

Exercise Meditation

- Vibrationally at first, the energies begin at your conscious request to join in.
- Ask to connect as you do currently with the intention of aligning to your higher self, your source, your creator.
- Rest in this conscious choice and connection.
- Allow your self to reach now for your sense of being grounded.
- Rest in this conscious choice and connection.
- Place your awareness on a golden infinity synergy flowing between Source and earth through you.
- Rest in this conscious choice and connection.
- The vibrational resonance will inspire thought to arise with conscious awareness as to how those thoughts make you feel.
- Do you like how you feel?
- If yes, choose to remember the thought stream for sharing! Take a moment to ponder the stream of expansion that is occurring. Journal, take notes or allow the stream of thought simply to be what it is, as you focus on the well being of feeling you are experiencing. *(If no, restate intention of aligning to your higher self, your source, your creator. Rest in this conscious choice and connection. When your feeling nature feels secure, safe, eager and ready proceed.)*
- Next become aware of colors that call to you within and without in the moment. Which one matches how you feel? Begin to allow your being to fill up with this color(s) as light.
- Let your mind scan or become aware of the flow to every cell your body.
- Receive the essence of this color light, sense and allow cellular fulfillment.
- Rest in this conscious choice and connection. *Each time you choose to do this exercise the colors of light frequency may change. Follow your desired inquiry to discover more expansion, as you feel called to do. Make note of it if inspired)*
- Is now the best time to ask to connect to your known guides and inner plane teachers? Yes or No. If Yes, ask to connect as you do currently with the intention of aligning to your known guides and inner plane teachers.
- Rest in this conscious choice and connection. *Flow with your feelings that amplify, clarify and feel the best and good for you.*
- Allow your self to reach now for your sense of being further present here now grounded.
- Rest in this conscious choice and connection. *If you space out or fall asleep, you are full and complete for now.*
- Breathe in and draw up from the earth plane a color of choice
- Pause to build a sphere of color around you in this conscious choice and connection. *Monitor how it feels and sense the clear crisp frequencies present in your sphere. Take note or journal any images, knowing or questions at this time.*
- Rest in this conscious choice and connection.
- Within your sphere of color. Place your awareness on a golden infinity synergy flowing between Source and earth through you.
- Take three connecting breaths feeling or drawing the infinity glyph
- On the next or 4th breath exhale and allow the sphere of color to expand and release your focus upon it.
- Rest in this conscious choice and connection.
- Center your feeling to one you choose.
- Allow source intention or decree to come into your mind and expand out.
- Take note of it or journal.
- Look around your location, feel the presence with you in appreciation of your being.
- When complete in this exchange you will naturally sigh or feel a release of focus on this connection.
- At this point, intend to pull in your energy body/fields
- Pat down your arms, legs, sweep your head and bring your hands to rest on your heart center.
- Rest in this conscious choice of self-love.
- Know there is great love for you, and this exercise is complete.

As presented December 15st, 2014 by Sanat Kumara and Gaia along with my own light realm guides, teachers and family. The time taken is up to you and will become naturally timeless and automatic.

You are invited to utilize The Solstice Blend - December which supports the embodiment of this exercise.