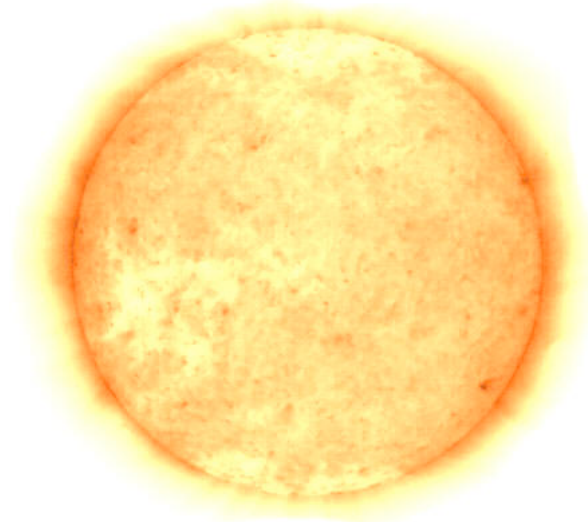


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A Year Within The Tree of Life

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Tiphareth - BEAUTY Pathworking

The Heart of the Sun

Turn your focus and attention to your breath. Allow your consciousness to move with the rise and fall of your chest and the filling and release of the lungs. Continue in this manner for several breaths; allowing each to become softer, smoother and slower.

As you continue to breath in a relaxed manner, you find yourself sitting on a beautiful sandy beach. The sun is shining brightly overhead and the day is warm, with air fragrant from sea and salt and life within. All around you are surrounded by expanse of area. The beach stretches long and deep behind you and the ocean's water merges into brilliantly lit sky long and far ahead. The water is so clear that from your vantage point on the beach you would swear that you can see the mirrored reflection of the Sun reflected on its surface.

You take some time to languish in the sensation of warm sand between naked toes and the warmth of the sun on your body and face. Time seems to slow and you feel as though you are held within a still point of space that is both ripe and full with possibilities as well as ever changing and transforming at a speed that is incomprehensible. As this feeling begins to strengthen you become aware that the boundaries between earth, ocean and sky seem to be blending and fading in distinction. It is as though all is moving inwards dynamically and magnetically as the varied energies are drawn towards a center point. As this feeling moves through your being you close your eyes and gently lean back into the softness of the sand beneath. You expect to feel the weight of sand pressing lightly against the back of your body and are surprised when you seem to be simply floating – held in a gentle swirling energy of light and heat and fluid. The feeling is not in the least unpleasant, but rather, exhilarating and the center core of your body seems to respond and expand in a flurry of gentle butterfly-like sensation that announces the awakening of your own energetic center.

Instinctively, you open your eyes and realize that you have unknowingly and without conscious effort moved to an upright position. There is only the brilliance of Light upon

which you appear to be standing and you realize that you are completely enveloped in the honey golden glow of this light. It is as though you have stepped into the very core of the sun, but unlike the physical sun to which your earthly realm is accustomed, the intensity and heat of its flame is tempered. As you stand breathing in all that you are experiencing you feel the desire to move deeper into the center of this warmth. You are aware of a sensation similar to walking through gently moving water as you move ahead. You imagine that this is what it would feel like to move through liquid honey - a gentle resistance, but fragrant and warm. It is as though you are being drawn towards a deeper core guided by the strengthening of your own central core of energy which you feel midway between your solar plexus and heart chakras.

As you move deeper within the center you begin to see a swirling pool of color faintly ahead. You can make out streams of red and sky blue, green and violet, gray and black, orange and within the very center a pure crystalline stream of white light. As you move closer there is less distinction between each of the colors, yet within the violet you can see the fine threads of red diluted by blue and white. Within the gray you can distinguish the streams of pure white and the giving way of the jet black. Each retains a certain level of individuality but is also part of the mass and volume that is the combination of all of the colors.

Moving closer still, you see that what appeared to be only a drawing in is also a release back from whence each stream of color originated. There is a pulsing of receipt and return that you feel echoing within your own being and you are reminded of the work of your physical heart in receiving what needs purification and cleansing and then the necessary release back through vein and artery to sustain life in its enriched form.

This is as close as you may get to the center for now, as the rush and wave of energy is not one you could easily navigate. Even from the place where you are standing, which is still a great distance away and still further than you can comprehend, you become increasingly aware of the power of this place. The sheer strength and energy contained and generated. You remember from a place deep within and long ago that this is the point of threshold and Gateway that only a few have completely passed through in their place of devotion and dedication to the Great Work and humanity.

This is not your challenge to take up, for you have much work that must be completed and shared that can only be achieved in the physical realm and the physical incarnation of which you are vitally a part. You stand in silence and in awe of what lay before you and you have a sense of the diversity of energy, form, color and essence that swirls and undulates before you. Take a moment to just simply be in this place. Express gratitude for the experience you have had and the deepened perspective this place of power has offered.

It is now time to return to the outer world. You turn and begin your journey back along the path you created. As you move away from the center the sense of color fades and you find yourself once again surrounded by brightening golden light. You continue to slowly move through the honey colored warmth and fall into a sleepy rhythm of step that once again finds you in a position of laying back into warm thick liquid. You close your eyes for a moment, and the images of the swirling colored energy fill your inner screen. You feel a calm sense of being and a connection to all of life that you had not previously experienced. As you think on your experience, you sense the brightness of light and heat and warmth on your face and body. This is the gift of the physical sun. The sounds of waves and ocean and the grittiness of sand flood back into your sensory fields and you open your eyes to once again gaze out at the waters and the beach on which you are now laying. You rise to stand and drink in the

beauty around you. The reflection of the sun on shimmering water now has new insight and a deeper message for you. This is the heart and sustainer of all life renewed, transformed, quickened and birthed. Its energy flows through everything and its nature of balance and synthesis transforms all that pass through its center. You have seen one part of the mystery and gnosis that lies within the spiritual sun. It is the great connector of the physical and the Gateway to the Divine. It is the reflection of the All and its grace quickens the life force within.

Allow these words to fill your mind. Each word guiding you back to the awareness of your breath. Allow the image of this sunlit beach to gently fade. Each breath bringing you back to the rhythm of your breath and the rise and fall of your chest. Become aware of the physicality of where you are sitting or laying... your body pressed against cushion, chair or floor.

~ And when you are ready, gently flutter your eyes open ~

[Optional Reading](#)
