

'Heart Opening', by Emanate Presence.

This meditation is designed to be learnable, so it can be practiced at the pace, and in the way, of the meditator.

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 light energies, down your body, through the Bubbling Wells, through the center of the earth; then outward, encompassing the planet with a cloud of light.

Breathe Present Moment Light, back through the earth, then up both legs, and 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.

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, 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 bow within as you exhale. 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.

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.

You may breathe smoothly and regularly, relax your hands, and smile with appreciation. Continue to breathe light energies between the sphere around your heart, and your Present Moment Sphere, for as long as you choose.

This meditation, is completed. May your days be blessed.