

Sand Meditation

Sometimes meditation opens a door into the mysteries of creation. If we allow ourselves to pass through this door there is no telling what we may encounter on the other side. Do not become discouraged if you have tried to meditate in the past and not gotten any remarkable results. Meditation is a mystical process and it may take awhile to learn how to quiet your mind and open yourself to all the present moment has to offer you. There are no special tricks to meditating; no special posture or breathing rhythm is required. Once you have gotten the knack of it you can meditate anywhere during any activity. Some of our readers have reached this altered state of conscious while reading about our sand meditation, perhaps you too may realize this transformational state of consciousness as you read on...

Sand Meditation

*by Greg Gourdian,
aka Grigori Rho Gharvey, Roger Holler, and many more...*

We have a meditation that began when we were two or three years old. It always began with a grain of sand. By the age of four or so our sand meditation had become very familiar and deeply engrossing.

Our meditation began while sitting on a beach. Our hands were sandy. We rubbed the thumb and forefinger of our right hand together feeling the grains of sand between them slipping away until only a single grain of sand remained.

We could feel the shape of the grain of sand distinctly as we rolled it back and forth between our thumb and forefinger. The longer we rolled the grain of sand around the more defined our awareness of this grain of sand became. The more detailed our experience of our grain of sand became the larger it appeared to be.

While we could clearly feel the tiny grain of sand trapped between our thumb and finger roll about across the grooves and ridges of our fingerprints the grain of sand appeared to be growing larger and larger as we contemplated it.

Soon the grain of sand had become so large that we found ourselves within it even as we still held it and rolled it about across the grooves and ridges of our fingerprints.

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The grain of sand continued to grow, encompassing the beach where we sat; it continued to grow until our entire world was held within it.

Before long the grain of sand had grown to a seemingly infinite size; it now seemed to encompass all of existence; yet we still held the tiny grain of sand between our thumb and forefinger, rolling it about across the grooves and ridges of our fingerprints.

Our tiny grain of sand was intimately connected to every part of creation and all of creation existed within it, even while it remained within our grasp.

We communed with our grain of sand, aware of its infinite connectedness to everything else. Through the medium of the grain of sand we became aware of our own infinite connectedness with all of creation.

Our meditation with a grain of sand always produced a feeling of intense bliss. It seemed to be an eternal meditation that transcended time and place to continue throughout all of creation.

From time to time we would return to this meditation, captivated by the wisdom and experience of a single tiny grain of sand.

The sand spoke to us of eternity. It told us tales about creation and the infinite nature of our existence within creation. From our grain of sand we learned that every tiniest part of creation is a living being experiencing creation and participating in the constant act of creation whereby everything is made manifest.

Perhaps our meditation will inspire you to share your time with a tiny grain of sand.

We may discover peace and bliss in even the tiniest of beings.

Enjoy!

Love, the Grigs...

Gharveyn's Articles

BIO

We have been collectively known by the name Greg Gourdian for the purposes of publishing our articles. We perceive ourselves as a collective of people spanning many worlds in different universes. We seem to share many bodies; however we have only one body here in this world we share with you now.

We worked with the general public as a psychic reader in several psychic fairs for a little over four years from 1981 to 1986.

Much of our written work has been channeled however we often have no idea whose voices are speaking through us when we are channeling.

We have many strange tales to tell regarding our odd adventures in this world, in other worlds, or on our spiritual journeys.

We try to tell our tales in a humorous, engaging, entertaining manner.

While we were a high-school student we channeled classes in metaphysics and parapsychology, and taught classes in sociology, and psychology.

We are still emerging from the closet in regard to being a collective of many people inhabiting what appears to be a single body in the context of the world we appear to share with you. Our current written works reflect this change in our personal perspective by adopting plural forms of reference to ourselves that may not always appear consistently, particularly in our older work. Using plural forms of self-reference helps us to develop a greater awareness of ourselves as a collective as well as conveying to other people how we perceive ourselves.

We hope you will understand if we may sometimes sound awkward, confusing, or conceited as a consequence of making this adjustment to our self-references.

Our group's primary beliefs share these ideals:

- *Love should always be universal.*
- *Liberty should be unconditional for everyone.*
- *Justice is best served by not judging yourself or any other people.*

For further details please read the section [about Gharveyn](#) on our website or view our profiles on [Linked In](#) or on [Temple Illuminatus](#)...

Namaste