



*Excerpts from*

## **MEDITATIONS ON EVERYTHING UNDER THE SUN**

*The Dance of Imagination, Intuition and Mindfulness*

by **Margo Adair**

### **Part I Working With Spirit**

#### **SECTION ONE: AT THE HEART OF APPLIED MEDITATION**

Applied Meditation enlightens the spirit, brings peace to the heart, and reminds us of our intrinsic connectedness. It invites healing, creativity, and wisdom, and enables people to be more effective in the practical affairs of everyday life. If you have a spiritual practice, Applied Meditation will augment it; if you don't, it will open up the vast realm of the spirit to you. The theory and meditations in this book will enable you and those you share them with to apply the deeper resources of intelligence to the specific challenges you face.

The act of meditation brings us into contact with the harmonizing forces intrinsic to life itself. In short it does nothing less than empower us to be more alive, joyful, and caring. Most of us have lost sight of the sacred in the midst of the demands of daily living. It is ironic that when we stop and look within, it connects us to all that is around us. Meditation in a simple, yet elegant way reconnects us to our authentic selves, one another, and the world itself.

A self-organizing principle runs through All That Is. The symmetry of a snowflake and a dandelion or an atom and a solar system is awesome. It is at the heart of mystery — makes one take a deep breath. Physicist David Bohm<sup>1</sup> offers us a theory of implicate order that suggests the universe is like a hologram — we are all part of the whole and the whole lives inside each of us. There is no real separateness in the universe. When we meditate it is as though we sink into this implicate order where all is in accord.

We need to remember the connective tissue of culture. In a world that is coming apart at the seams, competition and greed rule; alienation cuts deep into the fabric of our psyches. We do not experience ourselves as being supported by and embedded in collectivity. Instead we think that the group is in opposition to the individual — that the group holds the individual back. Individualism is the malaise of our culture.

To heal ourselves and our culture we need to share time in deeper heart/spirit space. My purpose in writing this book is to provide tools for that healing. My intention is to empower you to develop a deeply intimate relationship with your own consciousness — that place inside that experiences your connection to All That Is. There is nothing more vital to reclaiming personal power than coming to trust your own subjective process. You will learn how to interpret what is taking place in your consciousness and to identify where and how to direct attention to increase well-being. As a result you will be able to apply inner resources to what concerns you at the moment, whether you are dealing with the usual demands of daily living, facing a major crisis, or addressing an issue that grips our society as a whole. Much of what meditation offers individuals is easily translated into processes that groups can use. Because meditation opens both the heart and the spirit, using it with groups creates the kind of cohesiveness that inspires wise choices, collaborative creativity, and community spirit.

This book presents a new theory and practice for working with consciousness. It emerges out of 25 years of my experience developing and teaching Applied Meditation for intuitive problem-solving and my ongoing work on social justice issues. As with Alice's looking glass it is likely to turn your idea of reality inside out. The theory transforms the imagination from the generator of fantasy into the aspect of consciousness best suited to reveal reality and initiate positive change. It works with the interplay of the subjective and objective realms, inviting us all to participate in the co-creation of reality.

Applied Meditation weaves together three approaches to consciousness that rarely cross paths. I call them the Witness (pure awareness) — as in the mindfulness of Eastern forms of meditation; the Active Imagination — as in visualization, guided imagery, and self-hypnosis; and the Receptive Imagination — as in intuition, psychic awareness, and creativity. This book offers you a methodology by which to align yourself with your goals and increase the probabilities of them manifesting; to apply intuitive insight to your problems; and to develop your capacity for mindfulness, which grounds you in the reality of the present moment.

Included are 160 meditations that can be used for gaining insights, for healing, for deepening your relationships, and for connecting with your spiritual experience to bring the power of the sacred into your everyday life. The meditations do not emerge out of a particular tradition, but they do invite you to draw on your sense of the sacred. The meditations lend themselves to diverse groups because they invite people to call on whatever is revered by them. Designed for easy mixing and matching, you can use the meditations to create combinations that speak specifically to your circumstances or to those of your group.

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## **From Victims to Visionaries: Transforming Our World**

The Active Imagination is as important for cultural transformation as it is for personal transformation. Apply the principles to social change and the impact is nothing less than revolutionary. As with personal change, we need to have a vision to strive for. Wherever there are gaps between our ideals and what is taking place with issues such as fair and just relations, diversity, ecological sustainability, etc. we need to find and create points of reference that illuminate how it could be otherwise. If, as a woman, you want to get rid of sexist role expectations, then imagine how life would feel if you both saw yourself and were seen as indispensable to policy-making. When you do you will act differently and inspire others to treat you differently. Envision how the dominant culture would change if we didn't leave the particular ways we are different at the door in order to fit in. How would it feel if there truly were a diversity of approaches? How would it feel if we refrained from acting once we realized something's negative ecological impact? If we want to relate to one another and the planet in ways that are respectful and sustaining, then we have to create visions of how that would be — not just think about it but imagine and sense how it would actually be and feel.

Creating visions is not a private affair. Since the vocabulary of each of our imaginations is limited by our past experience, we all need to look to those whose experience is different if we want to stop perpetuating unwanted patterns. What if people from indigenous cultures that have been self-sustaining for more than a millennium were to sit at the table that is addressing global warming? What if people whose cultural practices emphasize sharing rather than accumulating were to sit on the boards of the World Bank? The voice of the outsider has always been on the leading edge of cultural transformation. Would their input not expand the collective imagination of those grappling with the problems? When we take on the attitude of humility and curiosity we discover what is needed. When we combine our differences we have what it takes to be whole again.

Thinking by itself is not enough. We must imagine true justice in our relations with one another, across nations, and with the Earth itself. When we create contexts in which we share our varied experiences, our horizons expand and we give the Active Imagination a rich pool of resources from which to draw. And what we can imagine, we can bring about.

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