

The Gate of Transition

(A meditation exercise)

Happy is the one who listens to me,
watching daily at my gates,
waiting beside my doors. – Proverbs 8:34

Choose a comfortable posture,
Breathe calmly until you sense a stillness within you.
Encourage peace to flow through your being.
Set aside apprehensions, uncertainties, and questions about the future.
Let go of anything that keeps you from focusing on the present moment.
Remember the abiding presence of Holy Wisdom.
Pray for openness to welcome this assuring assistance.

In this attentive, relaxed state, the image of a gate comes to your mind.
It can be any kind of gate. Let it appear in your imagination.
Where is the gate?
What shape is it?
What is the material? (Wood? Metal? Stone? Glass? Something else?)
What color is the gate?
Are there any designs on it? Any words or a message?
How does it open and close? Does it have a latch or a lock?

This is the gate of your current transition.
It leads to what evolves for you in the future.
Walk quietly, slowly, up to the gate.
Someone waits there for you: Holy Wisdom in disguise.
You move closer and sit down to join this guiding presence.

Sense the confidence that Holy Wisdom instills in you.
Notice the gaze of assuring love moving toward you.
Speak about your thoughts and feelings regarding your transition.
Ask for direction in knowing how best to proceed.
What will most assist you as you move onward?
Is there a message that you receive from Holy Wisdom?

Remain by this gate for however long you wish.
See yourself standing up when your time seems complete.
Tuck the guidance you've received into your heart.
Go forth from the gate with your hand in Holy Wisdom's hand.
See the two of you moving forward to a place of serenity.

Let your mind focus on this scene until the two of you are in the far distance.
Go forth from your meditation with peace and trust resting within you.

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