

So now, we ask that you take a deep breath
and that you get very centered in your Sacred Heart.....

Becoming conscious of yourself as pure Undifferentiated Light.....
Conscious of the fact that you possess a very beautiful, radiant Light Body
that is your full expression of your Divinity.....

Recognize the interior of yourself as brilliant, Undifferentiated Light...
Recognize that as you navigate dimensionally within the 5th, 6th, and 7th Dimensions,
that you are beginning to do so in a physical body
that is fully capable of navigating all realms.

Now, see yourself AS that 100% Light
in full possession of a Light Body.
At this moment in your evolution, your Light Body overlays your physical body
and helps you navigate in the world of form more proficiently,
transforming your physical body into Light.....

This is becoming more of a reality.
It is no longer something that is coming.
It is here! It is in process....

You are unifying all parts of yourself into one radiant emanation.....
through your Light Body.....

We ask you to start to experience,
allow yourself to experience yourself as pure Light.....
Being pure Light.....

That's what a Light Body is: pure, Undifferentiated Light.
Being Light.....

Not doing anything – just Being.....

This is an exercise that we would like you to do for 5 minutes every day:

to see yourself as pure, Undifferentiated Light in your Light Body,
and allow yourself to experience yourself fully and completely,
not doing anything..... just Being.....

There is plenty of time to create, Beloveds.
Now is the time to just BE.....
Experience yourself from this perspective.....
for it creates a most important foundation from which to create.....

Light Body..... radiant, luminous..... [Pause]

Blessings, Beloveds, Blessings!

