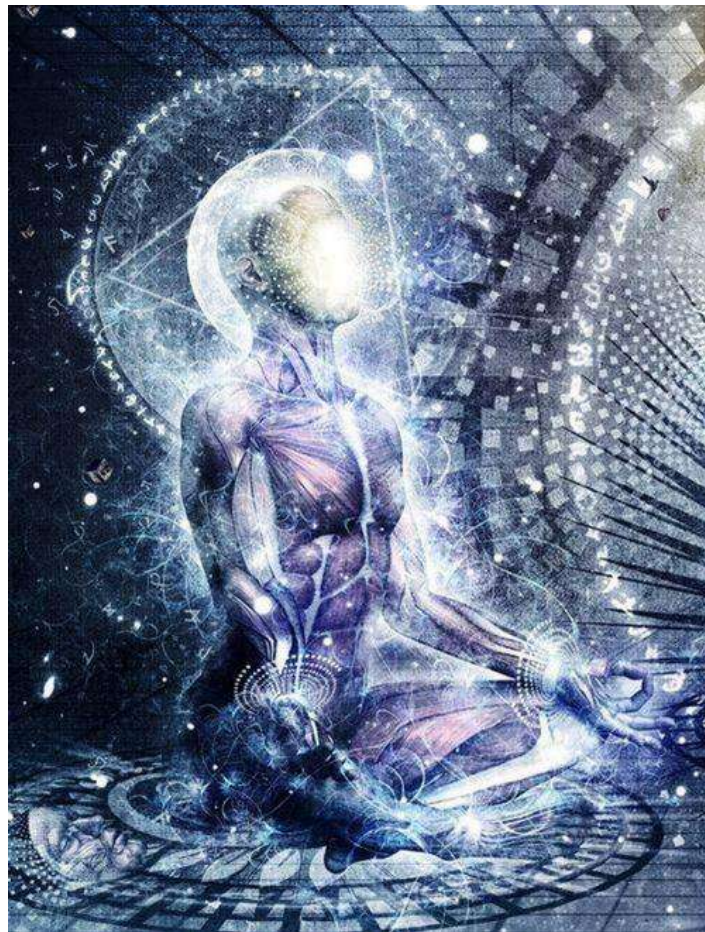




MEDITATION AND EXERCISE IN CO-CREATION





In performing this exercise, you will be affirming your Divine nature and unlimited perfection, and accepting the changes that may necessary for the complete experience in co-creating your new reality.

Chose a calm place to perform this meditation. Activate your soul star repeating the soul mantra three times. Breathe deeply until you feel the clear sensation of calmness and serenity inside of the sacred space of your heart. You may recite this 'prayer' one time and try to repeat it mentally as you allow your energy to flow freely afterwards.

I, (Full name), I have faith that my Higher Self is always present, constant, generous and supplier of all my temporary and permanent needs.

I, (Full name), I have faith that my Higher Self always opens my ways, even when, humanly, there seems to be no possible way, or even when I am not aware.

I, (Full name), I have faith that my Higher Self always guide my projects, ideas and inspirations, maintaining my health, happiness and prosperity.

I, (Full name), I have faith that my success and my inner peace are always safe with the help of my Higher Self. I acknowledge and accept my Higher Self and the part of God that resides in me.

With permission from the Great Spirit that governs everything and governs everywhere,

With permission from Mother Earth, just, generous and bountiful,

With permission of the powers of the Four Elements,

With permission of all super-luminous Devas,

I, (Full name), I welcome the Fire, I greet Earth, I greet the Winds and Waters and honor the day I will be next to You with the permission of all my guardian angels, my spirit guides and the Great White Brotherhood.

I, (Full name), at this hour and this moment, summon all Light beings that serve the greater good of all, through the Law of One, that oversee my path of self-realization, to ask them clarity of purpose, gentleness, kindness, understanding, help, advice, information, instruction, wisdom, Light (lots of Light), so that, together, I can walk the path that was drawn by myself from the highest regions of the Spirit.

I, (Full name), as the multidimensional being that I am, I affirm that I am holy and deserve to be here on Earth, in my majesty, to receive answers from you, my dear Soul/Spirit and Magnificent Partner.

What can I do to be your best partner?

What do you want me to be?

What should I do now?

Where should I be now?

How can I manifest the right events to happen in my life?



Give me directions to act.

Give me the synchronicity I need to manifest life miracles.

I, (Full name), as the multidimensional being that I am, I decree that my commitment to be revealed in this place, because living in the now, I have my peace, I have a vision of wholeness and know that solutions are waiting until the right time comes. I am aligned with the greater good, greater love and greater light at all times; therefore, as I planned all the events and situations that should take in this lifetime, from the deepest of my interdimensional wisdom, I have also already created all solutions.

I, (Full name), as the multidimensional being who I am, erase and nullify now all the components of my old contract and now my decree definitively abandoned all the oaths, pledges and vows that I have taken in the past, in any timeline or past/alternative lives, mainly to the vows of poverty that I have taken in the past, and fully decree that the liberation of these geometrical vibratory patterns out of my reality, NOW!

I, (Full name), as the multidimensional being that I am, in the name of my personal evolution I decree and therefore co-create my reality and my own future because I am always in the right place and at the appropriate time. I always attract good will, kind hands and compassionate souls to my life. As a result, I, (Full name), express my intention of going where I have to be taken in accordance with the Divine Plan, and decree to come to me only the

knowledge, the people and situations that would allow me to express the will of God in this physical reality.

I, (Full name), as the multidimensional being that I am, I choose to use the new received gifts of the Spirit to keep myself balanced and to have the power to eliminate/ transmute and alchemize anything negative that intentionally was placed in my path.

So, in my co-creation attitude I co-create healing energy to all my bodies, my vibration change and will gradually raise the subtler levels and interdimensional planes. As a result, I, (Full name), appropriately and sacred, I turn now to you, dear body: we are in this life together and together we heal ourselves, together we regenerate, rejuvenate together and together we have the power to delay the release chemical hormonal aging.

Together we now deactivate indefinitely the aging of our cells, tissues, organs and functions and align ourselves harmoniously balanced with the twelve helixes of our DNA. Every cell of my body knows, proclaims and reprograms themselves to vibrate this intention and to act accordingly.

I, (Full name), honor the Earth, all its sentient beings and honor my own existence. I deserve to be here at this moment and I am allowed to have access good things. So, I open myself and allow myself to understand that I deserve abundance, prosperity and success. I came here to meet all my needs and desires, and understand what the Spirit is here to give me love,



peace, balance, health and abundance. Only good things come to me, for I am a part of all and I am perfect in the eyes of the Spirit. No human words can change what I am, because I AM THAT I AM and I deserve to be in this beautiful place called Earth.

I AM THAT I AM.

I AM ALL THAT I AM.

I AM ALL THAT I AM AND ALL THAT IS.

I AM ONE WITH EVERYTHING.

According to the greater Plan and the Divine Will, I (Full name), as the multidimensional being that I am, I call upon all the Ascended Masters, teachers and guides, all the Christic Beings of Light that are involved with the teachings of knowledge that I should receive, to transmit to me all of this knowledge at appropriate levels of my understanding, and to suggest me how to go about their interpretation, application and dissemination, thereby honoring and co-creating a harmonious marriage with all the learning contracts that I did with the same Spirit.

On behalf of the Spirit, I, (Full name), co-create that I am not afraid of change and that I do not want to participate in a collective apocalyptic situation.

On behalf of the Spirit, I, (Full name), co-create the qualities of forgiveness and unconditional compassion, love inter and intra-personal and perfect physical, mental and spiritual health.

On behalf of the Spirit, I, (Full name), co-create knowledge obtaining this new

power, with all its achievements, all its tools of goodness and the purest love to use them for my highest good, my wisdom, my self-mastery and for the good of all mankind.

On behalf of the Spirit, I, (Full name), co-create the highest spiritual energy that produces all kinds of material resources, for effortless abundance and money and everything as I need and want to live comfortably, to accomplish my soul mission and to share with my loved ones this abundance.

Perhaps things are never what they seem. Therefore, I, (Full name), as a multidimensional being that I am, at this time and at this moment, I pray, decree and dream awake that I AM permanently connected to the higher perception of my soul and as Divine luminous expression of Celestial love I am appropriate to act always in accordance with the Divine Plan, regardless of my apparent limiting beliefs, always trusting the Divine presence of God