# Surrender, Grace, Beyond

### Themes

Spiritual connection, divine union
Light, angelic realms
Ascendance, absorption in Spirit
Grace, descending light, blessing
Timelessness
Knowing
Listening to the future, from the future
Soul
Causal realm, causality
Echo of our arrival, synchronicity
Finished and never finished, enso and spiral
Becoming
Spiritual / mystical practices
Transcending the journey ~ to me, by me, through me, as me
Resting in peace, power, beyond
Ritual
Re-indigenizing and decolonizing spirituality

### Elements & Senses

Light • Emptiness • Magnetic presence
Beyond the senses

### Physiology

Crown of the head • Above the head
Pineal gland

**An Invitation to Explore Your Experience**

*Gently bring your attention to the crown of your head, and then just above it, into the space that holds you. Not trying to go anywhere or arrive at anything ~ just noticing the quality of the space here*

*Embodied Witnessing*

# Prayer

*What prayer connected to the crown center resonates for you? What follows may inspire some ideas.*

*Gratitude, You, the sacred life force are the garden, the river of life, the emerging spiral. Aho.*

**Crown Integration Invitation**

Cultivating openness and surrender toward what is larger than personal understanding — not as spiritual bypassing, but as openness to the Mystery.

Where individual consciousness opens into the larger stream. Listening to the future: what is calling you forward? What glimpses arrive as deja' vus, synchronicities, moments of becoming?

**Mantra**

Seed Sound Silence • AUM

Lord's Prayer • Devotional prayers in your own tradition

Mantras for divine union, surrender, and inter-beingness

Connection with your Soul

*What crown prayers resonate for you, in your life, or informed by your ancestors, sacred traditions, or the Earth?*

# Potential Explorations to Deepen Connection with Your Crown Center

- Presence at the crown center and above, sensing the space in which you are held
- Meditation on light, insight, and the soul
- Prayer and devotional practice in whatever form feels authentic for you
- Noticing the quality of sensation and experience at your crown and above
- Surrender, How do you find relation with what is beyond understanding?
- Exploring your experience of timelessness
- A contemplation on timeslessness,
  honoring the past and future through your experience. . . seven generations back and seven generations forward
- The river of time, the flow of life
- Listening to the future as a contemplative practice
- Co-creating with spirit: what practices help you feel genuinely available to something larger?
- Exploring inter-beingness: how do you feel the world in you?
  How do you feel you in the world?
- Re-indigenizing and decolonizing your relationship to spirituality, what inherited frameworks are ready to be questioned?
- How did your ancestors pray, commune with the sacred, and listen to life, the creator, the universe?
- Contemplate practices in your life which connect you with your spiritual nature

*Embodied Witnessing*