

Father's Day Meditation

Hosted by Mary Catherine Miller

We honor **fathers, father figures, Divine Father, Grandfather Spirit** and the **Divine Masculine**.

Global Father's Day Meditation

Hosted by NurseHealer
Mary Catherine Miller

Participate wherever you are.

NurseHealer.com



Introduction

We are gathered to honor fathers, father figures, Divine Father, Grandfather Spirit and the Divine Masculine. Whatever personal experiences with fatherhood have played out in our lives, we come together with peace and joy in our united hearts as we give appreciation for the father energy, the Divine Masculine as it manifests in all of us. The song of fatherhood plays on the instruments of our souls to bring peace within, even when there may be chaos all around. It carries us into forgiveness no matter how great a feat that may require. It softens our hearts with compassion through love regardless of the hardness of our hearts. These blessings that heal and comfort are Divine gifts we are grateful to receive as we honor fatherhood on this day.

Sit comfortably, close your eyes and breathe deeply now. Feel your body relaxing, and let go. Feel yourself connecting with your inner self, your timeless spirit, your higher self as you focus your awareness on the peaceful quiet vibration of your soul.

Imagine a benevolent grounding cord spiraling from the center of your core down, down to the very center of Mother Earth. This cord is your connection to the harmonious loving energy of Gaia. Through it there is an exchange of tranquility and well-being.

From this safe, grounded place, turn your focus to the warm healing light of the sun. Feel the comfortable refreshing radiant light bathing you in peaceful bliss. Take a moment to embrace and enjoy your warm connection to Mother Earth below and Father Sun above.

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FATHERS

As we turn our thoughts and hearts to the father, we come together in appreciation for all those fathers who strive to balance life's demands as they endeavor to provide a safe, loving peaceful home environment for their families. Let us recognize and appreciate soon-to-be-fathers who embrace the hope and challenge of fatherhood with excitement and graciousness. Let us honor and praise fathers who, despite their difficulties, care and sacrifice for their children that they might know a good and happy life. Let us feel warmth in our hearts for fathers who strive to be or to become a positive role model for their children. Let us praise fathers who accepted and embraced children born of other parents and wholeheartedly became the personification of the very definition of fatherhood. Let us extend our gratitude for fathers who, for whatever reasons, have found themselves in the position of, and graciously accepted the sacred commission of single parenthood with all its challenges. Let us recognize and applaud those fathers who, though separated from their families, remain lovingly in their children's lives and hearts. Let us surrender our hearts with compassion to those fathers who have experienced the anguish of the loss of a child. Let us lend them our benevolence as they carry their children in their hearts while continuing courageously on their path. Let us show reverence and respect for beloved fathers who have left this physical life, but linger in spirit in our hearts and memories.

FATHER FIGURES

Let us praise and honor those who have encouraged, advised and strengthened others as their mentor, guide and father figure. Those we hold in high esteem for the consequential influence they have posited upon our lives exemplify the virtues of fatherhood. To whatever degree they possess any of these virtues, we are grateful for their place in our lives.

Some of the virtues of fatherhood are Love, courage, nurture, protection, compassion, fairness, encouragement, patience, empowerment, empathy, generosity, direction, wisdom and loving-kindness.

The father figures in your life have adorned themselves with these virtues of fatherhood. Reflecting on these functions, be reminded that "fathering" is done by people who, by the nature of their humanness, are less than perfect; but are made perfect in their hope and desire to fulfill their ordained role as a father figure. We are each mirrors of the other, reflecting these virtues for the edification of mankind.

If you have unresolved feelings about your father, father figure or fatherhood, you can choose to begin the healing process and practice mindful forgiveness. As we forgive others, we forgive ourselves, and we are made whole.

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DIVINE FATHER

Give your attention to the Divine Celestial Father who feels deep unconditional infinite love for all his children. Allow his love to fill all the cells of your body as if the love were pouring into you. Allow the love to fill all your most sacred places and every sinew of your soul.

The most beautiful words I know to speak in celebration of Divine Father come from the 139th Psalm. Regardless of any belief system or religious affiliation, these poetic words stir the soul with deep impressions of Divine Father. We honor Divine Father with these sweet words spoken in reverence and humility.

*“Oh, Father, you have examined my heart and know everything about me.
You know when I sit down or stand up.
You know my thoughts even when I’m far away.
You see me when I travel and when I rest at home.
You know everything I do.
You know what I am going to say even before I say it, Father.
You go before me and follow me.
You place your hand of blessing on my head.
Such knowledge is too wonderful for me, too great for me to understand!
I can never escape from your Spirit!
I can never get away from your presence!
If I go up to heaven, you are there; if I go down to the grave, you are there.
If I ride the wings of the morning, if I dwell by the farthest oceans, even there your hand will guide me,
and your strength will support me.
I could ask the darkness to hide me and the light around me to become night - but even in darkness I
cannot hide from you.
To you the night shines as bright as day.
Darkness and light are the same to you.
You made all the delicate, inner parts of my body and knit me together in my mother’s womb.
Thank you for making me so wonderfully complex!
Your workmanship is marvelous—how well I know it.
You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the
womb.
You saw me before I was born.
Every day of my life was recorded in your book.
Every moment was laid out before a single day had passed.
How precious are your thoughts about me, Father!
They cannot be numbered!
I can’t even count them; they outnumber the grains of sand!
And when I wake up, you are still with me!”*

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GRANDFATHER SPIRIT

We honor Great Spirit, Grandfather, who dwells in all the recesses of the earth, in the light and in the dark, in every aspect of creation, and in even the tiniest particle that we are made of. Grandfather is in the air we breathe. Our breath is his breath. Our hearts are his heart. He is the Great Mystery Power of Creation. We honor Grandfather in all of creation. Grandfather, remind us of the great peace in silence and the great wisdom in listening. Most sacred Grandfather, cultivate within us the compassion, love and honor to mend this Earth and its inhabitants that we may be One with all Creation.

DIVINE MASCULINE

The Divine Masculine protects and nourishes. His energy is fiercely courageous and compassionately sensitive to your needs. The Divine Masculine embodies all of the most resplendent inherent qualities of father characteristics. Allow the Divine Masculine to bless you with some of his finest gifts.

Receive the blessing of family.

Let your heart be filled with love and compassion for your family. Each member of your earth family has a purpose for your life. There is love for you within your family. Accept the love for you and from you that your family may be made whole with peace, love, joy and hope.

Receive the blessing of self-esteem.

Imagine walking on the beach. You come to an area where unpleasant labels about you, labels you may have given yourself or others may have assigned to you, are written in the sand. These labels may have somehow held you back, preventing you from reaching your true potential. Now brush the words away. Observe as the water washes up on shore and clears away the remaining remnants of the sand in which those words were written. It was only an illusion to believe you were those labels. You are an esteemed child of Divinity. Honor and embrace your self-esteem.

Receive the blessing of success.

You are at a point in your life now where you are prepared to move beyond any blockages to your ability to succeed. You have an amazing ability to attain all your goals with persistence and dedication. You will succeed because you have an inner strength that guides and nourishes you. You will withstand challenges. You do believe in yourself and in your abilities. You now know that you walk with purpose and with pride. You are successful.

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Receive the blessing of prosperity.

Think of your own mind as a garden. You are the gardener planting thoughts as seeds in your mind. As you choose joy, peace and prosperity for your life, you plant these seeds as thoughts. Think of these qualities in the garden of your mind and accept them fully into your consciousness. Keep these positive thoughts and memories alive, and they will become your reality. Enjoy the fruit of the harvest.

Staying connected with the mind of Divine Father, bring your awareness to your grounding cord. Feel exchange of love between yourself and Mother Earth. Know that Father Sun holds the light of the creator's love and beams it down to you to fill you with light, even to brighten the light of your highest self.

As the sound of my voice becomes more distant, just a soft, gentle hum in the background, delight in the fullness of this experience. And when you ready, begin to stir and become more alert. Open your eyes. Be fully conscious and fully present while bringing with you the healing, comforting, enlightening blessing of this celebration of all that is fatherly.

Many blessings.

Mary Catherine Miller

