

# Nature Meditations

## Sun, Moon, Stars, Planets, Space, on God

Regular font face = inhalation.  
(Parentheses = hold breath.)

*Italic font = exhalation.*  
[Brackets = comments only.]

### Sun

Practice sun breath first. In and out right. Stronger inhalation, relaxed exhalation in response. Then normal breath for meditation.

#### Sunshine:

Let the sun of Your glory  
*shine in my heart.*

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#### Sunrise:

Raise my soul towards You  
*with the rise of the sun.*

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#### Sunset:

Let me unite with You  
*at the sunset.*

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### Sun

Let the sun of thy divine spirit rise from my heart,

*that morn may break out of the dance of life.*

## **Moon**

Practice moon breath first. In and out left. Stronger exhalation, relaxed inhalation in response. Then normal breath for meditation.

### **Moonlight:**

Let my heart reflect Your light  
*as the moon reflects the sun.*

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### **Rising Moon:**

Let my soul advance toward You  
*as the rising moon progresses towards fullness*

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### **Waning Moon:**

Let Your light be my torch  
*through the darkness of mind.*

[Against troubles of worldly life.]

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### **For the day of the full moon:**

Let Your light guide my path  
*through the darkness of mind.*

[Against confusion in the spiritual path.]

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## **Moon**

Let thy perfection be mine  
*and my imperfection be lost as the darkness in the full moon.*

## **Sky With Stars**

Let my heart become a planet  
*in Your heaven.*

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Let me receive Your divine message  
*as the stars receive light from Your hidden face.*

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## **Poetical:**

Fill my heart with Your love  
*that my every teardrop may become a star.*  
[Asking for wisdom and beauty.]

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## **Sky with stars**

*Open a way through thy heavens,*  
that I may arrive at thy dwelling place.

---

Let my soul reflect thy light,  
*that every glance I cast may become a comet.*

[Jelal asking for power.]

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## Space

*As invisible as space*  
(and as inconceivable as time)  
is thy being, O Lord!

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### To rise above worry and fear:

Thou art present  
*all through space.*

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### To seek the truth in mystery:

I behold through space  
*Thy limitless presence.*

---

Let me greet thee in space,  
*O formless and colorless God.*

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### Artistic:

Fill my heart with thy beauty  
*as Thou fillest with Thy creation empty space.*

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## Space

*Earth into earth, water into water,  
let my soul immerse in Thee through space.*

## On God

Thou knowest all my needs  
*and Thou shall grant them.*

---

O Knower of my heart,  
*fulfill my desires.*

---

It is Thou whom I see  
*in all names and forms.*

---

Thou art closer to me  
*than myself.*

---

Let thy might strengthen me,  
(Thy light inspire me),  
*and let Thy love move my soul to the ultimate joy.*

---

Make me conscious of Thee,

*that I may lose the consciousness of my being.*

---

Let every moment of life  
*whisper Thy name to my ears.*

---

God, be Thou before me when I am awake,  
*and with me when I am asleep.*

---

In thy nature  
*I feel thy presence.*

---

O Creator,  
*who art hidden under Thy wonderful creation.*

---

Speak, God, to me  
*through thy nature.*

---

I stand as a bridge  
*between Thee and Thy nature.*

---

Lift, God, the curtain  
*which divides Thee from me.*

---

Remove the wall from my sight  
*that I may attain Thy presence.*

---

Unveil thy face, O Lord,  
*that I may behold thy vision.*

---

Let my self turn  
*into thy being.*

---

Let my life become  
*Thy soul.*

---

Let me forget myself  
*in Thy consciousness.*

---

I drink the wine of Thy presence  
*and lose myself in its intoxication.*

---

One more cup, my beloved,  
*that I may entirely lose myself.*

---

Let me be drowned in Thy divine ocean  
*as a pearl in wine.*