

Earth Meditation, Version 16.4.  
Created by Emanate Presence.  
Please do only what feels well for your body.

Move into a comfortable position; and breathe in a smooth and natural way. You may place either hand on the belly; massage the belly; and hum to yourself, feeling the vibration of sound. The eyes may be opened or closed. Calm your mind, relax your body, and connect to yourself as pure, radiant, consciousness. Throughout this meditation, inhale and exhale whenever needed.

Know that you are encompassed by a sphere of light.  
See it in your mind; and feel it in your heart.  
The Sphere of Present Moment Light fills you; and encompasses you; and is most intimately who, and what you are.  
Hold that feeling, and be present to the Presence.

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 first born of the unmoved mover.  
The present moment is the unified field, and the creative source.  
The present moment is the spirit, and essence, and presence, of nature.

You may relax your hands to your sides, or place them on the area of your heart. Visualize, with feeling, the Present Moment Sphere encompassing your body. Breathe 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 your energy column, and deeply into the sphere around your heart. Exhale light energies, down your energy column; 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 your energy column and deeply into the sphere around your heart.

Exhale light energies from your heart, up your energy column, up through your throat, and through your pineal gland, opening the Eye of Ra, and radiating light outward into the elixir field.

Inhale the One Light from the elixir field, through the Eye of Ra, down your energy column, and into the sphere around your heart.

Exhale up your energy column, moving Present Moment Light into your pineal gland, feeling it open the Eye of Ra, and focus on the energies of unconditional love, the Christos.

Inhale Christos energy from the Eye of Ra, down your energy column, and into the sphere around your heart. Feel the One Light filling your heart space.

Exhale the One Light from your heart sphere, out to your body, radiating every cell with the Present Moment Light. Inhale the Chi of your body with the One Light, back into the sphere around your heart. Enter that space, and see a figure standing, the guardian of your heart, your inner knowing and wisdom.

Exhale slowly, lower your head, radiate your light energies, and hold both hands, palms up, in front of you, feeling the guardian place into your hands, a key, charged with energies needed for this day.

Inhale the energies of the key into your heart space, then move the key to the hands on the area of your heart, pull it out, move your cupped hands to your mouth, and breathe the One Light into your hands, knowing that the key is seen by your Third Eye. Say and feel, 'I surrender this key to the One Light.'

Inhale deeply, pulling the One Light back into the sphere around your heart. Then open your hands, palms up, and see the beauty of the butterfly. Breathe out gently, feel the butterfly, as it flies, and smile with appreciation. Loosen and relax your body; and breathe smoothly and regularly.

Breathe the energies of unconditional love, the Christos, deeply into the sphere around your heart, expanding it into your energy column; from the perineum, to the pineal gland.

Breathe out unconditional love, from your heart space, to the whole earth, feeling the Christos energies penetrating, and encompassing the earth, with a cloud of light. Inhale from the sphere of light encompassing the earth, through the earth, and deeply into the sphere around your heart.

Exhale, allowing the air to escape naturally, feeling the light energies mingle with your Present Moment Sphere. Breathe smoothly and regularly, and move your body.

Loosen the area of your neck and shoulders; and shake out your arms, hands, legs, and feet. Please remember to pause in your day, and return to the feeling of your Present Moment Sphere, the Earth Sphere, the guardian of your heart, and the One Light.

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