

WHAT IS EMPTY PRESENCE?

By ariel www.holographicgoddess.com

The most seminal skill in accessing Source/Divine Feminine, is practicing the art of Emptiness. But what is that really? In words it can be said to be a mind without thought to clutter it, a spaciousness, a sense of profound resting in non-doing. In a culture that does everything to distract us from embodying that awareness in consciousness, it is a skill that must be consciously cultivated! The ability to actually BE in Empty Presence is the foundation for all spiritual work! But what IS it in direct experience? These are not just words or concepts. As with everything in the female Mysteries, you must have a direct experience of Empty Presence to recognize the state of consciousness and be able to demonstrate and maintain it. To do this I ask you to set aside some sacred ceremonial time that WILL NOT be disturbed or distracted with the telephone or interrupted by other persons. This process can take from 15 minutes to several hours depending on your ability to hold potent, clear focus and surrender at the same time. (Which, as a reference point, feels much like the moment before orgasm in that respect.) To begin, *have ready a mirror* you can stare into from about 2 feet away. Look deeply into your own eyes, as if you were looking into the eyes of the Beloved or Divine Mother, someone you trust and adore. As you hold this potent focus, relax your vision, let it go blurry and go out of focus. (You can even cross your eyes or look at you nose for a moment). This can be VERY uncomfortable for the ego/mind and it may try to do everything to distract you and say “This is ridiculous”. Just lovingly embrace the ego/mind and say “Thank you, please relax. I love you” However many times you need to say this for the ego to stop talking to you, keep saying it and keep relaxing and looking into your eyes. At some moment, when the ego mind finally let’s go of its regularly held perceptual grids, you will see that your image begins to go “fuzzy” or diffused.. and as you further relax your vision, you will begin to perceive strongly etched shadow and light patterns, particularly around one side of your head or the other and then potentially around your whole head and body.. But *don’t look for any effects, just be aware ...* (because, if you lose your focus looking for effects, the light will disappear.) At some point in that journey.. you will, without effort, simply cease to have any thoughts, entering into pure awareness. You can tell that you are in pure awareness, because you will feel lighter, cooler, expanded. Then without expecting anything, in complete surrender to nothing at all happening, the more expanded aspect of your awareness, may begin to slowly offer you an image or a sound, or a color.. or just an experience of pure awareness.. Please don’t try to MAKE up anything with your mind! Just be in Empty Presence and let awareness arise directly up from you belly and heart. **If the image etc. is actually coming from pure awareness, it will have the ring of truth and not be something you have heard/seen before.** When you can no longer hold the gaze of your eyes (your eye muscles will get sore at first), thank your Witness or Essential Self, which is what you have contacted in Empty Presence, and know that you can contact this place any time you wish to, with the mirror and then finally without it by the feeling of peace and expansion that it creates that you can come back to and know that you are there through that feeling. This whole process may take several attempts to really have a direct “ah ha” experience of the difference in your consciousness, from your ordinary perceptual awareness. So don’t worry if you don’t have this experience the first time. Keep working on this skill. Empty Presence is an essential skill in the feminine Path!