



Space

What to know about the Space Process

“Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter.”- Einstein

The Space Process is about an expanded sense of self that can put the smaller circumstances of our lives into a perspective that allows us to easily address what beforehand was challenging or overwhelming.

We are taught in schools that we live in a world of matter. That everything is solid...we even think this way about things like water, and clouds...because we can see them, we believe they like our body...are solid. And yet. The further science takes us in discovering the true nature by seeking the smaller and smaller components of matter, the more we become aware that at the very source of things it's all energy and in fact that we are more space than matter.

This awareness is challenging for us because we've grown up using our 5 senses to verify this perception. At one point our eyes, and other senses supported the perception that the sun moved around the earth. We had our own experience to validate that perception and it had the feel of truth to it. After all, who could argue with our own eyes, our own bodies not feeling the motion of the earth's rotation or the movement of the earth in orbit?

It was merely a matter of not having the more accurate point of perspective at the time to be able to know it wasn't as our senses were reporting to us. And now, in the age of quantum physics, where we have once again challenged our perceptions by seeking the building blocks of matter, we've gone from molecules to atoms, to protons, neutrons and electrons, and then smaller into quarks which present themselves as simply relationships of dynamic energy, and nothing solid at all.

It is in this way that we, despite our limitation of the perception by our senses, are in reality, more space than matter. And that there's ultimately nothing solid at the core even though the information presented to us is contrary to that idea. We are simply gravitationally trapped light and that the word matter, was created at a time in history as an attempt to understand a phenomenon that we were ill equipped to understand at the time. And over time, the concept of matter has been repeated and repeated until it has the seemingness of an eternal truth.

The Space process allows us to challenge that perception. To have an experience that our being, our sense of self can actually encompass ALL that is perceived as matter. That we can easily contain all experiences, emotions and possibilities and then act on them, not as small human bodies constrained by what we seem to know, but rather as a manifestation of the infinity that is our nature.

How to do the Space Process

**Note that the use of the word 'pause' is simply to allow some time for the experience.

Start by closing your eyes.

Now focus on your breath. Notice when the 'in' breath begins and notice when it ends. (pause)

Notice when the 'out' breath begins and ends. (pause).

Notice the rhythm of when 'in' begins and then makes the transition to 'out'. (pause)

Notice how long each phase takes. (pause)

Now notice how long both take together. (pause)

Begin to notice the space between in and out. (pause)

Notice that the space is very slight but if you let yourself you can become more aware of it.(pause)

Notice that it's not holding and stopping, it's just a distance in between in and out. A transition of energy. (pause and allow some time to notice this space in between)

Now begin to notice a dot out in front of you some distance away. (pause) Watch it move toward you expanding as it gets closer. And as it gets closer, notice that it is actually a globe. A globe of energy. (pause) Watch it get close to you and expand big enough to encompass you. (pause) Now notice it surrounding your, expanding out from you, giving you space to easily be inside. Notice that it is much bigger than you.

Watch it begin to expand even further, getting more and expansive as you watch, filling out and extending out (slight pause) into the solar system, into the galaxy and beyond into the infinity of space. (pause)

And now since you and your being are more space than matter, matter that is held together by your personal gravity, I invite you to let that gravity go. Let the spaces in between the molecules of you, get bigger. Putting more and more space in between them so that your being, your sense of self is expanding in the same way the globe of energy expanding. (pause)

Let yourself put more and more distance in between each molecule until there is a sense of being more space than matter and there's only the vagueness of an outline of what has been called you. (pause)

As you continue expanding begin to notice that all that was around you is now contained within you as your molecules move further and further apart, giving your whole being an expansive sense of self and including everything that once seemed outside. (pause) Notice how enormous that 'self' has become, reaching further and further out into the universe in all directions until it is beyond sight and seems beyond imagination, almost infinite. (pause)

Just let yourself linger in this expansion for a little bit, getting the sense of both being everything and including everything within the space that is you. (pause and after a little bit of time)

Now just begin to be aware of the center of gravity of the essence of you. That center that draws together and generates the cohesive presence in the physical world. Let it gently begin to pull all the molecules of you that have been extended out. Let it pull them in closer and closer to the center of gravity, bringing with them the sense of space in between. (pause)

As they get closer and closer in formation, notice them being easily connected to each other as if they have never lost connection. Let them now coalesce into the form that you know as you. While still maintaining the awareness of the space in between. When you have finally re-formed let yourself open your eyes and see if you can still feel the expansiveness of the space you extended out to.

And now consider that anything that occurs can be contained within you. That which used to overwhelm is simply an experience that happens when we perceive ourselves to be small and limited in capability and capacity. This happens when we see ourselves as solid or near solid, like the small next one uses for an aquarium. This is a net with a very tight mesh that looks and feels almost solid and yet water still passes through.

When you live from this smaller sense self, this smaller 'net', then thing will have an impact on you and you may react. People's energies have something to hit and affect. However, when you live from this expanded sense of self, not only has the field of possibility grown, but also the mesh of the net called 'you' has also increased in size until it is enormous. And the energy of another human being or a circumstance may brush one thread of one side of the net but the space will allow it to pass through without significant impact. It will simply have alerted your awareness to its presence and the action being called for.

This will keep you out of a reactive place when practiced sufficiently.