

Spiritual 'Lift-off' for Insideouter



Washing the dishes is a meditation, you just may not be aware of it. The most mundane task can fast-track you to the next dimension. Meanwhile, every thought or intention you have as you beaver away can dictate your future. The law of attraction. Every thing vibrates and we all give off colourful auras. All this I recently discovered in an alleyway in Surrey.

We are about to enter a global spiritual awakening if you believe those who swear that the end of the Mayan calendar – 2012 – will herald major global change whether we like it or not – though the jury is out on whether this spells catastrophe or enlightenment. But the message for now is universal – get ready for change; clean your chakras along with your dishes and tap into what Jung described as the collective unconscious because a spiritual revolution may be just around the corner.

Accepting that change could be on the cards and not wanting to miss the boat, I took the first step towards docking with my higher self by attending a meditation class at InsideOut Retreats in Richmond, located in a charming Dickensian alley just off the Green.

Our guru for the night was Devin Dyason, a practising kinesiologist and healer, who combines his gentle, compassionate approach to his work with a burning desire to ignite the torch which will guide people to their destiny. He pointed out that we all meditate, consciously or not, whether doing the washing up, shuffling a card deck or cleaning our teeth. These daydreams can carry us to our higher selves.

Five of us sat in a circle and began to synchronise our breathing for the journey ahead. We were gathering for different reasons. Some of us had particular problems or challenges to focus on, others, like me, were simply curious to see where this all led.

Devin explained that we are all vibrating beings, sitting on vibrating matter, surrounded by multitudinous vibrations from everything we come into contact with. A universal energy is at work and we are all part of it and attuned in different ways.

Focusing on deep breathing, right from the solar plexus through to the chest, our daily worries were consigned to the back burner, while we began to simmer and stir our way to something more profound.

He asked us to imagine being surrounded by a colour from head to foot, a warm soothing, and protecting force. Then one-by-one he laid his hands on us, guided by intuition to whatever chakra or part of the body he felt needed some attention. What the others were experiencing I cannot say, but for my part I saw a bright pink glow envelop me (my eyes were tight shut). This glow soon took the shape of a blanket, a blanket pulled up over my feet by a gently smiling old lady in Victorian costume. Don't ask.. but I felt safe and guarded by this 'psychic nanny'.

Next our spiritual guide told us to imagine being swept away on a river of pink and violet, and that's where my memory of his exact words becomes fuzzy. I was far too busy strolling through an emerald forest filled with woodland creatures before reaching an open field where I was met by a blonde woman in lederhosen (looking like an extra from The Sound of Music) who doused me in cool water with a silver ladle. All too soon it was time for Devin to tow us back into port but to a seemingly less harsh reality than when we'd arrived. The experience taught us that we have our own set of keys to a warm sanctuary in the mind's eye. It's only a few breaths away.

By the time I got home I was too tired to do the dishes but I slept like a baby.