

Multi-dimensional integration meditation.

"Faith is the ability to see the invisible – to believe the incredible. That is what enables you to receive what the masses think is impossible." James Allen, As a Man Thinketh

Centre yourself with 3 deep, long breaths, and with each breath imagine that you are breathing in divine light and breathing out tension. Allow yourself to fully relax with each breath, sinking into the seat or floor, as appropriate.

Bring your awareness into your heart space and feel the vortex of love and compassion that surrounds you, that is a part of you.

Within your heart is a tiny flame which embodies the essence of your true Self; an expression of the Divine, of God. This flame is untainted by the dense energies, nothing can diminish the brightness or extinguish the flame.

Imagine you are stepping into this flame; some cultures say the flame is blue in colour if you wish to visualise a colour. The flame becomes a part of you, burning within you and outside of you. You allow yourself to completely melt into the flame and as you do so, give over everything that is bothering you or doesn't serve you.

This tiny flame containing you, leaves the heart space and begins to shine more powerfully, reaching higher and higher with its light. You are calling back all aspects of Self that are within all dimensions; you may see this as tiny sparks of light, like star light filtering into the flame. As each spark returns, so the brilliance and magnificence of the flame increases.

You continue with this practice until you sense that you are now complete and fully multi-dimensional.

The flame begins to decrease in size, and you are back in your heart space.

You are feeling wonderful, you are feeling fulfilled and loved.

You are a magnificent child of God. Give thanks to your High Self, Angels and all the Light Beings who were with you in the Light.

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