

Sitting Upon the Lap of the Holy Mother – The Throne of Glory  
Binah

Sit upon a chair, as upon a holy throne, and imagine yourself as a child of light sitting upon the lap of the great Mother. Feel your breath and the beat of your heart – the life that is in you and all around you – the presence of God the Mother. Breathing out, let go, and breathe yourself into her, letting yourself merge into her. At one with her, abide in her. In her, whole and complete, perfect as you are, you are she and she is you. This is the delight of perfect meditation.