



## THE 9 CONTAINERS OF LOVE

*A full-body mystical prayer practice  
exploring and experiencing the divine feminine as whole and part, self and all,  
center and circumference—the holographic resonance of Love*

To Pray: Stand with awareness that you are the 1<sup>st</sup> container of love—an embodied soul, a human-divine being. Make a circle over your head for the 2<sup>nd</sup> container, feeling yourself held in the loving arms of prayer. For each successive container, open your arms slightly until they are at your sides for the 8<sup>th</sup>. As you intone each container, twist all the way to the left, feeling the vibration of your personal experience with that container. Then, turn all the way to the right, feeling the resonance of that mystical container through time. As you speak the 9<sup>th</sup>, slowly raise your arms upward through the containers, consciously gathering their beauty and love. At the 2<sup>nd</sup> container of mystical prayer, bring your hands down to your heart and place *The 9 Containers of Love* in your heart—the home of the Divine Feminine.

1. Here I am—one expression of the sacred marriage of the visible and the invisible, the transcendent and the immanent, the human and the divine.
2. I, this one human-divine being, now stands to pray, knowing I am held in the loving arms of prayer—this mystical prayer and all mystical prayers.
3. And mystical prayer is contained in the loving arms of sacred space, without and within—my sacred spaces and all sacred spaces.
4. Sacred space is contained in the loving arms of the soul communities—my soul communities and all soul communities.
5. Soul communities are contained in the loving arms of the teachers, mentors, and guides whose ideas form, feed, and inspire us—my teachers and all teachers.
6. The teachers are held in the loving arms of the mystics—the mystics, shamans, priestesses, and saints of all traditions, all times, all circles of the globe.
7. The mystics and saints are held in the loving arms of mother earth and father sky. They walked, and walk, this earth I walk. The looked up at the same sky I see, a sky that stretches beyond comprehension through trillions and trillions of stars and black holes to touch the edge of infinity.
8. Mother earth and the cosmos are held in the loving arms of the invisible—the invisible forces, energies, vibrations of light, color, sound, music, movement, numbers, fractals, ratios, consciousness, the Akashic field, and choirs and choirs of angels, powers, spirits, goddesses and gods.
9. The magnificent invisible holding in love the cosmos, holding in love the mystics, holding in love the teachers, holding in love the soul communities, sacred spaces, mystical prayers, and me, are all contained in the loving heart of the divine feminine. She is not contained. She is not containable. She is the mystery at the center of creation—the sacred marriage of Love.