

Light-Womb Meditation

Binah

Sit down and imagine that you are in the womb of the Holy Mother. Envision your body formed of light, with the spiritual sun shining in your heart, and a great sea of light all around you. Listen to the beat of your heart, and within behind the beat of your heart, hear the beat of the Mother's heart; listen to the thoughts in your mind, and within behind your thoughts, hear the thought of the Mother's mind. Speak with your divine Mother and hear her speaking in you. When you have communed with the Mother in this way, take up the chant Ama-Aima. As you chant, merge yourself completely with the light-presence of the Mother. In the silence following the sacred chant, abide as the light.