

8a Gabriel meditation

Greetings, beloveds. It is I, Gabriel. I am with you this evening to lead you in this centering meditation. So, take a deep breath, relax. Let go of all the thoughts and the cares of the day, and become very centered in your Sacred Heart. As we gather this evening, we gather in this magnificent Undifferentiated Light and Love of the Source of All That Is. As you sit in the consciousness of your Sacred Heart, you become very aware of yourself in the brilliance of that light.

Now, take a deep breath. And with your intention, activate your Merkaba vehicle at 100% light, pure Undifferentiated Light. Notice the difference between just being centered in your heart, between knowing yourself as light, and the state of being within a fully activated Merkaba field operating at 100% light. Notice the variations in the energetic frequency as we have, step by step, increased them, until you are operating in a field of 100% light.

You are being that light. There is great joy in your emotions, in this state. There is a calmness, a centeredness. You are becoming acquainted with what it is to be in that field of light, of your Merkaba vehicle. Within the coming weeks, as you activate your Merkaba field, notice how the shifts take place, as you follow the same procedure that we have just done together. So you become very intimately aware of yourself at those different intervals.

Much is being learned about light frequencies, and the affect that they have on your mind and on your emotions. Notice the coherency that is present in this collective consciousness that we are all a part of in this moment. Notice the frequencies of light that we are emanating at that collective level. You are one with this collective consciousness. Any time your frequency wavers, or you are having difficulty, come back to this state within the group collective that is always fully intact and accessible by each one of you.

Even though you are out in the world, operating as an individual, you are also intricately intertwined within this collective consciousness. It is the biggest asset that you have at this time. Let us sit for a moment longer in this magnificent space. Be in gratitude for being the individual that's part of this very refined, coherent collective. Take a breath. And bring a portion of your consciousness back into this gathering.