

**Welcome to
the
Waterfall of
Divine
Virtues**

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Poet & Priestess of Pure Potentiality

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Welcome!

Happy solstice and season of divine light and love, blessings and brotherhood-sisterhood for all beings and creatures, and our home, Gaia, Mother Earth herself. May the Divine light illuminate your soul and your world.

~Bobbie Middendorf
Poet and Priestess of Pure Potentiality



Pure Potentiality

How to play in your own Waterfall of Divine Virtues using the gifts of poetry, images, meditations, self-reflections, and audio in this collection.

Start with the most simple meditation you can imagine, a simple assignment to imagine and meditate. This is where it all started.

Imagine you are standing in the most magnificent waterfall filled with every divine quality. Meditate on this. Report back.

Then, if you wish, write your reflections in a special mediation notebook or in your journal. Or open a document on your computer to make your notes about what you experienced and learned while in the waterfall. You are also welcome to share any of your insights by liking the page <http://www.facebook.com/WriteSynergiesCircle> and sharing your insights and experiences.

A Guided Visual Meditation

Next, I invite you to listen to the following guided visualization-meditation.

Listen right now through this cloud-player:

<http://www.audioacrobat.com/play/WR0ttj2x>

Some people find it easier to read the text of the meditation. So I have provided a transcript of the meditation:

I'd like to invite you into the waterfall of all the divine virtues. Sit comfortably. Feel yourself supported by your chair, feel your feet on the ground, deeply grounded and connected with Mother Earth. You are supported in this moment, in every way imaginable. And now as you sit, deeply relaxed, take a deep inhale and exhale with an audible Haaaa. Take another deep conscious breath all the way down to your belly. Exhale with an audible Haaaa and a smile on your face and in your heart.

Now imagine you are in the most beautiful and magnificent waterfall. Imagine you are in this waterfall of every divine sacred quality pouring down on you in this moment. Maybe you can imagine it as sitting in the sunshine and the sunshine pouring down, filling every cell of your body.

Just feel yourself in this place of perfect peace, serenity, safety. Within this waterfall of the Divine virtues, allow your mind to open. Allow your heart to open. Allow every cell, molecule, and atom of your being to open to the gifts of the divine virtues, constantly flowing. Imagine every part of you being washed clean and clear.

Ahhhh. Feel the peace entering every part of your body, every part of your mind, clean and clear. All your inner parts, your inner child, they are held in this embrace of Divine Love available to you in every moment, step into this waterfall of the divine. So in this moment, all is well. All is perfect. Feel a smile playing within your heart, within your mind, and on your physical face. Feel the beauty, peace, joy as you stand or sit in this magnificent waterfall of Divine virtues. They are all available to you at any moment. Just wake up to this as your reality. This waterfall of the Divine is forever flowing for your benefit.

Haaaaaaaa. And knowing that you can return to this sacred beautiful waterfall, you can step into the droplets with rainbows shining all around you, knowing that this is forever a place you can go for your renewal and replenishment, for bringing Divine energy to your intent in any moment. This is the gift of the waterfall of Divine virtues.

Haaa...And so with another deep inhale and exhale, holding in your heart an awe of gratitude and appreciation for this moment, for this flow of Divine qualities through your life and through your body, knowing that you can return at any moment, by simply waking up within the waterfall of the Divine. Know that this is so.

And with a couple more deep breaths, deep conscious breaths within this space, acknowledge your smile, acknowledge yourself. And then spread the Divine Love that you are, in every moment. Moving forward with grace and serenity, embodying the precedent, the Presence of Divine Love. I send you many blessings and best wishes for you awakening in so many ways and on so many levels. Mahalo, Namaste, and thank you.

To download the audio of the meditation:

Copy and paste this download link into your browser bar. You will be able to download this guided meditation so you can put it on your devices and take it with you.

<http://bjmiddendorf.audioacrobat.com/download/WaterfallMeditation.mp3>

Poems

Step into your sacred waterfall

Listen!

The Solstice season invites your self-care.

As season turns, your light illuminates

Possibilities unimagined.

Yours.

Touch the future of your own making.

Yours.

Resplendent clarity.

Yours.

Step into the waterfall.

Bathe. Replenish. Renew.

This is all you need to start afresh

In any moment.

To listen on your computer, click this link or copy and paste it into your browser: <http://www.audioacrobat.com/play/W4ryZSqx>

Waterfall for the Sovereign

Divine Priestess speaks

Poet's heart and confidante to

Tribe of Sovereign sisters:

Stand

as I stand with you, next to you,

as sister, friend, colleague, circle-sharer

as reminder to you of who you really are,

your role as Sacred Sovereign Being,

Queening your realm, Goddessing beyond the cycle of time.

There! I see you, playing in the Waterfall of Divine Virtues. Use my mirror so you too can see your beauty.

Stand in this awe-inspired and magnificent moment.

Let the waves and veils of infinite light inspire you,

easing the secretly wounded places from your lifetimes of blazing trails.

Qualities to magnify the good you do in your world and the healing and wholeness available to you in the moment of awakening.

Meditate on this munificent waterfall.

Soak it in.

Know it as a source of infinite plenty

that runs forever from within the sacred center of your heart.

I invite you into the rainbow mists

of the waterfall of the Divine.

Allow the mists of the Divine waterfall to envelope you.

The droplets sparkle, shimmer

Shiny rainbows washing you clear --- the inner and outer,

a profound cleansing, newness, freshness,

renewal, awakening in each drop.

Drink the sacred drops into every pore, every cell.

For you are Sovereign!

Awaken to yourself in the waterfall of the Divine Virtues.

Every molecule and atom is replenished, energized, nurtured.

For the Sacred Waterfall reminds you of what

you already know, who you are, why you are here.

This is your place for revitalizing you and your
Sovereign Queendom --- with every Divine Virtue
available to you in any moment.

My task is to say it is so,
inviting you to wake up!

Your task is but to awaken each moment
within this Divine waterfall and
share its waters widely within the reign of your sovereignty.

To listen on your computer, click this link or copy and paste it into your
browser: <http://www.audioacrobat.com/play/WH14PNMx>

To learn and connect with more ways to shine your light in words, connect
with your deep sacred center of emergence, and bring forth your gifts and
messages, please contact me at jasbjm (at) earthlink (dot) net.

Love and blessings,
This is Bobbye, the Poet and Priestess of Pure Potentiality
Poem and image
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<http://www.writesynergies.com/>
"Shine your Light in words."