

## **Oneness**

Finding a place in the center of your head. Breathing in and out, I'd like you to imagine being a seated Yogi or Yogini. And from that place, I'd like you to connect to the center of the earth. And I'd also like you to connect with the divine. So you might send a grounding cord to the center of the earth and then send maybe a golden beacon of light up through the center of your head and then up, up, up into the heavens as you imagine your divine connection.

I'd like you to be breathing in and out and being very focused on connection. Feeling surrounded by pink and gold energy, feeling that incredible quantum field beginning to become part of you. And as you sit in your golden temple of silence, you begin to become the peaceful, perhaps warrior, perhaps traveler. But there is a kind of serenity that you're beginning to feel as you become one with yourself first. And how we become one with everything is that we clear the decks. We let go of that monkey mind, that very busy active mind. And we relax profoundly, deeply, beautifully.

In your mind's eye, imagine that you are the center of all that is and the center of your head is the center of the universe that you create for yourself. Surrounding your body is a quantum field. This field is a part of everything, everything that exists. Your magnetic energy. Your clarity and focus, direct how you experience everything in life as you become more peaceful, more centered, calm and relaxed. You feel the oneness of you with everything that is. You feel your creator, god, goddess state and you also feel an incredible power. A power beyond measure. You feel an incredible love, wise elder wisdom love. A love that goes beyond the personality. A power that goes beyond the body. Connection. Divine. And in each breath, you feel gratitude, you feel gratitude for everything that is you. Your essence, your thoughts, your body, your energy field. All that supports you, your realms, the realm of embodiment, of genesis, the quantum field and amplification. All these fields that surround and support you. And gratitude flows, profound, deep, connection. And take a moment of silence and really feel that incredible feeling of connection, incredible feeling of oneness. Oneness with yourself, oneness with the divine, oneness with nature, oneness with everything in the universe. Feeling so much joy, so much pleasure, so much bliss.

And breathing in and out now imagine your spirit fully embodied in your beautiful physical body, your strong physical body and wiggling your fingers and toes and just really claiming this body as yours. Now coming back, restored, remembering who you are, one with all that is. May you be with the blessings of the Supreme Being that this healing and meditation is complete.

**[End of Recording 00:05:39]**