

## Heart Opening Countdown

Find a quiet place to sit comfortably. You may sit or relax on a lounge chair but don't go all the way back, we want you to stay awake! If you are sitting, which is preferable make sure your legs are not crossed and your ankles are not crossed, nor your arms crossed. You may hold your hands any way that makes you happy. If you don't have a preferred way, place your hands on your lap with your palms up and your back straight in your chair.

As you keep your eyes close, I want you to stay with me while I count backwards from 10 to 1. And we are going to drop into a lovely place. A place of love and peace.

Let's start with 10. Think about everyone we love, everyone we care about. And that's a ten! Our ten includes everything about our life that makes us happy. These are the blessings we have in our life. Claim them.

Now we move down to level 9. At 9 I want you to think about a pet you may had known or perhaps had with a friend's pet that had that you felt close to. It could also be an infant. Let it be a little one who is incapable of saying I love you, but you can feel the love you have for them. It could even be a connection you have in a dolphin swim, and allow yourself to go to that zone. Claim it.

Next we move to level 8. Drop down into this feeling of the love always wanted from your parents, and know that no matter what, they did the best they could, and now you are giving

them permission to give you the love you have always wanted. See that they really love you, more than you could imagine. They are so very proud of you. Claim it.

And now lets drop into level 7. We are going to go into a place of introspection, where you look at aspects of yourself, and at each level, as we drop down it get smoother and quieter, and your body is getting calmer and more relaxed. You can think about what you like about yourself. Maybe you have a nice smile, or nice eyes. Maybe you have a great laugh. Maybe you like your creativity or cleverness. Think about what YOU like about you. Let it make you feel strong and secure. Claim it.

Now we will drop down to level 6. Think about how you like to look after others and how good it makes you feel, when someone tells you they well cared for by you. Think of what a good nurturer you are!

Now we will drop down to level 5. Think about some beautiful piece of music that makes you really happy. Just naming that piece of music may make you happy, that you really love, knowing you could listen to it right now if you wanted, It will help you move and shift.

Now, going deeper, we will drop into level 4 where you know that can remember you know things and how to look after yourself, how to make sure you are ok, how to be safe, whether it is climbing into bed at night, knowing you can climb into a nice bed, whether it is knowing how to fix a meal, or making order from chaos, you know in your heart what you can always do.

Now we gently ease into level 3. This part is really special you are tuning into the family and friends that you care about. Now these people are your real family, your divine family. I call them your spirit family. They can be people that you are not related to, they can be people who are physically close, or far away, but they are your kindred and your sharing with them makes you feel very valuable and special. Claim this.

Now we drop even lower, into level 2. Getting really low, deep and relaxed. And as you think about unconditional love there may be one person in your life that you really love. They may or may not be with you now, but you KNOW what it is. **And you know what it is like to be loved and you know what it feels like to be loved.** And if you have never had that, in this life, we now ask God, in this moment to show you how much you are loved. Dear God Show me how much I am loved. Soak that in. Claim it.

We now we drop into level 1, knowing we are one with God. And even if you do not have any reason to believe it, allow it to be true for just this moment, let it be true for you. And if you were God, and if you ARE God you would love you. Claim this.

Now I ask you to turn your attention to your heart. As you focus on your heart, allow your heart to open, and a door inside your heart there is an upper chamber and a lower chamber. Both are very inviting. You choose to go to the lower chamber which represents unconditional love *for all humanity*. As you tune to that, you begin to realize how special everyone is. You can feel love for all life on the earth.

And you forget, that even if there are moments you don't care about someone, or you don't care for their behaviors you can feel that you really love everyone. And you think, wow, that is pretty amazing! Claim this.

Now you come back up the stairs from that chamber with that renewed sense of love and appreciation for all of life.

Next you go into the upper chamber, which is the love we hold for our significant others and for the Divine self, and we allow that to be the higher self. Then, the minute you think about the Higher Self, your attention is drawn to your pranic tube. A beautiful white tube of light inside of you from head to toe.

This is your central column that runs from the crown chakra to the perineum put your awareness starting at your heart moving upwards to your throat chakra, your third eye, past crown chakra to above your eighth chakra – this is the portal to your Higher Self.

Your higher self is known as your store house in heaven or the treasury of every everything you have ever acquired in all of your lifetimes.

And suddenly you are standing before a beautiful chair. In the chair is a magnificent being, that look remarkably like you. And you catch yourself asking, “Who is that?” and we give you the obvious answer, it is you.

It is you who knows who you really are. This is the unlimited you, with complete freedom, knows limitlessness and knows the love of God all the time! And this higher version of you says, I am your cosmic double.

I am your cosmic double. (Echo)

You ask, what does that mean? The magnificent you says, it means that I am the same as you, just a little more cosmic than you.

Now at this point as you receive this awareness you invite your new friend, your Cosmic double, your Higher Self, “I have opened up my heart. I have cleared the path. I am inviting you to come and live in my heart. I’ve cleared my 3D body

Your Higher Self responds, I have been waiting for this invitation. I am so ready! And in a flash! The two of you are back in your heart. And the presence of your higher self in your heart causes your heart to expand, then energetically, and it now has a golden glow that was not there before.

So you say to your HS, I really want to improve my connection with you. Your HS says, well you already have a pretty good connection. You have been doing pretty well with this. You answer, thank you, but I want to make it even better.

So, no matter where you are at, on the continuum you can always improve it. You say to your Higher Self, “I am grateful for what we have, but I am truly ready to take it to the next level.”

Your Higher self says, “Well, I asked, because I wanted to make sure you were ready, and if you only took it to the level you are at, *it might hold you back* but because you are now ready by asking, and that you care where you are at, by saying “I want to go further.”

This is where the work of you and your Higher Self begins.

I ask my higher self to show me, to remind me of this work, of this prayer daily.

I ask my Higher Self to handle the details, and I will show up and do my part.

Thank your Higher Self for being with you in this moment, and know that your Higher self will stay with you for about 24 hours, so you will want to invite your Higher self into your heart and bring your higher self In to your heart again and again.

Every invitation will last for at least 24 hours. As we bring ourselves out of this deep relaxed state, I want to count backward up to 10.

1, Think of you and your Higher Self as one.

2. Know that you, in your 3D body in the living world and your Higher Self are partners too.

3. Know that you're the three of you, your Higher Self and you, and God/Source make a great team.

4. As you follow this easy to understand meditation, you will find divine order in everything.
5. Notice that it is easier to notice what you are thinking, how you are communicating with your Higher Self and your language will shift and change.
6. When you are suffering, try to reach out to help someone else, your pain will lessen, and will give both of you a greater feeling of love and a lift as you nurture someone.
7. When you are alone, give yourself the gift time to read a book. It won't matter what you read. Take a book or magazine from your shelf, opening it randomly to see what you can learn...
8. Know that you are the leader of you. You carry full responsibility for you. You have a myriad of helpers, and servants from God in your angels and guides to support you and ask for their help.
9. Remember that the Divinity of God moves through you, no matter what, and you can bring that forward in everything you do. Ask for this.
10. Now you know YOU are a 10! Open your eyes and allow your new normal to show up.

AMEN