

## **THE HEALING CENTER, CONGREGATION BENE SHALOM**

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# **HEALING KABBALAH**

## **GARDEN OF EDEN MEDITATION**

This is a wonderful meditation to use to ask a question about something that is bothering you that you need a solution for. You ask this question of God or of the Universal Life Force or whatever or however you conceive of the ineffable. This is a mystical meditation because, with practice, it gives you direct contact with that force, that wisdom, in the universe.

Prayer and meditation are an art. Practice is an essential component. Also, it is essential, that like any other art, after diligent practice, you add your own creativity and spontaneity and make the meditation your own.

So first formulate an important question: for example: What is the next project I should be working on; Should I change jobs?; What is the best medical treatment for me?; How can I deal with a coworker who is driving me crazy?; Where can I find help for my physical or emotional problem? How can I meet a wonderful soul mate? The question can be anything that is causing distress in your life/ Or the question can be how to find more joy in your life with work or with healthy, fulfilling relationships—anything at all. God wants us to ask and God wants us to be happy.

### **THE MEDITATION**

Begin by making yourself physically comfortable. Sit back, close your eyes, uncross your legs, feel your feet resting easily on the floor. Now, focus on your breathing. As you breathe in deeply, feel the energy you are taking in and see this energy as light. Feel this energy, the Life Force of the Universe, filling your being with vitality. Visualize yourself filled with light. This light/energy is what some of us call God and some call the Life Force of the Universe. As you breathe out, feel the wastes and toxins leaving your body. Continue for a few minutes breathing in and out, visualizing every inch of your body filled with light and with vitality, peace, confidence and joy.

Now, visualize your inner self, your soul, leaving your body and soaring upward. Perhaps you see your inner self as a yellow or blue light, or as a shadow of yourself or even as a little "Tinkerbell," sparkling and full of fun. As you soar higher and higher, feel the air and see light shining all around you. This light guides you and lifts you. You are rising higher and higher looking down on Chicago and Lake Michigan. Then see your inner self rising to the stars and the moon. As you travel, look down and see the land, the continents and the ocean.

Feel yourself dipping down, diving toward the ocean. Feel yourself as the child you once were with the exhilaration of going down a high slide into a pool. Now you dive into the water and you see marvelous sea life and ocean plants. Then fly back up to the clouds. Feel the exhilaration of flying through the air.

Soar over the ocean, over continents and finally you are soaring over the holy land of Israel. Then your inner self comes down and materializes in the land. You are near the city of Hebron, at the holy cave of Machpelah. This cave is sacred to Jewish people and to Christians and Muslims as Abraham is considered Father of all three faiths. The cave of Machpelah is the burial place for Abraham, Sarah, Rebecca, Jacob and Leah. This cave is also considered to be the entrance to the Garden of Eden.

Now you are standing outside of the cave. Feel the pleasure of the hot sun on your body and the warm sand on your feet. Perhaps wiggle your toes. Then walk into the cave. For some people the cave is dreary and dark, cold and moist and not entirely comfortable. For some the cave feels comforting, cool on a hot day.

Now you are standing in a cool, dark place. Look around at the walls of the cave, feel the cool stone floor. You look over and see a door to your right. This door is glowing and it stands in sharp contrast to the dark gray walls of the cave. You open the door and you walk through. You are walking into the Garden of Eden. It's amazing. The garden is lush with green vegetation. There is a heavenly light all through the garden. There are blooming flowers everywhere you look. Smell the wonderful fragrance all around you.

Now walk through the garden and find yourself a wonderful place to sit near a waterfall or a lake. Look up at the blue sky and white clouds. Hear the water and the birds singing. Feel a gentle breeze on your face, the warmth of the sun, the cool , softness of the grass. Make the meditation and the visualization all your own. Visualize the most beautiful place you can imagine.

Suddenly an angel, a messenger of God, a bearer of the Wisdom of the Universe, comes toward you. Use your imagination—what would such a messenger look like to you? See her or his hair, robes and kind, gentle face. This messenger has an important message to give you, to guide you in your present life.

Sometimes you feel this message instantly and intuitively. Sometimes the message will come to you later in the day or after a few days of doing the meditation. The message will be a sudden intuition that is a clear, direct and wonderful answer to your problem. The messenger is there because you have opened your heart. After receiving the message, you thank the messenger and you watch her or him depart. You now go back through the door and experience the contrast between the garden and the cave. You leave the cave and feel your inner self soar upward. You go back through the clouds over continents and the ocean and return to your present room. And you see your inner self merge with your normal being. You sit for a few moments thinking about your recent experience.

All meditation takes practice. Do this meditation regularly with a sense of fun and expectation, and love of God, and you will receive enormous help in your daily life.