

## Meditation - Relationships

Get into a comfortable position, sitting upright with your feet flat on the floor.  
Place your hand at the bottom of your stomach and take three deep cleansing breaths.  
Breathe in until your stomach expands, to the count of 3.  
Hold for one second, then breathe out for three seconds.  
Again, breath in 1-2-3, hold for 1, then breathe out 1-2-3.  
One last time. Breath in 1-2-3, hold for 1, then breathe out 1-2-3.  
Now rest your hands on your lap keeping your arms uncrossed and hands open.

Close your eyes and, with your eyes closed, raise your eyes and focus your attention about 300 feet above you.

Imagine that this is the source of Divine Energy.

Now imagine that this Unlimited Divine Energy begins to flow down toward you as Liquid Golden light or a Bright White light.

As this liquid light begins to flow through the top of your head, your crown chakra opens.

As it opens you see a purple funnel of energy extending from the top of your head, spinning in a clockwise direction.

As you focus on it, imagine it expanding until the bottom is as wide as the bottom of your head and it extends 2 feet above your head.

As the liquid light enters your crown, its energy leaves you feeling calm, peaceful, and energized. This is your connection to source, to divine inspiration.

As this divine healing energy enters this 7<sup>th</sup> chakra heals your pineal gland, which improves your memory and heightens your consciousness and helps you stay alert, focused, and centered. ...

Now this liquid light continues to flow, into your forehead, in the location of the third eye chakra.

As it does, you see a dark indigo blue funnel of energy extending out of the front of your forehead and the back of your head and it's spinning in a clockwise direction.

As you focus on this chakra, imagine the base of the funnel expanding until it is at least as wide as your head and extending out from your body several feet.

The energy is calm, peaceful, and energizing.

This is your connection to divine wisdom, intuition, compassion, imagination, and inner judgment.

As this divine healing light enters this 6<sup>th</sup> chakra heals your pituitary gland, which balances your hormones and keeps you thinking clearly, rationally and calmly. ...

The liquid light continues to flow into your throat chakra.

As it does, you see a blue funnel of energy extending out of the front and back of your throat, spinning in a clockwise direction.

As the light fills this area, the base of the funnel expands until it is at least as wide as your throat and extends out from your body several feet.

The energy is calm, peaceful, and energizing. ...

As you expand and balance this 5<sup>th</sup> chakra, you are better able to speak up for yourself and speak out confidently, assertively, respectfully and clearly. ...

As this divine healing light enters this 5<sup>th</sup> chakra, it heals your thyroid and esophagus.

As the liquid light enters your heart.

You see a green funnel of energy extending out of your heart and spinning in a clockwise direction.

As you focus on it, imagine the base of the funnel expanding until it is at least as wide as your shoulders and extending out from your body several feet.

The energy is calm, peaceful, and energizing.

This is your connection to unconditional love, for yourself and others.

As this divine healing light enters this 4<sup>th</sup> chakra it heals thymus and boosts your immune system.

It also heals your heart, both physically and emotionally.

You feel love and forgiveness for everyone and for everything,

As you do, any toxins created by anger and long-held grudges turns into energy that is sucked out of your body through the vortex. It is transmuted and disappears instantly.

As the liquid healing light fills your heart chakra, you are filled with unlimited unconditional love, which then helps you live and respond in love at all times. ...

As the liquid light enters your solar plexus, behind your stomach,

You see a yellow funnel of energy extending out from your stomach area, and out your back.

As you focus on it, you see the base of the funnel expanding until it is at least as wide as your waist and extending out from your body several feet.

This energy is calm, peaceful, and energizing.

It is your connection to your emotions, willpower, flexibility and motivation.

As the divine light enters this 3<sup>rd</sup> chakra, it heals your pancreas, balances your blood sugar, and makes your entire digestive system function effectively and with ease.

Any extra weight turns into energy and is sucked out of your body through the vortex, never to be seen again.

Your body knows it's safe to lose weight and naturally moves to its ideal weight and perfect health.

As the warm liquid light pours into this area, your emotions are calm and stable, giving you a sense that you have complete control in your life.

You are now protected from other people's emotions.

As the liquid light flows into your mid-sacral area, just below your navel,

You see an orange funnel of energy extending out from where your reproductive organs lie, and out your back, spinning in a clockwise direction.

As the divine light fills this area, the funnel expands until it is at least as wide as your hips and extends out from your body several feet.

The energy is calm, peaceful, and energizing.

This is your connection to your desires, pleasures, reproduction and creativity.

As the healing light enters this 2nd chakra, it heals your entire reproductive system.

As you heal and balance this area, you tap into your creativity and nurturing side, whether it be the children you create or the dreams and hopes for your future that you create.

You can now keep your creative power for yourself and give to others without losing any energy you need for your own needs. ...

As the liquid light flows into the base of your spine and perineal floor, where your elimination organs are located, you see a red funnel of energy extending out from the base of your body where you sit.

It is spinning in a clockwise direction.

As the liquid light flows in, the base of the funnel expanding until it is at least as wide as your hips and extending out from your body several feet.

The energy is calm, peaceful, and energizing.

This is your connection to your survival, your will to live, and your sense of trust and security. ...

As the healing light enters this 1<sup>st</sup> chakra it heals your adrenal glands.  
You are calm, relaxed, and still. There is absolutely nothing that can cause you stress.  
You feel at peace and can handle every event calmly, confidently and competently.

Now imagine that this divine, liquid light flows down your arms and legs and pours out your feet,  
Down...down...down...All the way to the center of the earth.  
There you feel connected to a warm energy that bathes your entire soul in love and then bounces you  
back, like a trampoline, back up into your feet, then your legs, through your torso, up into your heart.  
There, the light shines out from your heart like a big central sun, 360 degrees around you.  
As you take a deep breath and exhale, extend your energy to fill the room you are in.  
Take another deep breath and expand your energy to fill the building you are in.  
Take another deep breath and expand your energy to fill the city you are in.  
Take another deep breath and expand your energy to fill the state you are in.  
Take another deep breath and expand your energy to fill the country you are in.  
Take another deep breath and expand your energy to fill the whole earth.  
Take another deep breath and expand your energy beyond the earth, into the universe.

From this expanded state of love and awareness, you are protected. Your energy is expanded so far out  
no one else's energy can affect you.  
The Divine light is pouring through your crown, down through your body, to the center of the earth,  
bouncing back to your heart and then out to infinity....in a continuous, everlasting cycle of warmth,  
love, peace, and joy. This Source is unlimited.

Now imagine that this energy that is surrounding you becomes an ocean of divine liquid light...an ocean  
that extends in all directions forever.  
And one drop of this ocean contains in it everything you could ever want or need.

If you want financial abundance, one drop of this ocean contains more financial abundance than you  
could ever possibly want or need. It is yours simply by opening up and receiving it....which you do...  
And as you do, the energy fills your entire being with the energy of unlimited abundance.

If you want perfect health, then one drop of this ocean can heal whatever it touches, instantaneously,  
every cell it touches instantly snaps into its perfect healthy state...and this entire ocean of energy flows  
into you now. You feel it filling each and every cell in your body...and as it does you feel tingling as the  
cells obey the Divine command to heal and be whole.

If you want healthy, harmonious relationships, then one drop of this ocean contains more unconditional  
love than you have ever felt before, such overwhelming love that it completely fills your being and then  
spills over, to anyone and everyone you see, touch, or even think of.

You are so full of love, health and abundance that you overflow and bless all those around you. If you  
ever need to give energy to others, it won't come from you, it comes through you, from this unlimited  
source of abundance. Your love extends to every plant, every animal, every fish in the sea, and the sea  
itself. Your love is healing the planet and as it does, every being in it and on it is filled with love and  
seeks only peace.

From this expanded state of awareness you only see Truth. All other beliefs disappear or hold no power  
over you.

Anywhere that ... (fill in limiting belief, behavior pattern or what's being blocked)

- Anywhere you see negative patterns in your relationships...
  - Anywhere you are playing out family histories ...
  - Anywhere you allow yourself to be mistreated and don't stand up for yourself...
  - Anywhere you *do* stand up for yourself and it doesn't matter...
  - ... from list of participants
- Delete what exists now
  - Un-create (from point of origin), and
  - De-story (the story that keeps feeding the belief)
  - ... through all time, space, dimensions and realities.

Now fill in that space with love and empowerment by affirming the following statements:

- It is easy for me to give love to others
- It is easy for me to receive love from others
- I am worthy/deserving of an intimate, passionate relationship.
- I am willing to risk loving and being loved.
- I am ready for a healthy, intimate relationship.
- It is safe/okay for me to express my truth in a relationship.
- I intend to be more loving in all my relationships.

Next, picture a person with whom you want to heal a relationship.

*(pause)*

Surround the person or your relationship in a column of White Light

"I see you as a Child of God and send you love."

*(pause)*

Ask permission to talk Soul-to-Soul. Be open to revelations.

*(pause)*

Surrender & release to the Divine Source of healing.

*(pause)*

And now, bring your awareness about 2 feet above your head.

There is a *golden sun* that contains all your hopes and dreams.

Take time now to set an intention for what today will be like.

Create the day you want to experience. ...

Where will you go? ...

What will you do? ...

How will you feel? ...

Send these intentions into the sun. ...

Now focus on your *future* hopes and dreams.

Imagine where your life will be six months from now... a year from now...

What do you want your life to be like? ...

Picture yourself in perfect health ...

imagine the house that you live in ...

imagine all of your relationships being healthy and loving. ...  
imagine your job or career being completely rewarding, both emotionally and financially. ...  
imagine yourself having complete financial freedom and abundance ...  
record anything else that you want in your life by sending those intentions into the sun. ...

Now pop the sun, like it's a water balloon,  
and let its *golden liquid* pour down through your body.  
Through your crown ...  
through your forehead, eyes, and mouth ...  
through your throat ...  
filling your heart ...  
more and more until it overflows and spills down into your chest ...  
down through your stomach and digestive system ...  
down through your reproductive organs, where all your creative ideas reside ...  
down through your spine ...  
down your thighs ...  
through your legs ...  
to your feet.

You now see a liquid pool about 2 feet below your feet.  
Let this golden light pour down into this pool.  
This is the pool of manifestation.  
Whatever you have set as your intention, whatever you believe you *can* have and *deserve* to have,  
whatever you feel about what you want to happen or want to have, will lead to divinely inspired action.  
It will be absolutely clear *if* you need to do something and exactly what to do. ...  
All your hopes, dreams, and intentions are now on their way to you.  
Have complete faith in the Divine to give as you've asked and  
believe you deserve to receive all the good the universe is ready to give you.  
There are unlimited possibilities. Command that only those that are for your highest good come to pass.

Now, as you bring your attention back to this time and this place,  
put your hands at the bottom of your stomach and take three deep cleansing breaths.  
Breathe in until your stomach expands, to the count of 3.  
Hold for one second, then breathe out for three seconds.  
Again, breath in 1-2-3, hold for 1, then breathe out 1-2-3.  
One last time.  
Breath in 1-2-3, hold for 1, then breathe out 1-2-3.

Now power up your energy by placing your hands in front of you in a prayer position.  
Inhale and raise up your hands until they are above your head...  
now open your arms... out wide... and lower them in an arc.  
Do this three times. ...  
2 ... up, open and around and down ...  
3 ... up, open, and around and down.

You are now present and alert, calm, happy and energized.  
In tune with the universe and vibrating at the level of love, joy and gratitude.  
You will attract to you that which is for your highest good.  
Say "thank you" for it is already so.