

# Healing Mother Earth

Collective Meditation

June 23th 2010



Organized by Humanity Healing Team worldwide

## Suggested meditations



### Invocation to the Unified Chakra

I breathe in Light  
Through the center of my heart,  
Opening my heart  
Into a beautiful ball of Light,  
Allowing myself to expand.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my throat chakra  
And my solar plexus chakra  
In one unified field of Light  
Within, through, and around my body.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my brow chakra  
And my navel chakra  
In one unified field of Light  
Within, through, and around my body.  
I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my crown chakra

And my base chakra  
In one unified field of Light  
Within, through, and around my body.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my Alpha chakra  
(Eight inches above my head)  
And my Omega chakra  
(Eight inches below my spine)  
In one unified field of Light  
Within, through, and around my body.  
I allow a Wave of Highest Consciousness  
To move between two these points.  
I AM a unity of Light.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my eighth chakra  
(Above my head)  
And my upper thighs  
In one unified field of Light  
Within, through, and around my body.  
I allow my emotional body to merge  
With my physical body.  
I AM a unity of Light.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my ninth chakra  
(Above my head)  
And my lower thighs  
In one unified field of Light  
Within, through, and around my body.  
I allow my mental body to merge

with my physical body.  
I AM a unity of Light.  
I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my tenth chakra  
(Above my head)  
And my knees  
In one unified field of Light  
Within, through, and around my body.  
I allow my spiritual body to merge  
With my physical body,  
Forming the unified field.



## Healing the Oceans, Lakes and Rivers

I call forth Archangels Michael and Faith to place a golden bubble of protection around my aura. I am protected on all levels.

(Allow two minutes to feel that protection and Archangels Michael and Faith's energies)

I call forth Archangel Metatron, Lord Melchizedek, the Mahatma to bring

forth the Platinum Net down through my entire being, cleansing away all lower, negative and imbalanced energies from my being and raising my vibration for my highest good.

(Allow two minutes to feel, see, and sense the platinum net lowering through your body and feeling brighter with your energies)

I invoke My Personal Angels and Guides, I ask for the appropriate amount of the Creators Soul Light to flow down through my Monad, Higher Self and into my being and through my Chakra System and into Mother Earth's Soul. I AM aligned to the Creator and Mother Earth now.

(Feel the golden light of the Creator flow through your being and chakras and connecting to the Earth)

Beloved Creator, Planetary and Cosmic Hierarchy of Ascended Masters, Galactic Federation of Light Masters, My Monad, Higher Self, My Community of Spirit Guides, Personal Angels and Spiritual Mentors.

I hereby ask and pray with all my heart and soul and mind and might for your divine help, aid, guidance, direction and divine intervention in assisting me to aid in the healing of the Oceans, lakes and rivers on Mother Earth and supporting the

**Water Elemental spirits for the highest good and under the Divine Law of Grace.**

**Aligned with my Soul and the Creator, I ask to channel the most appropriate Universal Healing Energies of the Creator to the Oceans, Lakes and Rivers of Mother Earth and water elemental spirits who dedicate their mission in supporting the waters around the Earth. May the Water Elemental Spirits be supported with their Divine Mission now, giving them the extra energy, strength and love that they need. I ask for the activation of appropriate healing tools of the Galactic Federation of Light Masters from their Star ships around Mother Earth to support in the cleansing and purifying of Mother Earth's Oceans, lakes and rivers now, so let the healing begin.**

**(Allow the healing energies to flow through your being and visualize forests or the Tree Kingdom in your own way, healing will be for 20 minutes up to one hour. If the healing energies feel too strong then ask for the energy to be softened to a level that's comfortable for you.)**

**I hereby call forth a thousand fold blessing to what is safe and appropriate and for the highest and greatest good of this process. May I be divinely connected to the water elemental spirits of the Mermaids, Undines, Naiads and many more accepting their love and wisdom.**

**I thank thee and accept this done as is God's will**

**Blessings Be**

**(When healing is finished remember to finish by grounding and protecting your spiritual energies as given below)**

**I call upon Archangel Sandalphon the Earth Angel to perfectly ground this healing and my spiritual energies into the Earth**

**(Allow a moment to feel yourself grounded)**

**I call upon Archangel Raphael and his Angels of Healing to balance and harmonize my energies on all levels**

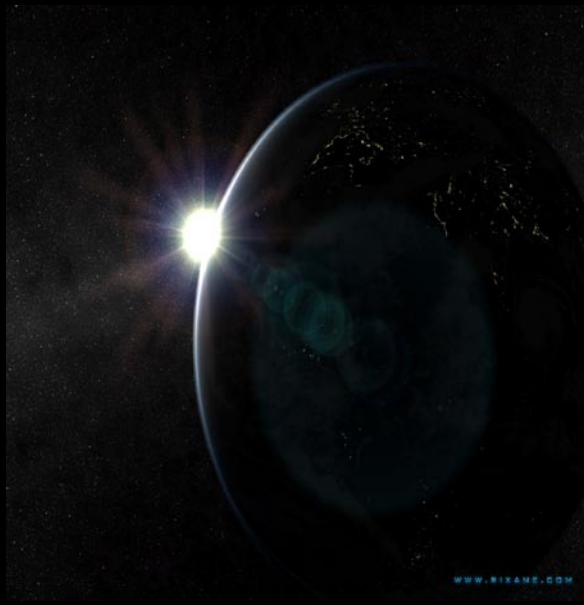
**(Allow a moment to feel the balance and peace in your being)**

**I call forth Archangels Michael and Faith to place a blue cloak of protection around my being.**

**(Allow a moment to feel this protection around you)**

**Thank You**





### **I AM the Healing Presence**

Quiet your mind, steady your feelings and turn your attention to your Beloved I AM Presence, your Higher Self. Pour your love to your Beloved Presence and speak the following Prayer Decrees with as much love and sincerity as you can.

### **I Am the Healing Presence**

I Am the Healing Presence  
From out of my Heart Flame  
I Am the Healing Presence  
From God's Own Heart I Came.

I Am the Healing Presence  
Of Angels 'round us now  
I Am the Healing Presence  
Fulfilling my Hearts vow.

I Am the Healing Presence  
Of Akasha's Rose Pink Ray  
I Am the Healing Presence  
Remains with me each day.

I Am the Healing Presence  
Of my own Great God I Am  
I am the Healing Presence  
Revealing Love's Command

I Am the Healing Presence  
Of Asun's Dazzling Light  
I Am the Healing Presence  
He enfolds me with His Might

I Am the Healing Presence  
Of Archangels and Goddesses too  
I Am the Healing Presence  
Whose Light comes blazing through!

I Am the Healing Presence  
The Ascended Masters reveal  
I Am the Healing Presence  
Their Light and Love we feel.

I Am the Healing Presence  
of Elohim's Mighty Flame  
I Am the Healing Presence  
From God's own Holy Name

I am the Healing Presence  
God's Supply now in my hand  
I Am the Healing Presence  
Released at my Command





## The SACRED BREATH - INTRODUCTION

Breath is sacred. It animates our body, it gives force and power to our words, chants and songs, and it enables us to purify ourselves and our cells. It is powerful. It gives meaning and language, it can carry great wisdom (or foolishness) and it can store power or send it outwards.

Breath in some cultures is crucial in soul retrieval. It is how we draw in a missing soul fragment, and how we give it to the person in need of healing. It becomes a powerful, healing tool. In some Siberian cultures it was the only way the soul could be placed back into the body.

In my practice, a missing soul piece is cradled in the hands of the Oraite ('shaman'), and placed into the region of the heart for 'safe-keeping.' There it knows that it is safe and protected, while we negotiate our way back to the person in need of healing. Once there, the soul piece is concentrated into the breath,

and then 'blown' into certain places on the body, including the forehead (or crown of the head), and the heart. It is a special breath that carries the soul, it can be taught, or it can be innate and learned through instinct. Only one of these breaths is needed, and then one more to 'seal' it in.

In some cases, we are able to bring back our own spirit while meditating, or simply while going on a healing journey. We might notice that we breathe easier, or that suddenly we take a deep breath or a long exhale. It is our own soul recognizing how to integrate what was missing that becomes found. We breathe it in, and so circulate our spirit back through our body again, and likewise we can breathe out negativity.

It is common in much visualization to imagine all the negativity of the day, including bodily tension, or mental anxiety, to leave the body on each exhale. This acknowledges the innate power in our breath to rid ourselves of spirit disturbance. Likewise, in much visualization we 'inhale' a purifying and healing light, which also acknowledges the innate power of our breath to heal ourselves. Whether you are a spiritual animist who believes in soul retrieval or not, our own breathing is a sacred and healing act.

Here is a simple exercise that you may have encountered before, which can be done at any time:

1. Place both your feet on the ground (or lie down keeping your spine straight as possible while remaining comfortable) and close your eyes.

2. Take a long, deep breath. Hold for one second, and then let out this breath in a long and deep exhale. Do this four more times.

3. Now, when you take your next long inhale, imagine a warm, healing energy entering your body. It can be any color you want it to be. Any color it needs to be. It infuses your whole body. It makes you notice where your tension and unhappiness lies.

4. With your exhale, imagine this tension and unhappiness flowing out through your breath. It moves into the atmosphere and evaporates, where it can no longer harm you.

5. Take these breaths for as many times as you need to, until your tension is gone, or until you have released what you need to.

6. When finished, take a moment to enjoy feeling your body being more relaxed, feel your sacred breath, and then open your eyes knowing that this power is inside of you, all the time, whenever you have need of it.

You can do these exercises every night before you fall asleep, or every morning when you wake up, you can do it whenever you feel like it. In the office toilet (yes, there!), when at a party when you suddenly feel overwhelmed, or when life just gets to you. It is simple. We all know the value of 'taking a few deep breaths' when anxious, angry or scared. Likewise, this exercise will take that a little further, and enable us to begin to discover the sacred power of our own

healing breath.

This exercise can be particularly beneficial to those who feel they are beginning to 'lose their way,' the breath is one of our first anchors back to the spirit, and this exercise is something that can remind us of our beautiful spirit in almost all situations.



The Divine Mother's Meditation on  
The Water of Life  
within the Garden of the Sacred Heart  
*through Wistancia*

Please enters the Internal Castle within you. Enter the Sacred Heart and move directly into the Holy of Holies, the Diamond, -- a central chamber within the core of the Living Heart.

We call to All That IS and we ask Mother/Father God to polish the essence of the diamond within our own hearts that is a facet from the Heart of Our Creator. We ask GOD that this diamond

be renewed and refreshed in this hour and that somehow by the end of the reflection, by the end of the meditation, it will have a mirror-finish. Let it be like looking into a pond, a living pond of water and seeing the glory of Self and GOD, inseparable.

We ask that Mother Father God supply us now with a current of energy that is both soft and powerful. So that we might find Perfect Equilibrium and Balance and Symmetry of Divine Mother and Divine Father, for they are not separable.



## To imagine is to Make Real

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Your imagination is the vehicle that will take you to grand places

Where do you want to go and what do you want to experience? The imagination

knows no limits. One of the grandest tools you have as a Creator is your imagination. Your imagination is vast and powerful. The imagination takes you beyond the limitations of the human mind to a place where infinite possibilities live. The imagination is your palace or magical castle in which you dwell; it is your horse with wings, your dreams alive, your golden chalice, and your treasure chest of the finest sparkling jewels.

A Creator knows that thinking is limited to the mind, and the mind cannot comprehend beyond its confines, beyond what it knows as “real” or beyond what it knows as “fact”. The realms of the imagination however, know no boundaries. There are worlds, upon worlds, upon worlds created in the imagination realms. A Creator believes in the power of their imagination, believes in their I-Magic-Nation. When in your I-Magic-Nation you have the ability to create anything out of no-thing, the power to create something out of nothing.

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Remember

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Remember when you were a child for a moment, before you were lost in a world of words, definitions, and concepts. Remember the time before you forgot who you were and where you came from, before you were programmed to believe in limitation and taught to communicate in a linear fashion. Close your eyes and re-imagine yourself as this child, fill yourself with the magic of imaginary beings and places who enchant your



senses and inspire you to create. Remember how you believed in the magic, how you believed in the possibilities. Perhaps you believed in Santa Claus, if so remember how this belief brought abundance, excitement. Remember the place where there was no preconceived ideas of right and wrong, no shoulds or should nots, just pure raw creative potential waiting to be explored and played with, magic waiting for a wizard to express through. You are this child, this moment is now, you are the magician, you are the Creator, this is your playground. Remember who you are.

Believe in your imagination, never doubt that it is not real. Your imagination will

take you on exciting new adventures. Imagination is the source of light that will feed you when there is no food, the source that will keep you warm when it is cold, it will guide you home when you are lost, and it will even take you on vacation when you are stressed out. Your imagination will free you from any prison. An escape artist knows the imagination. The imagination takes you beyond the illusion to where freedom lives. When you come to know the imagination you come to know the freedom of creation. And this is more "real" than any illusion of humanly limitation. It is very simple, to imagine is to make real.

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