

Our Mothers' Tents Meditation

Meditation is an incredibly powerful tool for accessing energies, mythic consciousness and our own inner wisdom.

To start off our Tent Keepers experience, I invite you to discover your own connection to the first of our matriarchs, Sarah, and explore her world as it exists deep in your own consciousness. You can return to this world at any time and place, as a space for self-discovery and guidance.

Whether or not your imaginary world of Sarah's tent reflects the actual tent isn't really the issue here. It's more about tapping into that space where YOU merge with HER (in mythic form) and begin to feel connected to Her authority and lineage.

I encourage you to do this practice sitting up (or at least a supported upright posture, propped up with pillows), and also to keep your eyes open. We want to remain in the body at all times while meditating, so that the experience doesn't simply become a part of our disembodied "head knowledge" or our crown chamber (chakra) exclusively. We want this experience to connect to our deepest chambers, and the ones associated with feminine energy -- solar plexus, sacral and root.

After your experience, I suggest you have some herbal tea and journal the messages, insights and observations that come up. You might also want to paint or draw depictions of Sarah, her tent, and the grove at Mamre as they came to life in your imagination.

You can revisit this meditation at any time, or use it as the starting point for your own imaginal journeyings to different times, places and matriarchs throughout our experience.

Enjoy, and happy travels!



Tent Keepers
from Temple of Divine Radiance