

MEDITATING IN THE VESICA PISCIS EYE

PREPPING TO MEDITATE IN THE EYE OF VESICA PISCIS

Anyone can meditate in the way they want within the EYE. There is no “one way” to meditate. Use the system of meditation that works for you.

Create your double circles which is the Vesica Piscis as described in the handout.

Where ever you decide to meditate make sure your cell phone is OFF and that room is free of distractions and pets. Let your family know you are going to meditate. Put a “DO NOT DISTURB” sign outside that door and tell them only to bother you if it’s a life-or-death emergency. If you have a land-line phone in the place where you’re meditating, turn OFF the ringer too.

Take off all jewelry with the exception of your wedding rings. Do not wear an electronic watch (Apple, among others). Take it off your wrist and leave it outside the Vesica Piscis. Leave any metal necklaces or earrings, or rings (with the exception of your wedding ring(s), OUTSIDE the EYE.

I also recommend you take off your shoes before you meditate or enter the EYE, but do what is comfortable for you. You can enter with your shoes on your feet if you want. I prefer to be in my sock feet, but that’s not for everyone. Just make sure the bottoms of your shoes don’t have mud or other such debris on them. The EYE is a sacred place and you should treat it as such.

To meditate in the eye, make sure you create the circles large enough so that you are able to either sit or lay down inside the eye. You can sit with your legs crossed, or you can sit with a small chair within the EYE. If you lay down, your entire body must be WITHIN the EYE. For those who can’t kneel or sit down, bring in a chair to the eye and sit on it, instead. Again, it’s important that no part of the chair, your feet or arms/elbows are outside of the EYE. You must be completely, fully within the EYE to gain all the possibilities of this energy working with you.

Some people get chilled when meditating in the EYE. If that is you? Then wear some warmer clothing. Other people get hot and sweaty, so you might wear more summer-like clothing. Whatever works for you? Do it.

Have a timer that you set outside the EYE for 20 minutes. Why? Because once you get immersed in the energy contained in the EYE, you can lose all track of time and space. Generally speaking, I would not recommend meditating longer than 20 minutes when you are first exposed to the energy of the Vesica Piscis. After you’ve done this for a month or two, and want to extend the time, then go ahead and do it.

Always have your JOURNAL nearby after you exit the EYE. Take everyone OUT of the EYE (chair, pillow, blankets, etc..) Sit down with your Journal and write out what happened right after the mediation. This is vitally important because as you start utilizing this energy, you are going to see small, subtle changes occur. By writing them down, each meditation is like a 'bread crumb' leaving a trail of how the EYE energy is working with you on a mental, emotional, spiritual and/or physical level. After keeping a journal for a month or two, go back over those previous EYE meditations and you will start to see your own, unique pattern of how this ancient energy is working in tandem with you.

OTHER USES OF THE VESICA PISCIS EYE

- Since I have a lot of plants, I thought I'd try putting one of them in the EYE for 20 minutes. I did this for three days and it perked up, became healthy and strong. If you have an ailing plant? Place it in the EYE for 20 minutes.
- You may have a dog or cat who loves to lay in the EYE. Let them do it whenever they want. Animals always know where GOOD, HEALTHY energy is at!
- Anything that is ailing, suffering or unhealthy can sit, lay or curl up in the EYE for 20 minutes a day. You may find some relief from your symptom(s)
- Sometimes, I will get a headache. Instead of taking two aspirins, I go to the Vesica Piscis and sit down in the EYE for twenty minutes. I find it relieves my headache naturally, with energy, instead of medicine. I have never had a migraine, but I wonder if the EYE wouldn't be a good place for someone who is suffering from one? If you try it, let me know?

I'm sure there's many more uses for the EYE. You won't know unless you experiment with it.