

[18A 2:44] Greetings, it is I, Gabriel.

I come from the Archangelic Realm of pure Light...
And I am here to lead you in a centering meditation.

So if you will take a deep breath
 and release all the thoughts and events of the day.
Become very centered in the moment...
 and very centered in your Sacred Heart...
Breathing in Love, exhaling Light...

Recognizing yourself in the center of your Sacred Heart,
 in the Presence of the Holy Spirit...
 in that vast consciousness that is present within your Sacred Heart.....

Now, you take another deep breath...
Focus your attention on your Merkaba field.....
 See it spinning at 100% Light.
And as you ARE in that field, you ARE 100% Light,
 spinning and spinning...
Feel the Light that you ARE.....

Now direct your attention into the Crucible that you have co-created,
 this beautiful Crucible... Collective Crucible.
Each one of you a valuable member of this Consciousness... shared with
 the Lords of Light, the Elohim, the Master Realm, the Archangelic Realm,
 the beautiful Presence of the Sirians, the Pleiadians, the Arcturians,
 the influence of the Andromeda Galaxy,
 the Presence of that Christed Energy.....

Beautiful Crucible of Light:
 Collective Consciousness..... Collective Christ Consciousness.....

Breathe it in.....
Sit for a moment in this beautiful State of Being,
 completely unified...
 in Love and Unity.....

Now take another deep breath
 and become very conscious in this moment.....