

Meditation Mar 5, 2011

Maggie Tate (Personal INOWT Journey) ie) No Buddy.

Intent (Immersion)

To find why I always go at things so hard, I am a blunt person. For example, if I give myself a massage I dig into the muscles, pressing pressure points I push to the max of pain that I can handle. Brushing my teeth, I use more force than necessary and go through toothbrushes faster than anyone in my family. I am blunt in my conversations too. My mom is the same way. I remember her brushing my hair when I was a child and yanking through the knots, and how hard her fingers would press when washing my hair. *I want to be easier on myself physically and mentally.*

Notice:

I felt pressure on my third eye immediately. I often feel this. I experienced a feeling of happiness and warmth immediately, like I was going to find a nice present. Then I thought of my mom and how she and I are alike. I usually feel angry or sad when I think of this. This time I felt sad, which usually overwhelms me.

Own/Observe

But this time, I just observed myself and was able to watch the sadness. Out of that observation I glimpsed a grey shield and it reminded me of how I never feel like I have any defences in the world.

I remembered taking a kundalini dance class and being unable to express myself when we were being warriors. I remembered feeling foolish trying to move like a warrior and I could not look the other dancers in the eye. That image became part of my sadness and I felt grief at the inability to stand up for myself.

Trust:

I thought of my mom again and experienced the sadness of not being able to stand up to her when I felt she was being hard on me. Then, I remembered her saying not be so hard on myself and felt the love that she has for me. Then there was a sudden realization that this hardness was the warrior woman part of ourselves. In that realization, I was able to recognize her hardness as her warrior part of her personality and love her for it. I have always known that my mom was not trying to hurt me when she was being hard. It was her way of being strong so she was able to get through her days as a single mom.

I then had an image of golden light and a Grecian warrior spirit of gold and orange and red with a shield, but no weapon, her power lies in her confidence in herself and fierce love. I felt joy in realizing that my hardness and bluntness is my warrior aspect that I use as a shield to protect myself and to try to protect others with. Now I can accept this as a

part of myself, rather than try to shut it out. The gold warrior image had no sword or spear as I have no conscious intent to use this part of me as a weapon.

Full Circle:

I came out of this feeling whole and relaxed yet full of energy and excitement. I felt that I had come across a nice surprise that I kind of knew was always there and was finally able to open to.