

THIS I AM

Meditation

Take a deep breath and start settling into your space. Bring you loving present, and begin to be aware of your breathing...into your center...into your space.

As you are doing that, I am going to ask now for the presence of the Christ to be here with us, and I also ask for the guidance of the Holy Spirit to be here with us in this meditation for the highest good of everyone here. I ask that the Living Love that is everywhere present coordinate this highest good for each person and to work with each of us to move the inner process of our Holiness forward into greater realization and manifestation.

Focus inward now. Focus in and up into that high place, high above you. In this high place it is easy to connect with the Living Love, with the Holiness that is the universal creator, that is God, and engage that energy as a link to yourself, within yourself.

As you become aware of your Holiness, and your presence in this Divine place, send this energy down through your body, and around you and then follow it down through you into the center of the earth.

Experience your presence in the center of the earth. Awaken to the living energy that is the heart of the planet ...and as you engage this energy, also engage it with your breathing so that as you breath this energy flows through you in and around through your heart and into your space and extend that breathing so that the awareness, the active awareness, goes out through the planet, around the planet and into the stars, out into the universeso as you breath in the living love from above you also breath in the universal love through the center of the earth and bring this all together within your location as the awareness of yourself

As you continue, bring in various aspects of the living energy of creation and the Living Love of the Source, the Creator. Begin now by breathing in the living red energy,...and feeling that kinship as it comes in through you and serves those places within you that need its frequency. Breath it into you and around you and through the center of the earth and into the universe up and through the Holy of Holies, into the infinite one, and then you breath orange, in the same way. ...and

you continue with this as you serve ourselves, serve others and serve life, as you breath yellow, ...and green, ...and then blue, ...and you continue as you move deeper in to the indigo, ...and the purple, ..moving deeper and higher within your reality of self, spirit and the universe.

As you continue to breath, become aware that as this energy comes into you, and out of you and around you, your awareness of the matrix that supports your physical existence becomes more evident to you. Through your inner awareness, your seeing and hearing become aware of the twelve powers of the Kathara Grid, the tree of life. You become aware that the living energy that move in and through you is now clearing and balancing these centers. Each center contains and integrates information that is a pattern for you health and wholeness. Breath the colors through these places as you see the Living Love balance the shadows and distortions, you place your love and you follow the currents of your love through and around this matrix of life that supports your presence in life, on this planet, in this society.

And then you breath in silver ...in through your heart into the center of the earth ...from the high places into your heart, into your body through this matrix of selfclarifying the energy, ...then breath gold, ...and then breath in a turquoise (blue-green) energy ...and then, as you extend out further around you, just lift up to this high place with God and say, “Make me aware, show me, any thought forms or structures in the living body around me that I need to see, ...Make me aware of my crystal body and how it holds the thought forms that formulate the deep patterns of my life.” And as the Holy Spirit makes you aware, just focus into them. Take a deep activating breath, and on the out-breath, see them dissolve or disintegrate, see that any karma be resolved and be replaced by the intentions of Grace. You might even breath out again with a bit of force, and increase your intention, (blow out hard) and ask to be shown around, so with this, the loving eye of your Soul gains more acuity as you scan yourself and the realities in which you have awareness.

Some of these thought forms are ancient. Some of these thought forms are fantasies that you created with yourself and others as a substitute reality producing replicates seves that seemed as if they were you and real. You did this at various time, some ancient, for many reasons, like curiosity, escape, amusement, power, and so forth. Some of them are an invitation and some carry other interests but let your awareness go into these forms now. It is time to dissolve these spheres of

influence so as you find them focus in, take a deep activating breath, and blow out as you dissolve them and scatter them, returning them to primal frequencies. You can see them as they revert to the basic energy particles to be re-utilized, recycledso you say, “Just show me what I need to be aware of, guide the rhythms of my heart, the rhythms of my life, to dissolve the area, the territory, and free the energy that has been contained there.” Don’t forget the area around your back, or under your feet. and remember to breath that life through the universe, through the heavens, into your heart, aligning yourself with that rhythm of life. This is the spiritual heart beat; this is the spiritual alignment of your consciousness... ..

Now, in this consciousness, in the authority of the Beloved, that is yourself with God, say, “Show me the master cell of my body.” Enter into the body, and, as it comes into your awareness, move your consciousness into this cell. It is the master cell, so it is the intelligence that sees all of the cells and directs all of them how to do and be, so it is in the authority of this cell through which the body follows the laws of health, and vitality, abundance and direct the awakening of the light within the cells. So you look within this cell, and as you breath in and through it, and become aware of it, you observe, you say to Spirit, “Dissolve any imbalances, heal any distortions....” As this actions completes itself, say, “Go now to every cell in my body, in the same way.” ...

And there is an opening within each cell that goes straight to God. So say, Make the portal to God in my cells evident to me.” And, as it becomes evident, begin to breath with God through that passage.... Imagine....God unfolding within each cell. It is a small place, yet eternity enters. A point of life, and as you breath through it, you begin to experience the infinite in your cell, and, as you do it in the master cell, you become aware that you are doing it in all of your cells.

As you breath the light into your center, into your cells, into God, and come around again and now say, “Show me my DNA.” Your DNA may appear in the classic way that you see DNA in books and in drawings. Or, it may not. Trust how it appears. It will be some kind of recognizable arrangement, even if it is just an awareness that you see, that you have a vision, a sense, or knowing, as if. Trust that. It is sufficient. And, if at first you see the physical form of the DNA, allow yourself to open your awareness to the multidimensional nature of the DNA as it exists as a morphogenic field. The physical DNA, as we know it has two strands.

We can call these the base strands upon which our evolution will awaken to the full 12 strands of our potential. In our multidimensional being, DNA, there are 12 complementary strands that each resonate with a different dimension of level of our consciousness and that in all of their 12 strands they are as we are activating, weaving together and integrating the 12 dimensions of self. Some are physical. They all resonate with the physical strands and carry a counterpart on each dimension of our consciousness, so as you open your awareness to this it might be quite new ...so now that you are aware of this existence, take a deep activating breath and command, as you exhale, “Activate and coordinate all of 12 stands with each other.” Then see how this action takes place. And, on another activating breath, command, ‘Activate the 12 strands in every cell, every genome, every aspect of my DNA’ ... Your DNA is the mediator of your inner and outer reality that gives you your constitution, that gives you your contour. And then take another activating breath and say, “Activate the 12 DNA strands within my cellular mitochondria.” The mitochondria are the energy source for your cells. Then, observe how all of this is orchestrated by spirit. ...

... Now once this is set in motion, it takes care of itself. Now bring your awareness once more into your central column of light that is oscillating through the center of the earth and the highest heaven ...and say to Spirit, “Show me my Light Body.” This is the Merkaba spoken of old. The chariot of Light. You say, “Show me my Light Body and the form it takes around my physical body.” And as you see it, say to spirit, “Activate this vortex of energy in its right way so that the electrical spiral from above and the magnetic spiral from below are responding in the right way, according to Divine Law, according to the pattern of the highest Grace, according to the original intent of the Creator.” And then take a deep activating breath and on the exhale make it so, and watch how it occurs around you and through you. As if you are standing on a clock face, see the clockwise rotation coming from above and the counter-clockwise rotation coming from below.

This Light Body is the circulatory system that carries the information and the light between the Divine pattern and subtle body, chakras and physical body ...so say, “Show me how this Light Body circulates light through the Kathara Matrix, and the crystal body.” See the physical body. See the DNA as it activates in its two counter rotating spirals, making even stronger the pulse of energy that coordinates itself in your location as your life, as your form ... Now take another deep activating breath and say, “Activate the Light Body on the Imaginal or Astral

level.” And then observe on the next expanding level. You are like a nested set of dimensional star tetrahedrons around the physical body, one for each dimensional body. Watch how the living light circulates through the grids, through the matrix. See your body. See your DNA. And then say, “Show me. Show me my Light Body at the emotional level.” Take a deep activating breath, and as you exhale with the intention for the highest good of your integration with Source. And, as you do observe how it circulates the light, and the many colors of light through all of the matrix, through the dimensions, through the DNA... and while it is doing this, also say, “Dissolve any codes, distortions, or restrictions of limitations to my DNA and its full activations. “And as you do so, take another deep activating breath and on the exhale make it so, and watch how the Living Energy flows through the DNA, bringing it to life, realigning the codes, synthesizing the patterns on the different dimensions. This is the morphogenic field of your consciousness.

And, now say, “Show me the Light Body on the Mental level.” And as you engage take a deep activating breath and exhale with the intent that the mental level Light Body be activated in the right way, and then you observe the flow of energy through the matrix for you body, of your DNA ... And then say, “Show me my Light Body on the Etheric plane, or Archetypal plane.” Then, in the same way, take another activating breath and make it so.

And then say, “Show me my Light Body on my Soul level.” In the same way, activate the soul level Light Body with an activating breath. And then, in that deep alignment with spirit, ... observe and experience the light going through you, in you, and around you as if all is breathing all through the center of your being, through every element of your being and as you touch the depth of that reality just say within yourself to all of yourself: “THIS I AM. THIS I AM. THIS I AM.”

... .. And then just move with that, within yourself as you like, and then as you are ready return your awareness to the physical space, gently opening your eyes.

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