

## White Dove Imagery



Image by Victoria Martino

We will do an exercise now that evokes the 3 Faces of Spirit. I have chosen a white dove as the motif, a universal symbol of peace, spirit, and a messenger.

I want you to experience the dove from the 3 different faces. I will indicate which face I am describing as we go through this exercise.

Settle comfortably in your seat. Close your eyes. Take a few deep cleansing breaths. Notice the air entering your body, life affirming. Notice the air leaving your body, renewed.

### ***1st Person- the I AM, The Inner Face of God***

Visualize a large white dove. The white feathers, alert eyes, soft body. You are the spirit of the white dove. You are the messenger. Of peace. Of calm.

Synchronize your breath with the lifting and lowering of your wings. As your wings lift and you inhale, you are releasing, resurrecting, free. As your wings lower and you exhale, you are grounding, being in the now, settling in.

Your wings lift and you are light and breath. Your wings lower and you are energy and love. A cycle of swooping up and releasing into the world. Lifting, releasing, gathering and sharing. Being free and being grounded.

Feel yourself as this divine presence. The spirit of peace. The exquisite balance between limitless, eternal spirit and solid, but temporary matter. The connection between the spiritual and physical worlds.

The shift of your wings, lifting and lowering, is soothing. You have much to offer. You are open. And willing. And realizing your soaring spirit that extends and extends and extends beyond.

### ***2nd Person- We, I-Thou-Relationship, The Intimate Face of God***

Now look at the dove. Give the dove a welcome, a greeting. Enter into an interaction, a shared space with the dove. You notice how white the dove is. Purity and beauty.

The dove is beckoning you closer. And as you move closer, you feel a profound grace and love emerging. It is you with the dove. Sharing an experience of support and love. The presence of the dove is felt as a shelter. A calming presence that feels so personal and profound.

The dove wants you to know the peace, the calm, the soothing that it offers you. You need only to be with the dove to receive these gifts. Intimate. Close.

Listen to the coo, the song of the dove. The lilting call that signals the divine among us. The dove calls its message to you. A message of enduring spirit, redemption, salvation, and divine love.

### ***3rd Person- It, the Whole, The Infinite Face of God***

Now you notice the vast, open beyond. You see it all. The beauty of the Kosmos is laid out before you. It is all new, and yet all familiar and known.

The dove will guide you on a journey into the mystery, the wonder, the harmonious. You can feel into the mystery and the vastness that keeps everything humming, united, connected, and evolving. There is no separateness or division. Simply rest in Being.

The spirit that flows through and around the Kosmos is there in your view, your experience, your soul. It is not the physical bird. It is not the symbolic bird. It is the ever present, the eternal, and the whole. The Alpha and the Omega.

The dove offers harmony and a release from discomfort and limitations. The dove can release you into the mystery. Into the eternal and the infinite. Into the *always and already* nature of divine spirit.