

## Crystal Meditation, Version 21.7.

This meditation is meant to be made your own, so it can be practiced at the pace, and in the way, of your choosing.

When you are ready, move into a comfortable position, with your eyes open or closed.

Calm your mind, relax your body, and connect to yourself as pure, radiant, consciousness.

Visualize, with feeling, the Present Moment Sphere encompassing your body.

Breathe Present Moment Light, deeply into the sphere around your heart.

Exhale the Light from your heart sphere, out through your body, radiating the energies into your Present Moment Sphere.

Continue to breathe light energies, between the sphere around your heart, and your Present Moment Sphere, for as long as you choose.

Allow the rhythm of breathing to carry you. Be the breathing, and feel the deeper energy of these words, as you continue to visualize the Present Moment Sphere.

The present moment is timeless, and universal.

The present moment is boundless, and unconditioned.

The present moment is the observer, and witness of all things.

The present moment is love; for love itself.

The present moment is the ground of being, the deep of consciousness, the Lord I Am.

The present moment is the spirit, and essence, and presence, of nature.

Now, inhale Present Moment Light deeply into the sphere around your heart.

Exhale light energies from your heart, down your energy column; down both legs, through the Bubbling Wells; into the center of the earth.

Inhale light energies from the center of the earth, up both legs, up your energy column, and deeply into the sphere around your heart. Exhale light energies, down your energy column; down both legs, through the center of the earth; then expanding outward through the whole earth, encompassing the planet with a cloud of light.

Breathe Present Moment Light from around the planet, back through the earth, through its center, up both legs, up your energy column, and deeply into the sphere around your heart.

Exhale the One Light from your heart sphere, out through your body, radiating the energies into your Present Moment Sphere.

Inhale Present Moment Light into your pineal gland, feeling it open the Eye of Ra, and focus on the energies of unconditional love, the Christos. Exhale from the Eye of Ra, into the elixir field in the center of the brain, radiating the Christos energies out, feeling the light penetrating the

brain. Inhale deeply, pulling Christos energies through the Eye of Ra, down your energy column and into the sphere around your heart.

Enter that space, and see a figure standing, which is yourself, as consciousness robed. Exhale slowly, lower your head, and radiate your light energies, as a greeting to that presence. Then, breathe smoothly and regularly. Feel deeply these words, and speak them, if you choose.

O, deep of consciousness.

I am, that I am.

It is, what it is.

Let my mind, remain still.

Let my heart, remain open.

Let my spirit, remain free!

Free to express, the source of all love.

Free to express, the source of all life.

With all my being, so let it be.

Open your heart, as the robed presence, holding a crystal ball, transmits to you from the deep of consciousness, the One Light.

Inhale, as you absorb the energies deeply into your whole body, and hold both hands, palms up, in front of you, to receive. Exhale slowly, as you feel the presence place into your hands, the crystal ball.

Inhale deeply, pulling the energies from the crystal ball, deeply into the sphere around your heart.

Exhale as you feel the crystal energies radiate outward, and circulate throughout your body. Inhale, pulling the crystal energies into the inner sphere. Move the crystal ball in your hands, to your mouth, and surround it with a breath of rainbow light.

Inhale deeply, pulling the rainbow light back into the sphere around your heart. Turn your hands, palms up, then breathe out gently, feel the beauty of the butterfly, as it flies, and smile with appreciation.

Place both hands on the area of your heart; and breathe the music of the spheres, deeply into the inner sphere, expanding it into your energy column; from the perineum, to the pineal gland.

Breathe the music of the spheres out slowly to your Present Moment Sphere, which fills you, and surrounds you, and is most intimately who, and what you are.

Continue to breathe light energies between the sphere around your heart, and your Present Moment Sphere, for as long as you choose.

When you are ready, breathe smoothly and regularly, and smile with appreciation. If this meditation is helpful, please copy it to others.

May your days be blessed.