



## **The Shower of Grace: *Receiving Celestial Blessings***

### **A Meditation Practice**

*“Say God’s name, and you invite the angels  
to surround the ground on which you stand,  
And spread their wings to keep you safe,  
And shelter you from anything that would  
intrude upon your holiness”*

A Course in Miracles

At every stage of the spiritual path and also with the ordinary situations you face in daily life there is Grace to help you deepen, open and thrive. However, in our condition of separation we are often unaware of this and so do not receive the infinite love, nourishment, and support that is always available.

This Shower of Grace meditation is an exceptionally nourishing practice that ushers us into the receptive condition, opening the crown chakra and Mo center (above the head). Harnessing devotion and visualization, it invites us to receive the refuge of non-conceptual blessings, whether we understand this to emerge from enlightened beings, celestial forces (bodhisattvas or angels), or light itself. The goal of this practice is come into vertical alignment and come to marinate in a shower of loving light. Ultimately, to simply dissolve in the light and be completely restored, returning to rest our essence as light.

Every wisdom tradition understands that there is much more to existence than we can see and that there are enlightened beings whose consciousness is beyond the limits of time and form who are here to help us. From Centering Prayer in Christianity, to Guru Yoga in Hinduism, to Buddhist deity practice, all traditions have understood how taking refuge in dimensions beyond our conceptual understanding is important. In the same way that we cannot see the scent of a rose or see the sound of music, nevertheless we are powerfully moved by these non-physical transmissions. Further, every day you are already within a shower of light – we call it “daytime”. In this practice, we consciously receive not just the physical light of the sun, but light itself.



## **Finding your organic “Name” for Divine Presence**

The “faucet” that opens the Shower of Grace is your devotion and so the focus of concentration at first is upon a name/mantra or face of Divine Presence. Before you attempt this practice, take some time to reflect upon what Name or Face of Divine Presence your heart most resonates with. Don’t over-think this but rather try this.... Imagine that you were dangling from a precarious root above a steep ravine. Knowing you would inevitably soon fall, who or what would you turn your consciousness towards to help you just let go?

This could be many things: Om, God, Beloved, So Hum, Ram, Holy Spirit, Christ, Amma, Adonai, Baba, Ma, Tara, Hu, Allah, Love, Ramana, the name of any enlightened being you resonate with, or a simple root mantra like “Om Nama Shivaya”. There is no “superior” name, so you cannot get this wrong. What matters is that when you utter this name/mantra, you feel your that “ignition” of devotion and sincerity in your heart, that you are evoking the very essence of holiness.

Be aware that whatever you call upon is always here. You are simply calling this presence to come dynamically alive within you, as if “turning on” the faucet of the shower. The visualization is simply “seeing” yourself in a shower of infinite light and nourishment, perhaps with a hand of light upon your crown if you like.

- **Place before you one of the following:** The sacred word or mantra which evokes celestial Grace for you or a picture of an awakened being with whom you feel a connection.
- **Light a candle beside your personal altar** and just gaze with this for a minute.
- **Place your forehead onto this expression of The Divine** as if bowing into all that this represents and taking refuge. Ask for blessings upon your practice and dedicate the benefits to the highest good of everyone.
- **Close your eyes and turn within**, beginning to ride the *welcoming IN breath – Melting OUT breath*. Receive the Ground underneath you (the mountain of presence and its support) until you start to settle. If thoughts come, don’t fight them; just don’t follow them.
- **Inwardly, say the Sacred word/mantra** with each exhale, first as a way to concentrate your awareness. Stay with this awhile.



- **Say that Sacred word/mantra with devotion** from the love in your heart. Recognize that you are calling the Grace that is always present to come to the foreground of your awareness. (like turning on a faucet)
- **See/sense yourself within a shower of scintillating loving light** – you are already in it, and it contains the light of all enlightened beings, bodhisattvas, angels, all non-physical dimensions of Grace. It also contains the love of anyone you have been close to who is no longer in physical form.
- **See/sense a hand of Grace upon your crown** – as if That which you have called upon is dynamically here, responding – transmitting into you their awakened consciousness - luminous love and limitless awareness and every enlightened quality. Beneficently blessing you with subtle nutrients and support. Giving you refuge.
- **Marinate in this Divine shower that contains every blessing.** Let it cleanse you of all the “dust” of ego fear, control, judgment, story. Be drenched in celestial blessings and completely restored.
- **Feel yourself not only IN the shower of light, but PART of that light.** Recognize that this One represents all that is real and true, about you and about everyone and everything. Feel the light claims you as its own.
- **Just rest here, letting go, letting loving light permeate your whole being.** Dissolving in this light.
- **To transition, gently let your eyes open, letting form and color come to you.** Perhaps journal anything that comes. Give thanks. Repeat this practice often!

### “ON THE SPOT” Versions:

This practice is very simple to engage quickly.

**Outside in nature** – just consciously receive sunlight – not just as physical light, but as if the sunlight contains infinite blessings and subtle nutrition...as if the sun is actually the radiance of billions of enlightened beings pouring down upon you and upon us all. Sensing the light and its warmth upon your body, let it permeate your whole being. Very easy to do when going for a walk-in nature. A whole other kind of sun-bathing!



***In the shower:***

As the water touches your body, visualize that you are being bathed in light at the same time. Say (or sing) the Name if you like and consider the shower head that “Divine Hand”.

***In stressful situations where you don't know what to say or do:***

- Inwardly, say your Sacred Word or mantra with each out breath.
- Just like a plant naturally leans towards sunlight, let the Name turn your consciousness into the light of Truth.
- Recognize that you are calling on That which is the deepest truth of everything and everyone...
- Visualize the shower of light permeating you with love, support and blessings, and that hand of light upon your crown.
- If you like, pray “move me into the words and actions that are healing and helpful”.