

The Power of Liminal Spaces: Using Mindful Meditation to Access Transformative Energy, adapted from the website, 'A spiritual Break'

Have you ever felt a strange, almost magical energy in certain places or moments? Perhaps in the quiet of dawn, or in the transitional space of an airport? Welcome to the world of liminal spaces – those in-between moments that hold immense potential for personal growth and transformation. How can mindful meditation help you tap into the power of these spaces, unlocking new levels of self-awareness and positive change.

In an age where so much importance is placed on facts and explanations, the feelings we derive from the liminal 'unknown' spaces can disrupt our equilibrium. Yet these 'spaces in between' are often where insight, creativity and inspiration are found. From the book by Claire Gillman. "Learning to love the spaces in between".

What Are Liminal Spaces?

Liminal spaces are thresholds – physical or psychological areas of transition. The word “liminal” comes from the Latin “limen,” meaning threshold. These are the spaces between what was and what will be, filled with **possibility and potential**.

Examples of liminal spaces include:

- The moment between sleep and wakefulness
- Waiting rooms
- Empty parking lots
- The time between finishing one job and starting another

The Transformative Power of Liminality

Liminal spaces are powerful because they represent moments of change and uncertainty. In these spaces, our usual rules and routines are suspended, allowing for new thoughts, feelings, and insights to emerge. **It's like pressing a reset button on your mind**, opening up new possibilities for growth and transformation.

Meditation: Your Key to Accessing Liminal Energy

Meditation is an excellent tool for tapping into the transformative power of liminal spaces. By quieting the mind and focusing on the present moment, meditation creates an internal liminal space – a pause between thoughts where new awareness can arise.

Here's how you can use meditation to access this transformative energy:

- 1. Find Your Space:** Choose a quiet, comfortable spot where you won't be disturbed. This could be a corner of your home, a peaceful outdoor location, or even a transitional space like an airport lounge.
- 2. Set Your Intention:** Before you begin, set an intention to open yourself to the transformative energy of the liminal space. This could be as simple as thinking, "I am open to new insights and possibilities."
- 3. Focus on Your Breath:** Start your meditation by focusing on your breath. This act of paying attention to your inhaled and exhaled breath creates a natural liminal space between thoughts.
- 4. Observe Without Judgment:** As thoughts arise, observe them without attaching or reacting. This practice helps you stay in the liminal space between your usual patterns of thinking and reacting.
- 5. Embrace the In-Between:** If you notice feelings of uncertainty or unfamiliarity, welcome them. These are signs that you're entering a liminal space in your mind.
- 6. Journal After Meditating:** After your meditation, take a few moments to jot down any insights or feelings that arose. Liminal spaces often bring unexpected revelations.

The Benefits of Liminal Space Meditation

Regular practice of this type of meditation can lead to:

- Increased creativity and problem-solving abilities
- Greater adaptability to change
- Enhanced self-awareness
- Reduced stress and anxiety
- Improved ability to let go of old patterns and embrace new possibilities

How can we Incorporate Liminal Space Meditation into Your Life

You don't need hours of free time to benefit from this practice. Even a few minutes of mindful awareness in transitional moments can be powerful. Try meditating:

- In the morning, just after waking
- During your commute (if you're not driving)
- While waiting for an appointment
- Before starting a new project or task
- You can also use the power of reflection in your quiet times.

Remember, the key is to approach these moments with openness and curiosity. By doing so, you're creating a bridge between your current self and your potential for growth and transformation.

Liminal spaces are all around us, including our conscious and sub conscious minds, offering portals to personal growth and transformation. By using meditation to tap into these powerful in-between moments, we can access new levels of creativity, insight, and self-awareness. So, the next time you find yourself in a transitional space or moment, take a deep breath, close your eyes, and open yourself to the transformative energy that surrounds you. You might be surprised at the wisdom and possibilities that emerge.

Are you ready to explore the power of liminal spaces in your own life? Start with just a few minutes of meditation today and see where the journey takes you!

Some Q and A's

What does the Bible say about liminal spaces - The Bible repeats three liminal themes which create a paradigm of ongoing Christian formation. The themes are desert/wilderness, pit/grave, and exile/pilgrimage. The desert/wilderness is a liminal space, the grave/pit is a liminal posture of heart, and the exile/pilgrimage is a liminal mission into the world.

What is the liminal space metaphysical? In the theological and spiritual world, we often describe the liminal space as this place of uncertainty, place which might be holding place, a place of transition, decision point, and frequently a place of concern and worry. Somewhere where we're not sure what should happen next.

Are dreams liminal spaces? Yes, there's a strong connection between dreams and liminal spaces. Dreams, especially those experienced during transitional sleep states (like the hypnagogic state), often feature liminal spaces – places that feel oddly familiar yet altered, deserted, and atmospheric. These dream spaces can be seen as a manifestation of the liminal, where the boundaries between conscious and unconscious, real and surreal, are blurred.

The meditation we listened to today was – YouTube, 10 Minute Mindfulness Guided Meditation – 10 Steps Beyond Time into Limited Spaces. – Wandering Sound Bath.

Additional discussion that followed on from Photography - June 17th 2025