

# A systemic field based meditation for our world

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In the meditation below I offer what I am calling a systemic field based experience for you to try out. Many will be familiar with meditating and the meta-meditations of Buddhism. Some may even be familiar with the meditations and their effects from transcendental meditation or other traditions. This brief meditation below is offered as a way we can all become active in co-creating a world of peace, love and justice. Sometimes we feel as if we are on our own and can do little. But in accessing a more expansive field of experience we may in fact add our influence for a better world for all of us. In this is included a love of nature, a love of environment, a love of our human and non-human brothers and sisters and all those who define themselves differently. In all of this we include ourselves as a manifestation of our universe in a unique, individual form that is not separate but intrinsically intra-connected with all that there is. Some would say we are divine manifestations in human form. Let the word 'divine' stand for all that is marvellous and beyond our comprehension. There are many names for it in all of the world's spiritual and scientific traditions. Choose whichever fits your world view.

In this meditative and expansive field of non-separation we are intimately linked to our social, environmental and physical worlds. Quantum physics calls it a quantum space – a space of non-locality. Into this space of intra-connection and non-locality I posit that we can practise what David Nicol calls 'subtle activism' (2016). We can touch each other deeply at a distance. In my own experience of 25 years facilitating meditation groups and retreats I have found this to be 'true' based on feedback from group members and those we have held in our field-based and healing meditations. In the small meditation below I welcome you to experience it for yourselves. The meditation comes from my own meditation group called the Fifth Province Sangha. (McCarthy & Minogue 2019). It is based on a Siddha Yoga tradition ((Sri Vasudeva & McCarthy, 2002) using seven chakras which are shown in figure 1. You may want to record yourself reading it in a quiet meditative voice so you can play it back during your meditation?

## Meditation

*As we sit in a relaxed posture, let's keep our spine straight and relaxed, our neck relaxed, our face relaxed. Let's sit securely in whatever place we are in, whatever position we're in and allowing our whole body to relax – our arms, our hands, our legs and our feet. If we are sitting on a chair, let's feel our feet firmly planted on the ground and visualise them planted in the earth, in good contact with Mother Earth. Drawing on her strength and her nourishment let us visualise her energy coming into the base chakra, whose very element is earth. Noting that here we are also linked to the sense of smell. Let's rest awhile here and feel the embrace of her nurturance. Let's be well grounded and well 'earthed'.*

*Now let's go to the second chakra and get in touch with the water element, the flow in our lives, the flow of creativity and passion. Here the link is to our sense of taste. Here, the element of water, our sense of taste and our creativity are all inter-related. Let us rest in our flow.*

*Bringing our connection with earth and water with us let us move to the navel*

*chakra whose element is fire. This is where our core strength lies, our digestive fire operates, and it is linked to our sense of sight. In these three chakras, let us acknowledge with gratitude the strength of Earth, the flow of water and fire in our being. These are the three centres which are the holding strength for the finer energies of our upper chakras.*

*When we move to the fourth chakra, the heart chakra which is linked to the element of air. Let's know that we are connected to all around us. We share air with all those who live on our precious planet. We share it with all our human, plant and animal families. The heart is our centre of compassion, of love, and of embracing. In this it is connected to our sense of touch. So, let's be in touch with each other and with all of those we love, our communities and with all those in the world who need our love and support. Let us send our love to those in war-torn areas, to both sides of the conflict. May they come into the compassion of their hearts. May all those who are displaced find a loving embrace and a welcoming home. Let us always keep our hearts open.*

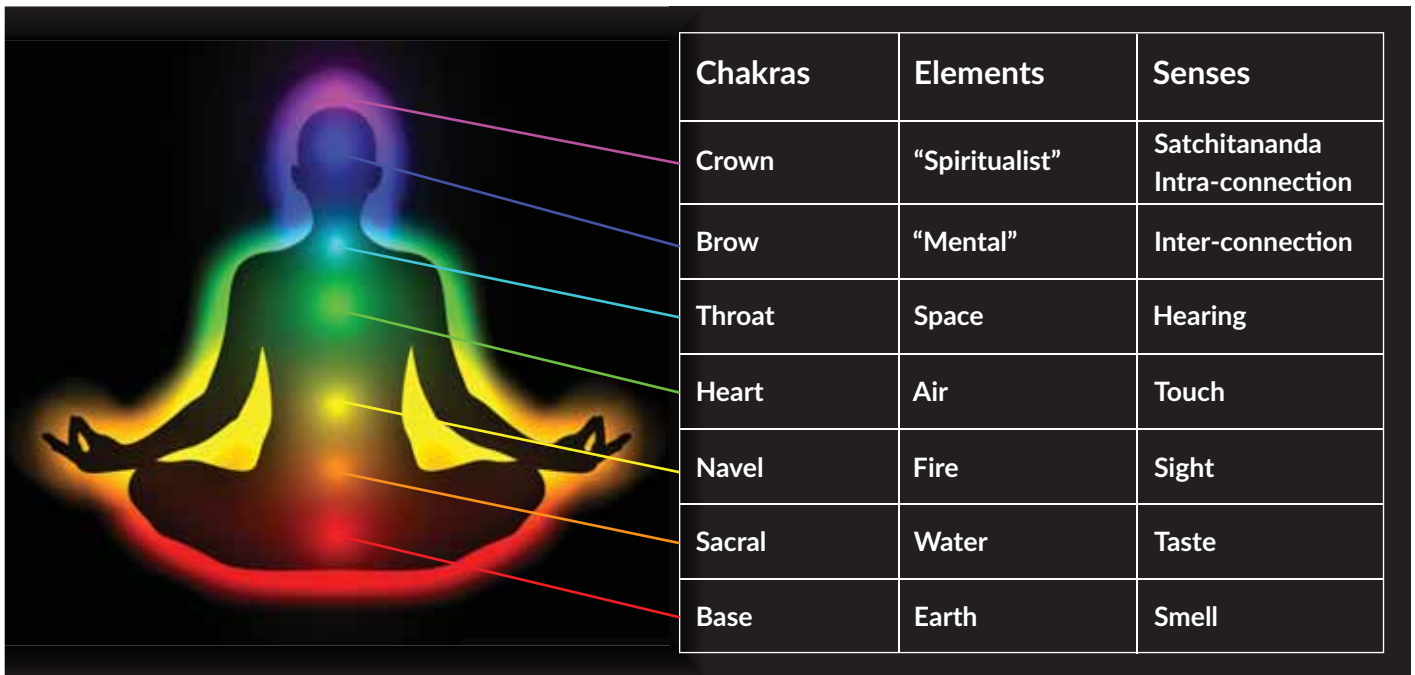


Figure 1

As we come to the throat chakra, our centre of communication we are linked to the element of space and to our sense of hearing. When we come to our throat chakra let us also remember our physical strength, our flow of creativity, the fire of our passion and the love of our heart. These will all give us the support to speak and listen with love, curiosity and healing. Let us always ask are the words we speak and hear open with love and curiosity? All are inter- and intra-connected.

Let us now come to the brow chakra, the centre where we can make powerful intentions and recall powerful memories. It is here that we can connect with the power of the heart and the strength of our lower centres in sending love and peace to our world. Here we can give attention to intentions and visualise a compassionate and peace filled world together with a healthy environment for all who live with us on our planet. We can listen and speak with love which we can send from our hearts. We can call on our strength to act in the interests of all our sisters+ and brothers+, material, elemental and sentient. We can decide to live the kinds of lives that we want to live, to form the intentions that we want to give attention to. It is also the door to the divine however we see 'that'.

As we move to the crown chakra at the top of our heads we are intra-connected with all that there is, Satchitananda – truth, wisdom and bliss. Rest and gather all in the peace, love and wisdom of your being.

As you read these words and let them percolate your whole being. My wish for all is that you feel your deep inter- and intra-connection with all of life. There is no separation. We are one not two. We are beyond binaries and identities. Our very nature is that of all nature. In this space or field of intra-connection we can call on our intentions and visualisations in the co-creation of a world where we can live together in harmony, peace, love and justice with all of nature including ourselves. Let us together build a world we can all live together in.

*Shanti, Shanti, Shanti (peace, peace, peace)*

**References**

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 Vasudeva, S. & McCarthy, I. (2002) The Messenger is the Message: Spirituality and Family Therapy. *Feedback*, 9(1): 2-9.



**Imelda McCarthy** is an Irish and international practitioner, teacher and writer in the fields of spirituality and ecosystemic thinking. She was a pioneer and co-founder of the systemic field in Ireland, published and taught extensively internationally in over 29 countries and been translated into 9 languages. She is a joyful participant in Ariadne's Thread, a small, vibrant, monthly ecosystemic group and been the leader of a meditation community for 25 years.  
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