

THE GOLD BALLOON

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This exercise is a form of transmutation for areas of emotional congestion, repetitive patterns of emotional response to outer experiences, experiences of a traumatic or unpleasant nature (whether real or imagined) or any other difficulty encountered as an inward or outer occurrence. The exercise may be used for events which occurred at any time in the life of the individual using it. If the trauma occurred during childhood then the event is transmuted.

For example: if an event happens to someone as a child which the child experiences as negative (whether it really was or not), then the experience as it was felt by the child is transmuted. The event in that time and space is transmuted as well as those events which may have occurred because of that trauma. Any time period may be worked with, adolescence, middle age, etc. The reason for working the exercise as mentioned above is to help heal those parts of the consciousness which are trapped in the past. We may think of ourselves as living in the present, but behind us in time are parts of ourselves locked into experiences which are long over. In many instances they might even be forgotten or reprised only at special events such as Christmas or birthdays or funerals. However little or much we may remember them, as long as they are there a part of our consciousness is trapped, and we are fragmented, unable to be as whole as we might have been or might be today.

THE MEDITATION

Step 1: Sit comfortably in a chair where you will not be disturbed. Close your eyes and take four or five deep breaths, inhaling and exhaling slowly. As you exhale feel the tensions of the day being released, the body becoming quiet and still. Work on this until you feel relaxed but not passive. Quiet but not unconscious.

Step 2: Imagine you are standing in a meadow. Try to be "in" the meadow, not watching yourself standing there but actually be there. Look at the grass, the flowers, the trees. . . .pause . . .what color are they?...how does the ground feel beneath your feet?. . .feel the warmth of the sun. . .the air . . look at the sky. . .what does it look like?. . .Take a few minutes to experience the meadow and how peaceful and restful it is.

Step 3:

Now imagine a little distance in front of you a Gold Balloon. It is very large and underneath it is a basket. It is not a regular basket. It can hold whatever you put in it. Size makes no difference, everything will fit in it. Now, take an event which has happened to you, old or new; something which you have been unable to let go of, or which was a difficult experience, or which is a pattern of behavior you would like to change. It can be a person, a place, an event or a time, and put it in the basket.

Visualize it going into the basket. Take your feelings about this event or your memory of the event...your hurt...anger...pain...anxiety, whatever it might be and put them in the basket. They

now have a safe place to go where no one can be hurt or pressured. Once this has been done hold this thought for a moment: "I now release this (person, problem, event) into Divine Law and Order where truth may be known and Love may heal."

After holding this thought for a moment visualize the balloon beginning to rise, lifting the basket with it... Slowly they rise out of the meadow...let them go...watch them rise and move toward the Sun...the Sun is the Soul resting in the heart of the One Life...the source of Love... Let the balloon and its cargo rise toward this heart of infinite compassion...here is the ability to heal...to transmute any darkness into light...to transform pain and hurt or habit into a reflection of Truth...allow this Sun to absorb the balloon and its basket...watch it move into this heart and be transformed. Hold it there until all is Light.

Step 4: Now rest in the meadow. Let the light of the sun shine into the part of the life where the experience was held bringing love and healing...let the light shine on all of those who participated in the original difficulty knowing they will be helped...cast the light further to all others who may have the same problem that they might have access to this success. Rest in the meadow.

Step 5: End. Take a few deep breaths. Feel the chair beneath you, your feet on the floor. Open your eyes and return to the room.

The above meditation may be modified to suit individual need and as long as the basic outline is adhered to it will be successful. Some problems will need only two or three meditations others may take quite a few, some perhaps a month or even longer. In the latter case it is best to do the exercise every other day to keep from over stimulating the vehicles. It would be unwise to suppose that only one meditation will take care of most problems but due to our natural inclination to suppress these matters many may like to think so. Therefore, don't. Patient persistence is the most important tool of the disciple and will work well here if applied liberally. It is best (or at least more encouraging) to start with small problems and then work up to more difficult ones knowing that once the process has begun in earnest there will be more than enough to do. The rewards being better than whatever might be present.