



The Way Of Meditation



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Inner Light Meditation

In this lecture, I would like to share this simple meditation technique with those who would like to learn how to meditate. It is called the Inner Light Meditation.

This wonderful method can give you remarkable benefits for living more happily and peacefully. If you practice this meditation diligently for 30 minutes each day, then you will awaken and reconnect to your Infinite Self.

You will also eventually attain Self-Realization and Enlightenment.

Make Meditation A Powerful Daily Ritual!

With just 15-30 minutes each day of practicing this meditation, you will be able to raise your vibrations to connect to the Infinite realm to achieve the following:

1. Make lasting changes in your life, such as to accomplish a life dream that you have or to fulfill a higher sense of purpose.
2. Instantly wash away negative energies picked up during the day.
3. Allow new and wonderful opportunities and possibilities into your life.
4. Enjoy better physical, emotional, mental and spiritual well-being.
5. Attract more love, joy and abundance into your life.

I will now go over the instructions for how to meditate on the inner light.



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How To Meditate On The Inner Light

1. Sit comfortably with your eyes closed.
2. Concentrate in the middle of your forehead. From there, look right into the center of whatever comes in front of you— from within, not outside.
3. Notice any light that appears on your inner vision. The light may appear as little particles, patterns, images, colors, etc.
4. Gently focus on the light in front of you in a relaxed manner. Do not try to focus too hard.
5. If you only see darkness, let it be okay. Just gently focus on whatever comes in front of you. Whatever you experience is fine.

During meditation, we should always remember the Divine Source from which all Creation emerges. If you feel any fear or anxiety for any reason, call on God-Source or Infinite Creator or All-Embracing Spirit to protect and bless you.

The light you see inside or the heaven you see inside is your Self nature, the Buddha nature or your Eternal Essence. You can enjoy the Divine Kingdom or the Infinite Universe within you every day.

Advice For Beginners

Thirty minutes a day may be too much time if you're new to meditation. You may want to start with meditating for 5 minutes a day in the morning upon awakening; then a week later, add another 5 minutes at night before going to sleep for a total of 10 minutes a day.



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On the 3rd or 4th week, you can meditate 10 minutes in the morning and 10 minutes at night for a total of 20 minutes a day. Slowly work your way up to 30 minutes.

If you just want to meditate only in the morning or only at night, then it is also fine. The important thing is to meditate every day so that it becomes a habit.

If you have an agitated or restless mind, it may not be helpful to jump into meditation right away:

1. Prepare yourself before meditating by taking a shower or bath, listening to calming music, doing some light stretching to relax the body, or drink soothing tea, such as chamomile, lemon balm or catnip.
2. Avoid too much mental activity before beginning meditation. This includes work related tasks, reading content that causes a strong reaction (ex. sensational tabloids, political articles), etc.
3. Begin meditating when you're more relaxed.

After meditating on the inner light for several weeks, you will be more self-aware and less reactive to the world. This greater sense of self-awareness will carry over to your dream state, which will help to increase the chances of you having a lucid dream.

Meditation is a very useful tool in keeping your mind focused when entering the dream state. The earliest experts of lucid dreaming were Tibetan Monks. For thousands of years they used the power of meditation to enter directly into their dreams. These monks used lucid dreaming to explore consciousness and to understand the fundamental nature of reality.

We'll explain how to use lucid dreaming techniques to find your life purpose and to create your extraordinary life in Section 3.



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Benefits Of Meditation (Article)

1. Peace Of Mind.

Meditation is the art of silencing the mind. When the mind is silent, concentration is increased and we experience inner peace in the midst of worldly turmoil. Many people are attracted to gaining this elusive inner peace, which is a quality everyone can benefit from.

2. Knowledge Of The Self

Meditation enables us to have a deeper understanding of our Inner Self or Eternal Self. It gives us clarity of thoughts. We become more self-aware, being more conscious of what we think, how we feel and what we want. Through meditation we can gain a better understanding of our life's purpose.

3. Good Health

Many research studies document the health benefits of meditation. Meditators experience a reduction in stress levels and depression, as well as an alleviation of anxiety. Other studies confirm a reduction in drug and alcohol abuse and high blood pressure among meditators.

4. Grounded and Detached

Meditation helps us to become a neutral, third party observer to our reality. We are less ruled by our ego and become more aligned with our Inner or Divine Self. We are able to handle the stressful events in our life objectively and in a detached manner without interference from our ego. With that detachment, we become grounded, calmer and more level headed.



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5. Be in the Present Moment

Meditation enables us to live fully in the present moment. We are more attentive, focused, efficient and receptive. We maximize every moment of our life by living in the present moment, instead of regretting what happened in the past or worrying about what will happen in the future.

6. Recharges Us

We are energized and recharged after meditation. At the end of each day, we usually accumulate disharmonious vibrations from the people and environment around us, such as stress or problems associated at work. When we meditate, we purify and harmonize the vibrations, enabling us to feel rejuvenated.

7. Cures Insomnia

Meditation clears out the bombardment of thoughts in our mind, which can cause anxiety or stress, so that we can fall asleep more easily. Sometimes we have chaotic dreams because our mind is sorting out the mental clutter in our restless sleep. Meditating before going to sleep removes the clutter and allows us a peaceful rest.

8. Improves Learning Ability

Studies have consistently shown that regular meditation increases IQ and improves learning ability among students. One reason is that meditation helps us to concentrate better in whatever subjects we focus on. Meditation also assists us to think with great clarity. Having a clear mind enables us to think more quickly or intelligently.



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9. Accesses Untapped Potential of the Brain

There's a popular belief that we use only about 5 to 10% of our brain. The remaining 90 to 95% of our intelligence is believed to reside in our subconscious mind. This is where we get our greatest ideas and our best solutions to problems; this is also where we access the source of inspiration and creativity. Meditation assists us to access the untapped potential of our subconscious mind.

10. Strengthens Our Spiritual Connection

Meditation strengthens our connection with our Infinite Self and with our intuition. Our intuition gives us the most valuable and insightful answers to any of our problems.

11. Happy and Fulfilling Life

Regular meditation enables us to live a happy and fulfilling life. We attain mastery of our self and have a positive outlook on life.

12. Experiences the Oneness of Life

By meditating, we become more conscious of the interconnection between everything. We feel more connected with others, with our surroundings and with all of life.



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Your Energy Can Influence The Environment

By practicing the inner light meditation daily, you will be able to raise your energetic frequency to affect your surroundings and the quality of your life. In this lecture, I will share the scientific research and empirical evidence supporting all of this.

Ultimate Consciousness Scale

In his pioneering book, ***Power vs. Force***, Dr. David Hawkins provides a logarithmic scale of the different energy or vibration levels, from 1-1000.

1000 is the highest state a human being can attain. If you reach this level you would be an Enlightened Master. At the lowest end of the spectrum is someone who is not thriving at all.

We can see that at the bottom is "shame" measuring at 20. The energy of shame means "I am not enough". As you rise up the ultimate consciousness scale, "guilt" is at 30, "apathy" at 50, "grief" at 75, "fear" at 100, "desire" at 125.

When you reach the energy of "anger", it is at 150. The reason why anger is much higher is because anger is a moving energy that pushes you above apathy. Out of anger, you want to take action to change whatever it is that is not working in your life.

Dr. Hawkins points out two great spiritual growth barriers: the first one is at 200 and the other is at 500.

200 is the level of courage and moves humanity from destructive and harmful behavior to a lifestyle that serves and benefits. Right now, the average level of energy on Earth is around 230, although it is rising as planet Earth continues to ascend the higher frequencies of the 4th and 5th dimensions.



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The next energy barrier is around 500, which is the level of LOVE. When you vibrate at this level life becomes magical! You magnetize to you those soul-inspired desires that bring love, peace, joy and abundance into your life. Pain, stress and struggle gradually disappear.

If you are vibrating below 500, then this should become your new goal. This is the level you have to achieve if you want to create your dream life.

But here's where things get even better. Dr. Hawkins has discovered that your energy doesn't just affect you and your life, it also affects those around you.

One person operating at a level of 500 (love) can lift 750,000 other people above 200 (courage).

One person operating at the vibration of 600 (that's peace) can affect 10 million people. One person at vibration of 700 (that's enlightened) can positively impact 70 million people. This shows that you can change your environment.

You being more YOU can really influence the world or change the world. Keeping this in mind, when you surround yourself with high vibrating people, you will feel better about yourself, more optimistic, more peaceful and happier.

Achieving World Peace By Raising Your Consciousness

Extensive research has shown that people who meditate experience inner peace in their life. This inner peace naturally spreads to the environment, influencing the meditator's family, friends, neighbors and society.

If enough people meditate, then that peace or calmness can radiate strongly enough into the environment, thus contributing to the creation of peace and harmony in the world.

In his fascinating book, ***The Source Field Investigations: The Hidden Science and Lost Civilizations Behind the 2012 Prophecies***, David Wilcock claims that our thoughts create our reality and that we also influence one another with our thoughts.



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He describes several studies documenting “the meditation effect”. Mr. Wilcock recounts an experiment that involved 7,000 people meditated together on love and peace. During the time they were meditating, there was a 72% reduction in terrorism around the world.

Why 7,000? The Maharishi Mahesh Yogi, who introduced Transcendental Meditation to the west, believed that if one gets the square root of 1% of the world's population to meditate together on a specific thought or idea, one can affect everyone else in the world.

In a similar way, every individual influences this planet. Being peaceful and radiating peace definitely makes an impact on the planet. So, meditation does help create world peace.

Water, Consciousness & Intentions

In another distinguished research study, Dr. Masaru Emoto shows how powerful are our energy and thoughts.

Dr. Emoto conducted an interesting experiment. He exposed regular water to music, spoken words, typed words and videos. After the water was frozen and crystallized, Dr. Emoto took photos and examined it under the microscope.

When a regular glass of water was exposed to uplifting music and video or had a piece of paper with a higher vibrational word like “Love” or “Joy” taped onto it, the water crystals were beautiful patterns that were pure in color and had perfect symmetry.

But when a glass of water was exposed to heavy metal or depressing music or had a piece of paper with words like “Hate” or “Anger” taped onto it, the water crystals were ugly, rough, opaque and in a state of chaos.

Dr. Emoto discovered that with intentions (he also prayed over the bottles), you can change your environment.



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Slowing Down The Death Rate Of Blood Cells

Dr. William Braud from the Mind Science Foundation proves people can slow down the rates of blood cells dying. He took red blood cells and through intention, he proved that they could slow down the rate of blood cells dying.

While the effects were small, the results were statistically significant and were even reproducible by other scientists. His experiment essentially showed a direct link between our thoughts and energy and the things around us.

Guided Meditations

In the following lectures, I will guide you through two meditations to help you to connect with your Infinite Self and to raise your energy to the vibration of LOVE, the most powerful force in the universe.

You can do these guided meditations as often as you like, however, unlike the Inner Light Meditation, these meditations are not meant to be done daily. You may want to do them once or several times a week for several months and then might not do them again. Or you can do them occasionally when you're in the mood. Follow the frequency that you're comfortable with.

Eventually, you will come to understand that any silent meditation without an aid, such as the Inner Light Meditation, is better for your continued spiritual growth and journey to enlightenment.

Merging With Your Infinite Self Meditation

The following meditation is adapted from the book, ***Soul Love: Awakening Your Heart Centers***, by Sanaya Roman. Music by Thaddeus



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In this meditation, your Infinite Self and your Soul are used interchangeably, and refers to the same Being. However, for clarification, your Soul is a stepdown version and smaller aspect of your Infinite Self which is omnipotent and omniscient.

As you connect to the loving consciousness of your Infinite Self, life becomes more flowing. Your priorities change. You feel more confident because you know that you are one with the Source of all life and will always have all you need. There is a rhythm of peace, joy and lightness in your life.

You can do this meditation in a sitting or lying down position. Get in a comfortable position and when you are ready, close your eyes. Take a deep breath and then relax. Take another deep breath and then relax. Take a final deep breath and then relax.

Imagine dazzling golden silver light in front of you. Connect and feel the light. We are going to fill your entire body with this loving light from Source.

Allow the light to come into your head, your face and your ears.

Let the light move into your throat and your shoulders.

Allow the golden silver light to move through your arms, your elbows and out your hands.

Let this light continue from your throat down into your chest and your heart area. Feel it go deep into your rib cage, your abdomen, filling in all the nooks and crannies with light.

Allow this liquid light to move into your hips, your thighs. Then move the light into your knees, your calves and your feet.

Next, imagine that you are sitting or lying down inside a pillar of golden silver light that is 6 feet in diameter.

Above your head, allow this pillar of light extends all the way up to God-Source. Below your feet, let this liquid light pillar extends all the way to the center of the planet, grounding you firmly to the center of Earth.



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Allow the Earth or Mother Earth to send you her love, energy and support. Send Earth your love and gratitude for the blessings.

Focus on the golden silver light above you. Let it draw you upward into a world of magnificent, beautiful light of the soul plane. This is the plane of infinite light, of all-encompassing love, of limitless space. There is no time here.

The world of the soul plane knows only love, peace, joy and bliss. As you look, you see sparkling, moving points of light everywhere. It seems that you are in an ocean of love and light. Your consciousness is expanded; it is fluid light. You can travel anywhere, moving from point of light to point of light.

You can spread out into infinity in the blink of an eye and contract into a small dot of light in the same blink. You can be at every point in the ocean of light simultaneously. You can be a point of light floating in this ocean, and you can be the ocean itself.

You are an exquisite, balanced, harmonious and luminous light. Relax and immerse yourself in the limitless ocean of Source light for a couple of minutes before we continue on with the journey to meet your Infinite Self.

Now, we are ready to journey to the Temple of Enlightenment. This is a place where Enlightened Ones such as the Masters and Beings of light work for the betterment of humanity.

Although you might imagine this Temple having walls and rooms; in reality it is composed of light and has no form. The Beings here are making it possible for you to see or sense it as forms and shapes. It may appear differently each time you come to it, for it is composed of constantly changing patterns of light. You may not even experience it as a place. You may simply find it as light or recognize it by the feelings of love and peace.

In the soul plane, you can travel anywhere by making a picture or having the intent of where you want to be and you are there instantly.



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Picture yourself now at the Temple of Enlightenment. As you enter the Temple, many Beings of light joyfully greet and surround you with their pure love and beautiful light. They are happy to provide their service in helping you to reconnect to your Infinite Self.

The Beings form a circle around you. You sit down in the middle of the circle and close your eyes to make an inner call to your Soul or Infinite Self. You are requesting that it become a permanent part of your consciousness and establish more of its presence into your daily life.

Your soul immediately appears in front of you. It is delighted to reconnect and link with you. Feel how powerful, glorious and beautiful your Infinite Self is. Experience its infinite vastness and great love. This is a part of you. Your Infinite Self is an exquisite, wonderful and divine being. It has so much love for you. Send it your love. Allow yourself to receive its love.

Imagine your soul as a massive, radiant sphere of light. In its center is a beautiful, brilliant light veiled by many petals. They are not truly petals but vortexes of energy.

The central light in the middle of your soul is like a glowing jewel. It is the source of your soul's life—its source or Spirit.

Your Infinite Self is going to allow you to move your awareness into its jewel. It is making its petal more transparent, revealing a magnificent, beautiful and luminous light, dazzling in its effect.

Observe this jewel in your soul's center with your inner vision. Watch as light and energy radiate from it. There is no end to this light, for you are traveling into infinity. You are merging with Source, with Spirit.

As you travel into your soul's jewel, you find yourself expanding into a higher state of consciousness. You feel suspended inside an infinite world that is beyond time and space.

When your awareness is fully inside your soul's jewel, you experience a profound



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stillness. Bathe in the stillness of this exquisite light. Let it flow through you. This light of Spirit has the power to transform you at every level. It connects you with the very essence of your being. Stay in the stillness for a few minutes before we continue with the meditation.

Now you are ready to merge with your Infinite Self. Let the sphere of light of your soul gently enfold your body with its jewel of light around your heart center. Experience this merging as fully as you can.

Feel yourself encompassed in light. Imagine moving patterns of light all around you.

Feel your soul's light and energy pulsing through you. Imagine that its light is so great that it always lights a path in front of you for you to see and follow. It shows you the light that is all around you, in yourself and in others.

Sense your Infinite Self's light, lighting up your highest path and creating light all about you. Receive its light into your mind. Let your Infinite Self bring you new thoughts, ideas and creative inspiration.

Your soul purifies all it touches. As your soul bathes you in its light of purification, it transforms lower energies within you into their higher expressions.

Draw its light into every cell and atom in your body. Imagine a tiny light in the center of each cell and atom growing radiant with the luminous light of your soul.

Allow the love of your Infinite Self to flow through you. Feel the essence of its love pouring through your heart center. You are absorbing its love and expanding your ability to love.

Your Infinite Self is unlimited and knows no boundaries. It is absolutely creative and intelligent. It can take you far beyond what you think is possible in your life. It can lift you into the higher dimensions, expanding your capacity to think and to create. Take a moment to draw in your Infinite Self energy of expansion so you can release any limits and realize your limitless potential.



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Your Infinite Self is aligned with God-Source Will. It knows the higher purpose of your life. You can absorb this knowledge every time you merge with your Infinite Self. Ask for your Infinite Self's will to flow through you, showing you more of the higher purpose of your life.

You have planted many seeds. Many wonderful changes can now occur in yourself and in your life. They may be subtle at first, but they will eventually come into your life.

You have merged with your Infinite Self and felt its presence. You now have access to more of its limitless love, power, wisdom and light.

Once you have done this meditation, you can call upon your Infinite Self during ordinary moments, sense its presence and make it a part of your daily life. To do this, breathe calmly and evenly a few times. Picture the golden silver light and fill yourself with its light. Let it assist you in calming your emotions and clearing your mind. Think of your Infinite Self and call it to you. Sense it surrounding your body as you merge with it.

With practice, you can call your Infinite Self, merge with it and experience its presence just by thinking of it.

Finish by thanking all the Beings of light who have assisted you.

Awakening To Pure Love Meditation

The following meditation is adapted from the book, ***Soul Love: Awakening Your Heart Centers***, by Sanaya Roman. Music by Thaddeus

The purpose of this meditation is to awaken three chakras in your etheric body. I want to show you this image of the seven primary chakras before we start this meditation so that you know where the three chakras are located.



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We will first awaken your heart chakra which is located in an area around your physical heart. Next, we will awaken your crown chakra, located in an area near the middle of your head. Finally, we will awaken your solar plexus chakra, located in an area near your navel. When all three of these chakras are working together, you can express a wise, expanded love known as Pure Love.

Pure Love is a radiation of Source Love which is the very essence of the Universe. It is state of being a part of the Oneness, where you feel connected to the greater whole of which you are always a part. Love is all around you. Love is who you are.

You can do this meditation in a sitting or lying down position. Get in a comfortable position and when you are ready, close your eyes. Take a deep breath and then relax. Take another deep breath and then relax. Take a final deep breath and then relax.

Imagine dazzling golden silver light in front of you. Connect and feel the light. We are going to fill your entire body with this loving light from Source.

Allow the light to come into your head, your face and your ears.

Let the light move into your throat and your shoulders.

Allow the golden silver light to move through your arms, your elbows and out your hands.

Let this light continue from your throat down into your chest and your heart area. Feel it go deep into your rib cage, your abdomen, filling in all the nooks and crannies with light.

Allow this liquid light to move into your hips, your thighs. Then move the light into your knees, your calves and your feet.

Next, imagine that you are sitting or lying down inside a pillar of golden silver light that is 6 feet in diameter.



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Above your head, allow this pillar of light extends all the way up to God-Source. Below your feet, let this liquid light pillar extends all the way to the center of the planet, grounding you firmly to the center of Earth.

Allow the Earth or Mother Earth to send you her love, energy and support. Send Earth your love and gratitude for the blessings.

Picture yourself now at the Temple of Enlightenment. As you enter the Temple, many Beings of light joyfully greet and surround you with their love and beautiful light. They are happy to provide their service to you.

You join the Beings of light in forming a circle, leaving an open space in the middle. A profound silence comes over everyone as a great Being makes an appearance in the center of the circle. This Being descends from a higher dimension, first appearing as a shimmering light, and then taking on more substance as it comes more fully into view. The Being is androgynous and has merged its male and female aspects. However, it may take on a specific appearance to assist you in knowing and recognizing its presence. This Being is known as the Being of Love.

Sense the Being of Love who has come to work with you and to teach you more about pure love. This Being embodies the highest principles of love, and is a model for you of a fully awakened heart center.

Take a moment to pause and greet this Being. Note its radiant heart center and the light that radiates from this Being.

Allow the Being of Love to radiate love to your heart center to prepare it to receive more of your Infinite Self's love. As you receive the love and energy it is sending you, feel your heart center becoming more radiant with love.

Next, the Being sends you love that allows you to know that you are always safe, protected and watched over wherever you may be. This is a broadcast of love that calls high Beings and angels to you who will be your helpers to ensure you are always safe.



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You are ready to join with your soul to awaken your heart center. Your heart center is located around the area of your physical heart. Like your soul, your heart center has a beautiful, exquisite central jewel surrounded by twelve petals, arranged in four rows of three petals each. Some petals are open, some are partly open and some are closed like a rosebud. The jewel in the middle is hidden by the unopened petals. When your heart center awakens fully, all its petals unfold and its central jewel shines out in its full beauty.

Imagine the jewel in the middle of your heart center as a many-faceted diamond with light pouring out from within it. All the colors of the rainbow shine out from the facets of this jewel. Picture this jewel revolving slowly, with sparkling, glowing light coming out of it.

Watch as an enormous, magnificent sphere of light which is your soul comes closer to you until it is right above the top of your head. Gently and easily your soul descends, moving down through your head center to your heart center.

Your soul descends to your heart center, until its jewel surrounds your heart center's jewel. Your soul's jewel is much larger than your heart center's jewel; your heart's center jewel fits inside it. These two jewels exist in different dimensions. Your heart center's jewel begins to vibrate in harmony with your soul's jewel.

You can almost hear the tones they are sending out if you listen with your inner ears. Their tones blend and become one, creating a symphony of sound so exquisite, powerful and profound that it heals and soothes everything it touches. This tone sends love into the atoms and cells of your body. Its melody goes out into the Universe, like a beacon of love, nurturing all it touches.

Invite the Being of Love into your heart center to help you in expressing and embodying pure love. Take a few minutes for this before moving onward with the meditation.

You are now ready to awaken your crown chakra center located near the middle of your head to experience the oneness of love. You may experience the awakening of your crown center in your daily life as increased compassion and a growing desire to serve and to add light to the world in some way.



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Your crown center is also known as the thousand-petaled lotus because it has approximately one thousand petals or energy vortexes coming out from it. Your crown center looks like an upside-down flower. The petals point downward toward your heart center, with the stem extending upward into the higher dimensions.

The very middle of your crown center looks like your heart center with its twelve petals surrounding a magnificent jewel.

Imagine your soul increasing the light it is sending into the jewel of your heart center. Light rises out of the jewel of your heart center and streams upward to your crown center like a fountain.

Watch as light flows back down to your heart center from your crown center. As you breathe in, imagine you are drawing energy from your heart center up to your crown center. As you breathe out, let energy flow back down to your heart center. Do this for a couple of minutes.

Explore the way these two centers work together. Light from your heart center stimulates and awakens its correspondence in your crown center. Light returning from your crown center balances and expands your heart center, and makes all the energies of your heart center more beautiful.

As your heart center stimulates your crown center, your consciousness expands. You become aware of your connection to Source, to Spirit, to Oneness. Every aspect of love is expanded as your crown center awakens. Your love grows wiser and more inclusive as you become conscious of the larger Universe you are a part of. You feel drawn to do those things that make a contribution. With your expanding awareness and greater love, you join a higher flow, harmonize with the energies about you, and you are in the right place at the right time.

You become a force of love that empowers and serves the larger group you are a part of. Everything you do adds love, bringing back to you all the best the world has to offer.



Now, you are ready to awaken your solar plexus center located in an area near your navel, to experience your soul's will to love. With your soul's will to love strengthened, you can love in situations where you might have withdrawn your love in the past. You no longer try to feel loving; love becomes your natural response.

You can experience your soul's will to love by joining with your soul to stimulate the hidden point of light in your solar plexus center. This center has a bright point of light and a hidden, awakening point of light surrounded by ten petals. The hidden point lies within the bright light of your solar plexus center. Both affect your ability to express love.

We will now stimulate the hidden point in your solar plexus center. Observe as your soul sends energy to your heart center until light rises out of it, streaming up to your crown center. Sense your crown center growing radiant. You expand into the Oneness of the Universe, connecting with all life.

Next, your soul prepares to awaken the hidden point in your solar plexus center. Imagine your solar plexus center with its ten petals surrounding a central jewel. The jewel is composed of two points—a bright point of light, and a dimmer, evolving point hidden within the bright point. Focus on the hidden, awakening point.

Join with your soul as it sends its will to love to activate the hidden point. Observe your soul send a waterfall of light from your crown center to the hidden point of light in your solar plexus center. Imagine the hidden point growing brighter with your soul's will to love, increasing your desire to love.

Practice this movement of energy of the waterfall of light descending from your crown to the hidden point for several times so that you can recreate it in different situations and at various times to increase your desire to act, speak and think in loving ways. You do not need to force yourself to love. Instead, you can connect with your soul, stimulate the hidden point, and let your soul's will to love flow through you, increasing your desire to love.



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Your soul's will to love is steady, reliable and always present. Your soul can be counted on to love, no matter what the circumstances. There is no mood, thought or feeling that affects its will to love.

Take a moment to feel the constancy of your soul's love for you. It is always pouring its love into you. Imagine loving yourself as your soul loves you—with a consistent, steady love that does not come and go based upon your thoughts or moods.

You are now ready to make the third and final link as you raise the energy of the hidden point in your solar plexus center into your heart center.

As you stimulate the hidden point with your soul's will to love, it gains in radiance. The hidden point begins to interact with the bright point, absorbing this energy into itself.

Observe light flowing up to your crown center, until your heart center and crown center are connected with a line of light between them. Pay attention as your soul sends its will to love from your crown center into the hidden point of your solar plexus center.

Then, lift the energy from the hidden point in your solar plexus center into your heart center. Imagine light rising from your solar plexus center into your heart center.

As the hidden point awakens and your solar plexus center evolves, your emotions become calm and flowing. You have no fear, anger, depression, loneliness, self-pity or blame. Each thought, perception and belief becomes one that supports you in loving yourself and others.

After you have done this meditation one time, you can quickly embody pure love during ordinary moments and make it a part of your daily life. To do this, imagine golden silver light flows up from your heart center to your crown center, then down to the hidden point in your solar plexus center, then up into your heart center.



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