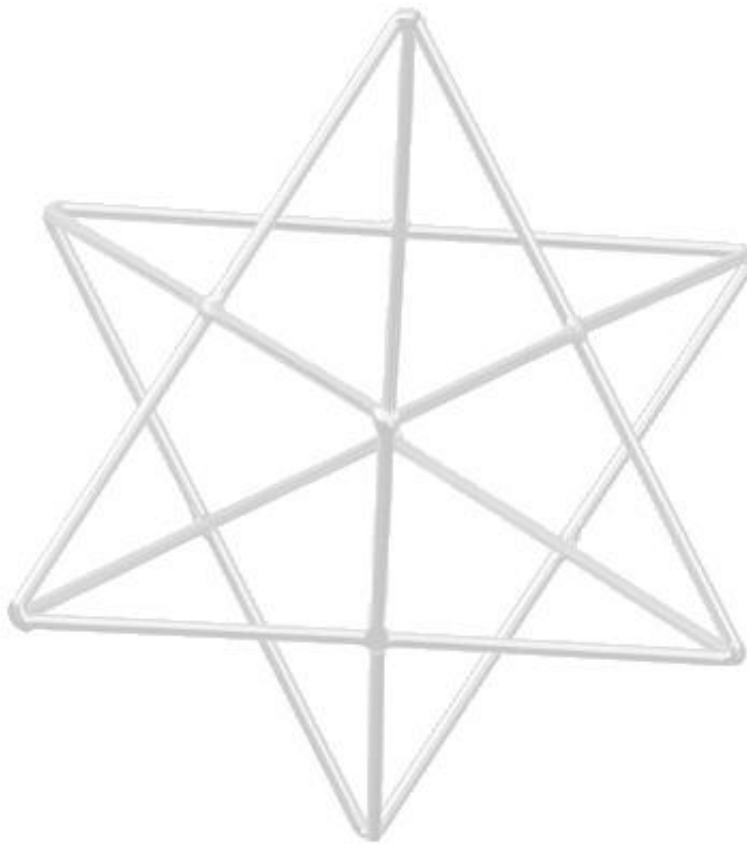




CRYSTAL STAR EXERCISE



Wishing on a Star

Ancient wisdom traditions teach that stars are vastly evolved beings whose radiance gives life, light and power to aid evolution. Perhaps the ancients understood a form of stellar wisdom which has been lost to history, and we might enrich and empower ourselves by returning to a visceral connection to the sky.

As the ancient Egyptians said in texts to the deceased pharaoh, "May you seize the sky."



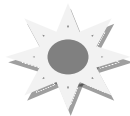
*Star Light Star bright,
The first star I see tonight,
I wish I may, I wish I might,
Have the wish I wish tonight.*

A Mother Goose Nursery Rhyme

To start this meditation look for a place where you can feel comfortable and peaceful, either standing up or sitting down.

Use any of the breathing exercises that most suits you and calm your thoughts down. Connect with the higher beings of light, establishing a loving connection with All That is.

After doing the preparation, visualize under your feet, a miniature Sun radiating warmth, beauty and a golden light.



Once this image is fixed in your mind's eyes, imagine the warmth from the Sun raising through the soles of your feet. Slowly and carefully, make this sphere of warmth rise through your legs, opening new energetic pathways in your physical, emotional and

spiritual bodies. Imagine and intend that the Sun's trailing path is leaving a golden trace of warmness.

Persist in imagining the Sun's sphere to continue rising clockwise and slowly reaching the lower part of your abdomen. When reaching this point, stop and feel all the vital energy irradiated by this Sun. Again, intend that as the Sun rises in your body, it is activating and energizing every point of energy in your matrix.

As the Sun keeps on rising, it reaches the thorax. Gradually see the sphere install itself comfortably into your heart chakra.

Try to feel with all your senses the warmth taking over your heart and starting to irradiate this golden bright light outwards. Stay a few minutes nurturing all the feelings that have been awakened through this solar experience: Happiness, Love and Compassion. Stay in this space for as long as you feel the need to.

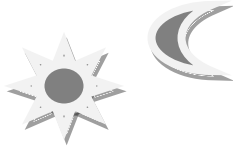


Now, simultaneously, imagine on the top of your head a Moon, big, white and irradiating a cooling energy. Feel the cold energy of the Moon, glowing towards the top of your head.

Try to control and slow down your breathing at this point as you also gradually insert the Moon's sphere inside of your crown chakra. As this insertion is taking place, imagine the brightness and radiance is spreading itself all over your central channel.

Visualize the Moon descending through your forehead cleansing your frontal chakra. Stay at least 3 seconds in this state.

Continue to imagine the Moon to descend effortlessly downwards, clockwise and softly passing through your throat chakra.



Gradually, let it follow its course and meet with the Sun that is already housed inside of your Chest. As they merge slowly, inside of the Sacred Chambers of your Heart, they gradually metamorphosed and become a bright Crystal Star.



This is the second Jewel conquered by your Soul through creative meditation aligned with the energy of pure Divine Grace.

Feel with all your senses this Crystal Star pulsing, vibrating and radiating light, joy, gratitude and internal peace to you constantly.

You can expand and create multi-dimensional depth to this Jewel, adding at all times, the energy and strength of good memories, good and pure intentions, altruistic principals and an ever expanding inclusive sense of interconnection with all that is.

Imagine with your mind's eye that now this beautiful Crystal Star is detaching from your heart chakra, bit by bit leaving your chest and it is floating towards the Universe.

As your Star leaves the planet Earth, it progressively continues its journey towards

the Cosmos, and eventually finds its place among other stars, according to the vibration created by your energy.

Try to imagine the beautiful starry sky, infinitely harmonic and vibrating in Oneness, and try to see your personal star occupying its heavenly place with other stars and constellations. This is your star now, and it will vibrate forever all the good energies, feelings and spiritual essences you permeate it with. This Jewel is the present created with the energy of your heart, with your sacred breath that is being gifted to the universe as a timeless capsule: to help, assist, and bring joy, happiness and compassion to all the hearts of this planet, or other planets, that 'wish' upon your star.

Finish this co-creation exercise thanking all the Invisible Masters and all the Beings of Light and Love that assisted you in this process for the expansion and affirmation of the greater good. Make a special thankful assent in honor of the Divine Being of All That Is that made a special dispensation of grace to you to be able to materialize this cosmic jewel from your heart.

