

Inspired Life Formula with Nina Lockwood

Module 3 Access Inner Wisdom

Exercise 3: Open Awareness

This is Nina Lockwood. Welcome to Exercise 3 in the Inspired Life Formula's third Module, Access Inner Wisdom. This exercise is actually a guided meditation called Open Awareness. So it's not so much something that you'll do as much as will allow yourself to experience. It will help you discover that you yourself are the space in which your inner wisdom appears. By learning how to expand your sense of inner spaciousness you'll come to recognize how safe, loving and wise it is.

As you continue to increase your capacity to shift from thinking to feeling, you'll notice that you believe your thoughts less and less; not because they're necessarily wrong or inaccurate but they're incomplete- they just don't take in as much as your felt sense. You'll develop a taste for knowing on a broader and deeper level, which is what happens as you discover the vastness of space inside yourself.

This discovery of inner space will help you see that thoughts, even very limiting or painful ones, are really much less solid than we usually believe. When you directly experience how spacious your awareness is, you realize that thoughts are flimsy and permeable - and you can dissolve them because they're just constructs that you've created. And you can uncreate them so that we you're able to suspend judgment, expand your willingness to know what else is possible and increase your ability to rest in not-knowing. And as you do this, you open yourself to your intuition and inner wisdom. I'm going to begin our meditation by ringing the bells in a moment, so take a moment to make yourself comfortable in a quiet place where you won't be interrupted, and set a simple intention for yourself to allow your awareness and your imagination open your heart, and connect you to your true nature.....

Ring the bells.

begin: closing eyes* unmanaged breath *settle into safe, protected loving space

W explore sense of self within 3D space & beyond
expand sense of self, expand our possibilities for becoming open to the messages that are being broadcast all around us.

open & soften mind, body, emotions..
spacious presence, what are senses presenting, noticing..
any discomfort, notice where, acknowledge, release w/ breath abyc
drop awareness from mind to heart.....internal spaciousness

spend time sensing the body's internal boundaries—expanding them
multisensory imagination - move your awareness
body made up of cells-molecules-atoms: atoms-mostly space; nucleus 1/50
of 1%, electrons: clouds of particles smaller in space

Hands: thumbs, index fingers, fingers, palms, space within, outside, energy
Feet: toes, soles, tops, ankles: phys boundaries, inside/outside, up legs
alive space within body, outside body, space penetrating inside and out

pelvis-hips-abdomen-lower torso-imagining space inside-outside-belly-
lower back-upper back-heart-lungs-shoulders-throat-neck
head-jaws-cheeks-ears-temples-eyes-nose-forehead-scalp, hemispheres

aliveness. direct to areas of tension, tightness, allow to soften
sense, imagine all cells opening, oxygen, nutrients, cleaned up and out
freshness- vitality-sense whole body alive, open, spacious, boundless.

imagine/sense atoms in your body: clouds of particles revolving, floating in
space within the boundaries of the atoms, atoms that have their own
dimensionality floating in space

body is mass of clouds of particles, floating in space, what keeps them
together, surrounded by, permeated by space..boundaries?

sense/imagine body as clouds of particles, clouds of feeling, clouds of
sensing, all contain in and permeated by space... what is space?

sense/imagine: the space contained within your entire physical body; 3D space of the room, of the building

silence as 3D space, out of which sounds arise, exist, disappear

space that surrounds/permeates thoughts, images—space that surrounds/permeates feelings

space that surrounds, permeates taste, smell: arise, exist, disappear

sense/imagine experiencing all these spaces - for sound, taste, smell, touch, thought and feeling simultaneously

add: a 7th sense - the sense of timelessness or eternity in which you are aware of the continuum of past, present and future - no effort
this awareness/witnessing/presence also surrounded by space (bells)

All the matter of your being is made up of clouds of particles filled w space, surrounded by space, moving through space. That includes your thoughts, your feelings, your senses. How does knowing this help you? By knowing that the so-called nuts and bolts of who you commonly think you are - body, thoughts, feelings - they're mostly space with just a little bit of matter, it means that these things are much less dense, more fluid, more responsive to your efforts to create positive changes than you normally think. That's good news. Especially when you're using the energy of your heart to make those changes.

See if you can go even deeper with your experience of spaciousness within your being, that now is more able to notice the subtlest and gentlest of whisperings, encouragements, recognitions and realizations that weren't accessible prior to your shift in awareness