



# The Shower of Light Meditation



Find a comfortable, quiet place to meditate. You may have soft music playing in the background if you wish. Sit with your spine erect, to allow optimum flow of energy through your Central Channel, and close your eyes.

Begin to breathe deeply in the 4 x 4 Breathing Technique, pulling the air deep into your abdomen and not just your chest. Breathe in for 4 counts. Hold for four counts. Breathe out for four counts. Hold for four counts. Repeat.

Let your consciousness sink to your Heart Center. Feel the beating of your heart and your breathing synchronize. Breathe in. Hold. Breathe out. Hold.

Expand your consciousness upwards and downwards through your Chakras from your Heart Chakras: Throat and Solar Plexus, Third Eye and Sacral, Crown and Root. At each step pause and consciously Will your Chakras open.

Expand your conscious outward to your first sub-personal Chakra, the Earth Star, and your first transpersonal Chakra, the Soul Star. Consciously open your Earth Star and dedicate all the stagnate energy and karmic debris currently stuck in your energetic matrix to be flushed out your Earth Star and sent to the Beings of Light, who work for Greater Good, and through the Christ-consciousness, to be transformed, transmuted and sent to those in need for their greater good.

Consciously open your Soul Star by reciting the Soul Mantra three times.



State your intention to allow yourself to receive the Blessing of the Golden Liquid Light.

Visualize a viscous golden liquid made of pure Light flowing from Source through your Soul Star and down onto your Crown Chakra in a slow clockwise spiral stream. Feel it bath your Crown Chakra in golden warmth, filling it and expanding it, energizing it with the Light of Christ-consciousness. As it flows like thick syrup, it collects and carries away any stagnate energy and karmic debris that may have accumulated in your Crown Chakra. Spend a moment, or an eternity, basking your consciousness in your Crown Chakra in the warm Golden Liquid Light.

When it is time, the Golden Liquid Light will flow in a viscous clockwise stream down



your Central Channel to your Third Eye Chakra.

Visualize the process at each Chakra repeating just as it did for the Crown Chakra.

When the Golden Liquid Light reaches your Earth Star Chakra, all the stagnate energy and karmic debris is flushed out of your system like tiny black specs being pulled along by the thick golden Light. When the flow is fully clear and pure, spend a moment, or an eternity, feeling your Oneness with the Golden Liquid Light and through it, your connection to Divine Source at both ends of the energy flow, as it circles like the Ourboros, the symbol of eternity.

You are one with All That Is.

When the time is right, send out your Gratitude for the Golden Liquid Light and the Blessing you have received, because it is a magnificent manifestation of Divine Grace. Bring your consciousness back to your Heart Center from above and below in the opposite of your expansion out.

Breathe in for 4 counts. Hold for four counts. Breathe out for four counts. Hold for four counts.

Once you are back in your Heart Center, open your eyes, coming fully back to yourself, not releasing the feeling of Oneness.

Namaste!