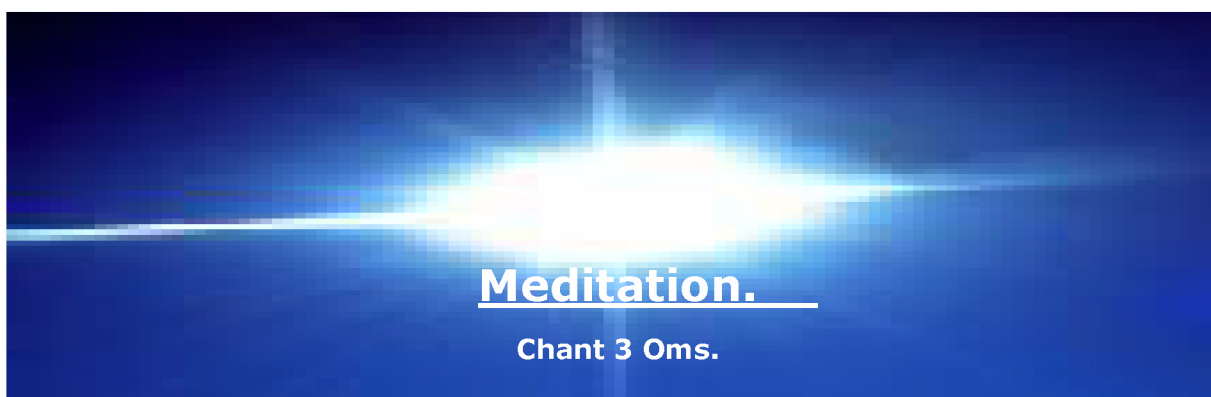


Heart- Centred Meditation 11:11:11

Affirming: One Love, One heart, One Consciousness.

The heart is a very sacred place, the seat of the soul, where we can experience our divine nature, our natural joy and innate goodness. Connect with our intuition and follow our soul guidance. Re-unite with universal love and sense the evolutionary pulse of Consciousness.

Science shows the heart is the largest generator of electromagnetic energy in the body, the field extends up to 12 ft around each person. Truly our thoughts and emotions affect others! Time to open our hearts to radiate love. Transform our planet one loving thought at a time.



Relax your shoulders and gently elongate your spine. Close your eyes and focus on the flow of your breath. Take a couple of deep breaths in and deep breaths out to release any tension.

Bring your attention to your heart. Place your hands in prayer position and breathe into your hands your intention to enter the *inner* heart centre.

Breathe into your heart, breathe out from your heart. Relax your hands & place on your knees or lap. Breathe into your heart again; fill your whole body with breath. Then exhale gently. Breathe deeply into your heart as if reaching behind the physical heart to your back and connect with your *inner* heart centre. Breathe again into your back. Feel the vastness of the universal heart, of spacious awareness. Your front is about 'you' the individual and our back is the connection with something bigger than ourselves. Universal Consciousness. Feel the vastness of the great heart, that limitless place. Fall into that love. Connect with that inspiration with that intelligence. With that creativity. With that compassion. With that joy. For you are that! Silently affirm I AM Consciousness, I AM Consciousness, I AM Consciousness. I have the power to bring forth a new way of living, co-creating with others peace, health and prosperity for all. Fully awakened to Love, true unconditional love. I connect with the divine plan.

Breathe in Love. Breathe out Gratitude for the re-connection with your true nature.

Meditate on the great love in your heart, feel the current of love running from one into another and out into the world, anchoring love on the earth grid. Breathe normally and enjoy this meditation on love for 5 mins.

Close with your hands in Namaste and by chanting one Om, the sound of creation.