

AS ABOVE, SO BELOW



LEARNING

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## YOU ARE THE STUFF STARS ARE MADE OF

We look up at the stars at night and wonder at the distant celestial wisdom and answers to divine mysteries of the universe. It may seem that we are separate from the stars and so far away from the expansive cosmos.

The truth is we are part of the universe. We are just as wise, divine and mysterious. We are connected to the same energy as everything else that exists. We are not separate from this higher divine wisdom.

WE ARE AS ANCIENT AS THE STARS

Did you know that our physical bodies are made of universal and divine ingredients? The basic building blocks of life (carbon, magnesium, calcium) that are within our bodies are also found in the stars. We literally share the same elements as the ancient stars in the universe. This means we are ancient, as old as stars, infinitely wise and divine - physically and spiritually!

Everything in the universe is contained within us. We can have an experience understanding this by connecting with the wisdom by quieting our mind to tap into the ancient, wise and intelligent energy that is within.

## *Divine Practice*

Let's do a science experiment. Get crayons and paper and begin to map out how Planet Earth is similar to the Human Body. Draw a human body outline and fill in areas of the body that are like planet Earth. Here are some examples:

- Both are mostly made up of water
- Lakes and rivers are like Veins delivering life to all parts
- Oxygen nourishes and sustains life (our lungs look like trees)
- The Earth has rock to give it stability and strength. Our bodies have bones.
- Our bodies need the complex interrelationship between organisms, benefiting and supporting the function of our organs and body systems (like the microbiome of the gut)
- The planet's stability relies on the balance of its air, water, land, and life systems just as the body relies on oxygen, water and microorganisms.

*TIP: The heart has the strongest electromagnetic field in the body*

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## *Imagination Field Trip*

In this meditation we are going to go within our heart center. This is where all of our intelligence, power and universal energy lies. In this practice we are going to pull more universal light into our heart center and connect with that energy. We are going to ask to know something about ourselves. Receive the message as a whisper, a glimpse, a smell or a colour. Allow your imagination to be open to possibilities.

Share your experience together.

Please listen to it every day for practice tuning into your heart.

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