

## Giving and Receiving Hokmah

### The Base of the Practice

- Sit down and allow yourself to relax, yet remain completely alert. Let your body find its own natural rhythm of breath, and gently place your awareness on your breath – just being present with your breath and the moment.
- Then envision the light-presence (the indwelling Christ) as a spiritual sun within and behind your heart. Imagine your breath linked to this spiritual sun, as though the spiritual sun were breathing through you. Feel the warmth of the spiritual sun in the center of your being – the light, love, and healing power of Christ in you. Feel the depth of knowledge, understanding, and wisdom of the light-presence; the depth of forgiveness and compassion. Feel the sacred heart of Christ open in yourself and the acceptance of yourself, just as you are, by the Christ presence. As you breathe, imagine that your whole body-mind is pervaded with the light – fill with the light and love of Christ.