

Love & What to Pay Attention to With Pleiadeans

Meditation

In this meditation we will amplify your focus on personal Enough-ness and pure Unconditional Love.

- 1- Take a deep breath and let this beautiful wave of Love energy go through your body, relaxing every cell helping you deepen in your focus on Enough-ness. You have all the supply that you ever need. You have access to anything that your body needs; that your emotions need; that your consciousness needs. Anything you need is right here, available for you.
- 2- Good. Take another deep breath and then tune into the vertical flow of energy through your body. Extend it 3-4 feet above your head and a few feet below the bottoms of your feet. Tune into this incredible egg that you are being held in. It is filling up with beautiful soft pearlescent energy. White and pink; a little bit of peach; coral. Soft energies interwoven with pearlescent white are filling in your entire egg. It's a large egg. It is 4 feet higher than your head. It is 4 feet lower than your feet. It's plump in the middle. It's almost a sphere and yet the upper end is just a little bit more pointed.
- 3- Allow your entire egg to fill up with this Unconditional Love that the Pleiadean beings are bringing in. This gorgeous pearlescent white. Let it move toward your body and into your body. Breathe it in. Let it circulate through your entire body. Feel it in your heart. Feel it in every cell





of your body. Allow it to work with your nervous system. Notice what happens when this beautiful pearlescent white of 5th Dimensional Love energy goes through your nerves, through your brain.

- 4- Good. Feel Pleiadean beings beaming this beautiful support and Love for you as you're choosing to focus on Enough-ness. On Abundance.
- 5- Good. Notice where the energy wants to go next. In your emotions? In your thoughts? In your body?
- 6- As this meditation continues allow that energy to go where it needs to go as Pleiadean beings help you remain focused on Enough-ness; on Abundance; on Self Love.

Be LOVE. Be FREE. Be GOD.

Eugenia Oganova

