

Divine Play

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Dream-Inspired Play

My Dream of Pauline during the night between November 25th and 26th, 2016

Pauline stood in a small, but vibrant living room with an open, unscreened window, stone walls painted light blue, with bright wooden floors and crown molding. The room had a Mediterranean feel. I walked into the room to Pauline's left, coming from the kitchen. She was standing behind a couch looking out the big, sun-filled window. As she turned to look at me, she threw me a ball. It was a medium sized, blue plastic ball with a gold star on it. We tossed it back and forth in the bright blue room, then, without much pause, she was outside, and we were tossing it back and forth through the open, sun-filled window. Within this dream play, this exchange of the blue, gold-star ball, I felt the gifts of peace, wisdom, love, a sense of being trusted, a sense of Pauline's contentment, and felt these also upon waking and remembering.

Now, Play!

Two people, one plastic child's ball, about 10 inches in diameter, preferably blue with gold stars,

Stand 6 feet apart and toss the ball to one another in silence. If the ball drops, it was meant to. Simply pick it up and continue,

Gradually walked toward the other while tossing the ball,

Until both people are holding the ball.

Move, as the impulse takes you, hands never leaving the ball, eyes never leaving the other's.

Breathe.

Breathe one breath together, before releasing the ball to the ground. Listen and enjoy its message of Divine Play.