

**Title: Open Your Heart**  
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Summary: THE VAST EXPANSE

I acknowledge the privilege of being alive in a human body at this moment. I am here with all my memories, emotions, thoughts, and the space of mind in its wisdom aspect.

It is the prayer of my innermost being to realize my supreme identity in the vastness of my consciousness, the Vast Expanse. Now is the moment, here is the place of my being.

Witness the contents of mind, the visions and sounds, the thoughts, As created in the Vast Expanse-the skylike nature of mind. The rootedness of Being is in the ground of awareness: Unborn, unspoilt, stainlessly pure.

The infinite vibratory levels, the dimensions of interconnectedness are woven together and independent. All beings and things are residents in your awareness.

I subject my awareness to the perfection of being, the perfection of wisdom, love, all of these being co-present in the Vast Expanse. I share this panoramic view of all I can share it with...

The seamless interweaving of awareness with each moment creates perfection. That is why this teaching is admired by artists-they sense the correctness of the creative.

Life is infinite creative play. Enjoyment and participation in this creative play is joy. We coauthor every moment with universal creativity.

To bare our souls is all we ask, to give all we have to life and the beings of the earth. Nature spirits are intense and we appreciate them, make offerings to them. We are here-sealing our fate with each other, celebrating our love.

I am an intersecting kaleidoscope of being in a rainbow refractive wave pattern on the ocean...the transparency of my body with the rocks...Sometimes the intensity of my feelings is to draw-to collapse the frenzy in my limbs enough to make a moment of appreciation for my existence.

Share your presence with others, no boundaries, completely, openly, lovingly. We are alive, that is why we feel so alive when we love. Service is being available to others, a combustion of love. That we love ourselves here, that is the true magnificence of being.

We are constantly drawing the line between love and not love-Enter into the light.

judgments dissolve in the Vast Expanse.

It's as though we are coconspirators of consciousness-everyone, everywhere, in our openable minds. It's as though we could gather clouds in the sky and with an eruption of consciousness, we discover the source of love.

Experience yourself as the source and appreciate every moment as perfect. Thank you, thank you, Creator, Profound unstoppable connectedness of all of everything, most radical no-thing, the VAST EXPANSE.

Alex Grey-Transfigurations