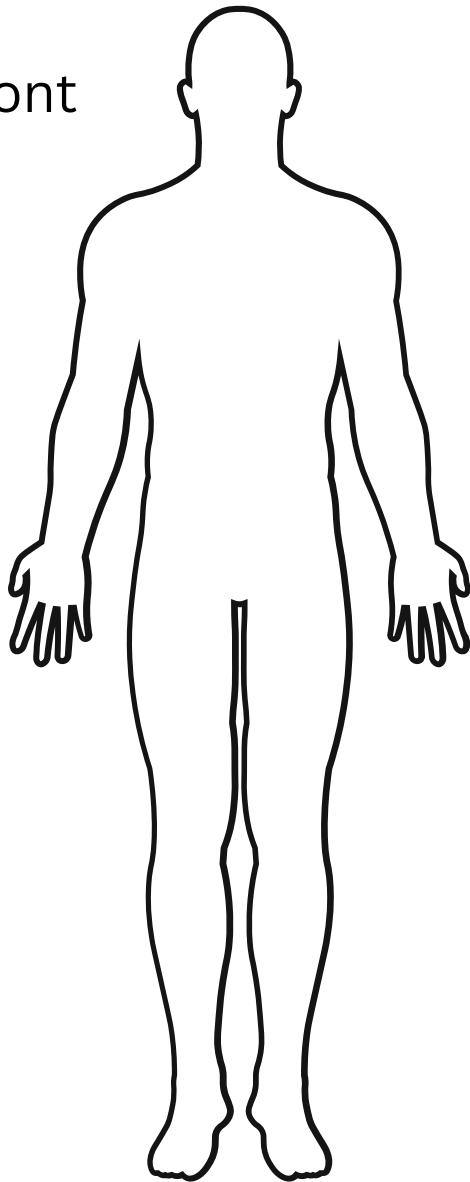


BOB FALCONER - SPIRITUAL GUIDE

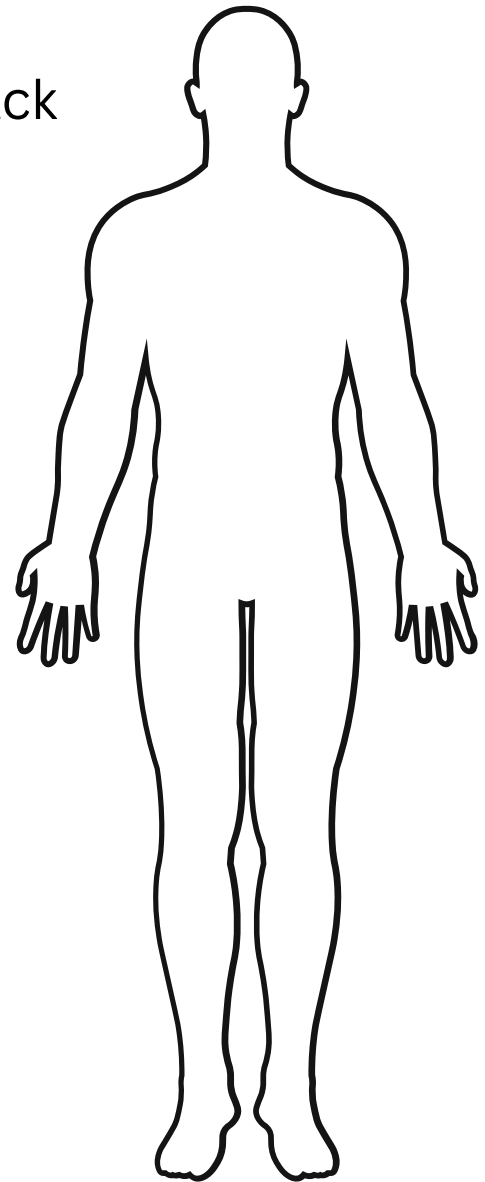
SEALING LIGHT PREPARATION MEDITATION

METHOD, NOTES, AND TRANSCRIPTION

Front



Back



An excellent meditation to use as part of the preparation for medicine sessions.

After listening to the meditation, fill in both inside and outside the outlines front and back with any areas that you noticed a constriction or felt some part, or presence, during the meditation. This creates a parts map for you of the parts involved in the upcoming medicine experience.

Full transcription of the Sealing Light meditation with additional notes from Bob Falconer

This is the mediation I like to encourage clients and therapist to use as a mode of protecting. Protecting ourselves from these external energies.

Meditation

“So we are starting to go into that familiar path into our inner world. Gently taking that path I think of it as the longest journey any human being ever makes is the 18 inches between their brain and their heart. So let’s make that journey down inside ourselves and greet all our parts. ‘Hi gang, Good Afternoon, Good Morning, Good Evening’. Whatever it is for you.

And then ask all your parts if they will give you a little space today and what we want to do is to get curious about the centre. There is usually a little spark of light as we look down inside ourselves there’s a spark of light, some people experience it as a centre of warmth or a life force or some kind of resonance or vibration but most people in the west seem to experience it as a spark of light and this spark of light in many ways is who we really are. You could consider it an image or representation of self.

I want to ask you to focus on the spark of light, or warmth or life force, or vibration or resonance whatever you perceive today deep inside you and open all your sensory modalities to this centre, this spark and there seems to be a law, a rule of inner physics that as you focus on things they grow larger. More and more detail is revealed focusing on this light you might start noticing that it has colours and that it moves or if it started with a vision, an image you might start feeling it as a sensation in your body and welcoming that sensation and becoming curious about it.

Noticing all the details – does the light have a temperature? Is it a cool blue light or a warm reddish one? I don’t know. And noticing its movement as it starts growing and expanding in your body. Now as this light or warmth or resonance grows and grows deep inside of you we want to notice if there are any obstructions or constrictions or boulders or object’s in the way deep inside of us. We don’t want to fight them or try and overpower them or anything like that we want to welcome them and note them, note where they are and notice detail about them.

And then as that light or warmth or vibration keeps expanding through all your tissues and organs notice any of these constricted places with curiosity and hopefully compassion and if there is some of these places you can’t have curiosity about that is very important. Make a special note of that.

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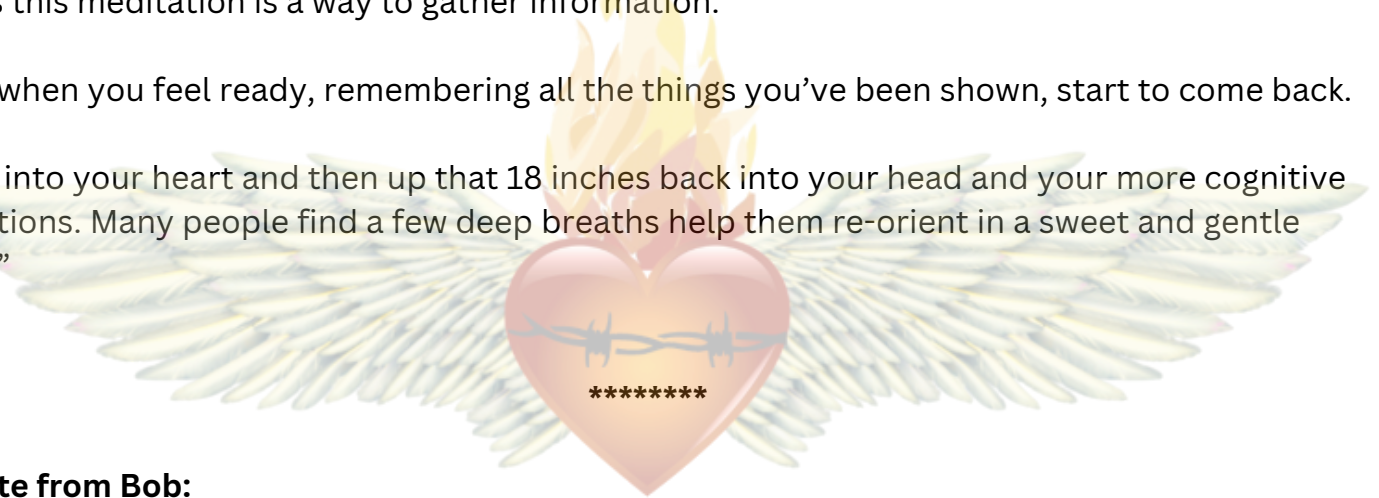
“And letting this light, warmth, vibration, resonance expand and expand until it fills your entire body all the way to the skin. Carefully noticing front and back. Any places where it's shadowy or doesn't flow easily. Or you might see objects in there very clearly – boulders or things, or even people, or parts. You want to note all these and remember them all, as they are important trail heads – they are guideposts to work that will be good to come back to in the future.

And then when it feels that this life force, warmth, energy has gone all the way to your skin and filled every organ of your body and every cell of every organ in your body let it go 'poof' and expand beyond your skin, maybe a foot or two. So that it fills the whole space around you; above, below, right left front and back.

And notice if you can sense any movements in that space around you, any shadowy beings? I don't know what you'll sense there. Maybe it's all clear and warm and vibrating rhythmically in a synchronised way – I don't know what it will be like. Notice any turbulence in the waves and rhythm, any syncopations or irregularities – it's really important information. In many ways this meditation is a way to gather information.

And when you feel ready, remembering all the things you've been shown, start to come back.

First into your heart and then up that 18 inches back into your head and your more cognitive functions. Many people find a few deep breaths help them re-orient in a sweet and gentle way.”



A note from Bob:

I want to say just a few words about this meditation: Its adapted from William Baldwin who called it the sealing light meditation and he used it as a way for people to protect themselves from these UB's or negative entities as he would have called them. I think it's a much more effective way than trying to create some boundary, some wall because this meditation is really good for us no matter what and creating walls drains energy; as you may know from IFS, protectors tend to attract what they feel the most, and walls do that too.

This meditation at first, if you spend a great deal of time on it, one on one with people and talk to them about everything they find in their bodies, can easily take 20 minutes. But if you practice this meditation it becomes something you can do in a few minutes or even a breath so it becomes a tool you can use if and when you feel you want more protection from the energies you are dealing with. The real protection is not being afraid, being in Self, and this meditation can help us with that.