

Golden Ball Connection Meditation

Terra Angelica channeled through Lee Cook
1 March 2009 gathering

This meditation of peacefulness can assist you anytime in any situation.

Take three deep breaths in and out through your nose, this is called the earth breath. As you gently breathe in and out through your nose, you become more aware of your presence. Feel more relaxed with each breath. Imagine within yourself a ball of light. This light is golden and buoyant, a soft glow within you, resting within your heart. It is soft and flexible and spinning gently, a glowing orb of connection.

Imagine this light flowing softly throughout your body, relaxing you from the top of your head to the tips of your toes. Feel or see this golden ball of light glowing brightly as it flows from your body down into the Earth. As it flows it grows bigger and bigger. As it touches the Earth the Earth angels are there to receive it. They gently touch it and add their Light and healing energy to it and then carefully and tenderly send it back to you.

It feels wonderful as it flows back into your body, flowing up now through your body all the way up through your crown chakra at the top of your head. Your golden ball of light flows up into the sky, up to the Angels and Starry Ones. They too receive your ball of light and add their Light and love to it, gently and carefully send it back to you with ease and grace. Your golden ball has been blessed by the Angels' special light and energy. It flows back through your crown chakra and gradually comes to rest inside your heart, refreshed and renewed, centered and calm. You can feel the strong pulse of your light, as it flows out your heart, through your body and your hands and feet.

In the center of the palms of your hands and in the center of the soles of your feet are your Earth chakras. They are magenta in color, a soft rosy violet color. These chakras in your hands and feet can send your light and love out and receive light and love in. You are like the tree receiving the rain, the light, the wind, the essences of Grace and Love. With an open heart you share this energy with others, near and far.

Feel your whole being opening to receive Grace and Love. When you are ready gently feel the Earth chakras within your hands and feet receive energy for you. This energy fills you up and enhances your own golden ball of light. Feel the Light as it flows into your heart. With each breath take in this love and Light. Begin to notice your breath warming your heart and your body. Feel your Light resting within your heart.

Now, slowly and easily breathe yourself back in to this present space and time.
When you are ready open your eyes and smile.

Wherever you may be in the world you can stay centered, calm and focused by remembering your golden orb of light that rests within your heart and your connection to the Angels, Starry ones, Earth Angels and Beings of Light. You can send your love and light out into the Universe and world and receive this light back into your own heart and life.