

The Inner Flame Meditation, Version 19.1.
Created by Emanate Presence.
Please do only what feels well for your body.

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 One Light from your heart sphere, out through your body, radiating the energies into your Present Moment Sphere. Continue breathing in this way.

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 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, the guardian of your heart, your mediator with the One Light. Exhale slowly, lower your head, and radiate your light energies, as a greeting to your

inner guide, of knowing and wisdom. Then, breathe smoothly and regularly. Feel deeply these words, and speak them, if you choose.

O Spirit, of the One Light, that shines through the Cosmos! Shine through this body, I yield to thy Light. Lighten each cell, with the flame of thy Fire.

Draw my flame closer, in harmony to thee. Draw me in power, to merge with thy presence. Open my awareness, that I may be free.

Free to be one, with the source of all Love. Free to be one, with the source of all Light.

Open your heart, as the guardian, holding a crystal ball, transmits to you from 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 guardian place into your hands, the crystal ball, charged with energies from the One Light.

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.

You may breathe smoothly and regularly, and relax your hands.

Loosen the area of your neck and shoulders; and move your body for comfort. 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.

The Inner Flame meditation is completed. May your days be blessed.