

A MEDITATION (FAMILY) by Bert Hellinger

Close your eyes

– look at all those who belong to your family and many generations back as well and perhaps they form a circle.

They all hold hands and you are part of the circle.

They all look at you.

You look at all of them and you wait until you feel God's energy as manifested in life, moving through all of them

– the same energy in all of them - and you feel the same energy in you and how this energy connects all of you in the same way.

And while experiencing this energy, which is energy of love, you wait for a signal of this energy, an insight and it could be a word or a sentence that you want to tell them- all of them- and that will make them happy

– a sentence they have been waiting for, for a long time.

This sentence is a healing sentence, a gift, it's come to you through Krishna's grace and this is why it is very powerful.

THOSE WHO BELONG BELONG

