

Heart Of Creation

Take a deep breath and close your eyes centering yourself in your heart, calling back all parts and pieces of you, anywhere you or your attention is off in any other time or place, and calling back all soul fragments washed clean in God's light, into your heart space.

Now I want you to imagine that all around you are particles of light --Sparks of Light— these may be golden light or white light-- this light is Pure Source energy. Allow these particles of light to begin to merge into your body, filling your heart and filling every cell and molecule of your body. Continue taking deep breaths into your heart, gathering this source energy into the center of your heart.

Now imagine that from the light in the center of your heart is a golden cord. Pull this cord down from the your heart into the Earth, going thru all the layers of the Earth until you come to the center of the Earth, where you will see, feel or imagine a warm golden light, this is the heart of Gaia. Connect your golden cord into the heart of Gaia and begin to draw the unconditional love and support there back up through your cord and into your heart.

Continue pulling this cord up and out through your crown, going up, up, up and connecting in with your higher self, connecting this golden cord into the heart of your higher self... continue going up up up all the way up past the universe, into the bright white sparkly lights, into Pure Source energy. Connect your golden cord into the heart of Creator - into the heart of Creation - anchor it in there and allow yourself to soak in that pure energy of All That Is.

You are now connected through your golden cord from your heart to the heart of Gaia and from your heart to the heart of your Higher Self and Into the Heart of Creation.

