

THE L-I-V-E APPROACH TO FOUR-DIMENSIONAL VISUALIZATION & MEDITATION USING PICTURES

I believe my art offers a powerful healing therapy and a way to expand our awareness of the reality beyond the realm of the five senses!

In the creation of these paintings, I discovered the powerful discipline of four-dimensional visualization & meditation. The L-I-V-E approach, described here, empowers us to use the "Luminous Streams" pictures to deepen our visualization and meditation process and helps with relaxation, anxiety, pain management, and depression.

Indeed, my paintings, when viewed properly, have the power to trigger profound healing experiences for the viewer.



FIRST

Find a time and place where you can sit quietly and comfortably without any distractions or disturbances. You may practice this meditation alone or in a group with or without a leader.

THEN

Either hold a reproduction of one of my paintings in front of you just like you are reading a book, or look at an original painting that is on an easel or hanging on the wall.

The L-I-V-E approach stands for Look, Interpret, Visualize, Experience.

LOOK

Begin by simply looking at the painting. Breathe slowly and deeply. Use the process of looking to relax completely.

Imagine that you and the painted image are part of the same space. The composition is part of your space, and you are part of the space depicted in the painting. The painting is not just an object that is separate from you but is a depiction of all space and all time in which everything that ever was or ever will be exists. Visualize the movement and rhythm of the lines and shapes in the painting.

INTERPRET

1. The first dimension is length. It is represented by the green line. Holding your finger in front of the picture, gently trace over this line. The green line is the symbol of your physical being and your environment. Focus on the movement and feeling expressed by this line. As you trace over the green line, experience the movement and feeling of the line. Do this several times. If the line could speak, what would it say? Feel the movement of the green line in your physical body. This recreates the experience of the original energy of the line and brings about a healing transformation of body. Repeat the phrase, "I am one with the physical reality."
2. The second dimension is depth which is represented by the red line, the symbol of emotions and passion. Trace over the line slowly. Contemplate the movement and feeling this line expresses. As you follow the red line, experience the movement and feeling of the line. Do this several times. If the line could speak, what would it say? Experience the movement of the red line as an emotion. This recreates the experience of the original energy of the line and brings about a healing transformation of the emotions. Repeat, "I am one with the reality of the emotions."

3. *The third dimension is height, and that is represented by the blue line, the symbol of the mind and spirit. Trace over the line and experience the movement and feeling expressed by this line. As you trace over that line, see the movement of the blue line as a state of mind. If the line could speak, what would it say? This recreates the experience of the original energy of the line and brings about a healing transformation of the mind. Say, "I am one with the reality of the mind."*
4. *You are the fourth dimension, and the bold white line is the symbol of self. Slowly trace the white line and focus on the movement and feeling that this line expresses. Experience the movement and feeling of the line deep within your being. Trace over the line going upward and downward. Imagine that the line is a path that you are following through space and time. Imagine that you are moving in harmony with the white line. Feel the movement of the line. If the line could speak, what would it say? This recreates the experience of the original energy of the line and brings about a healing transformation of your being. Repeat, "I am one with the eternal self."*
5. *Focus on how the four lines interact harmoniously with one another. Look at the textures and colors. Visualize their motion and energy. Focus your thoughts on the interaction of the lines, colors, and textures. If the painting were music, what would it sound like? Repeat, "I am one with all in infinite space and time."*

VISUALIZE

As you continue to gaze at the painting, realize that through this work of art you are connecting with a deep and powerful reservoir of knowledge and awareness outside the realm of logic and science. Feel the positive energy of that new awareness flowing through and around you.

Contemplate how the energies depicted in the painting might apply in your life and effect how you perceive the world around you. As you continue to sit quietly, view the entire painting, and experience its positive energy. Do not rush this process.

Continue to sit quietly as you focus on the painting. Suspend all thoughts and simply "be" with the image that is before you. Look at the painting with a sense of wonder and joy in the same way that you might listen to beautiful music or watch people dancing gracefully or observe a group of children playing together harmoniously.

EXPERIENCE

After you have done all this, imagine that you are sending the positive energy from the work of art out into the world to others that they also might benefit. Finally, you may find it beneficial to write in a journal what you have experienced.

Be observant throughout the day for instances where your meditation using the painting has a positive effect on your life.

If you follow these steps at different times using the same painting, you can awaken new thoughts and awareness with each session.



As you practice this method and begin to experience its benefits, you will inevitably like to have your own reproductions of the artwork used in these 4-Dimensional Visualization & Meditation sessions.

Please look at the selection of "Luminous Streams" paintings and quality reproductions on my website, bennecelli.com. You may also commission me to create a painting specifically for you. Please visit lifepaths.art for information.