

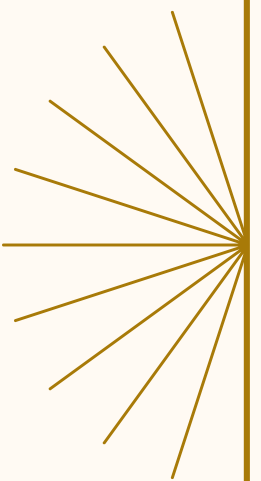
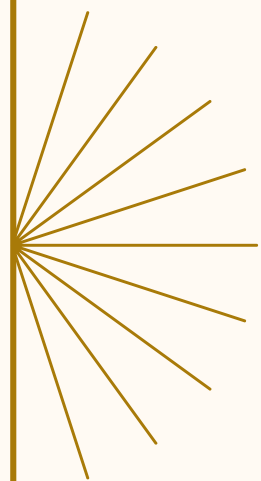


Introduction to
Meditation

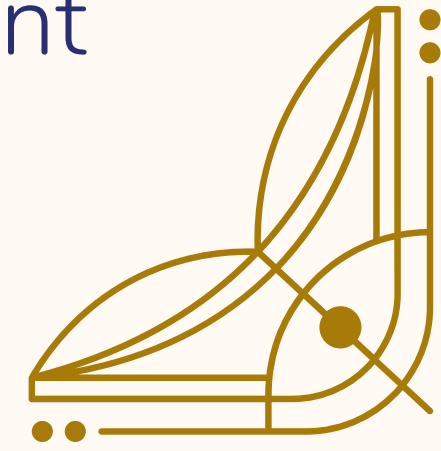





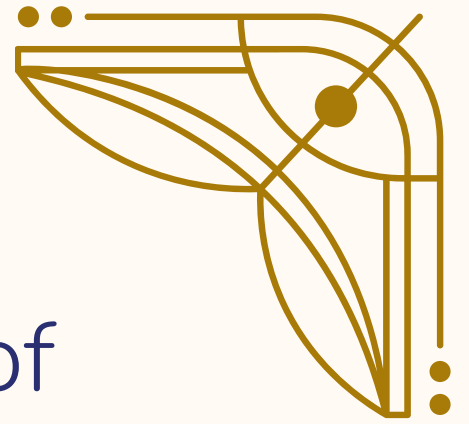
Meditation simply means
you are in the present
moment of NOW. You are
centered and free of
thoughts and distraction.



Anything can be a
meditation if you are full
engaged and present with
what you are doing.

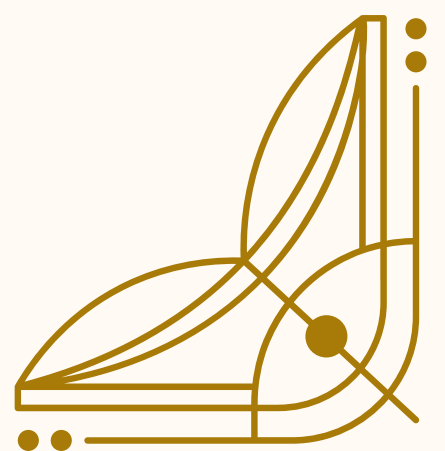
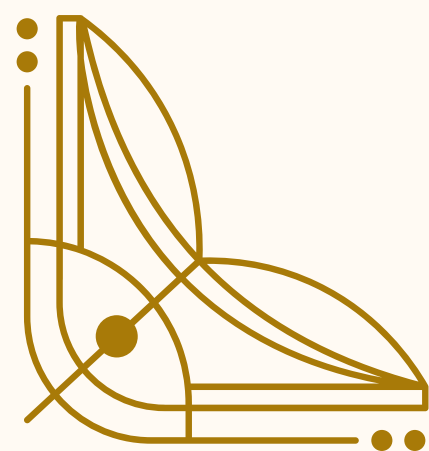
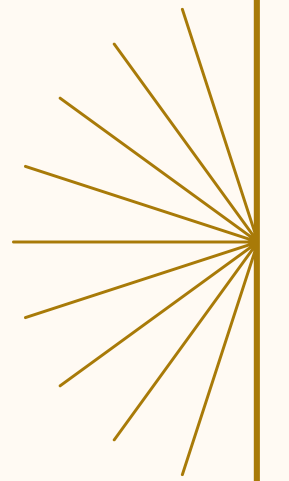
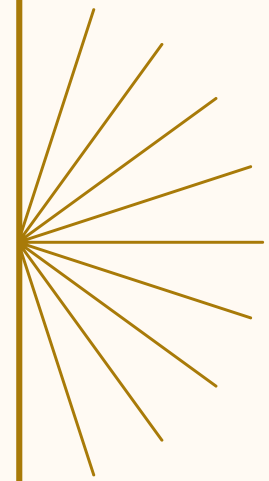


There is both still + active
meditation. Still meditation
is done in solitude, in
nature, and focuses on
breathe. Active meditation
focuses on the movement
of the body + the task.



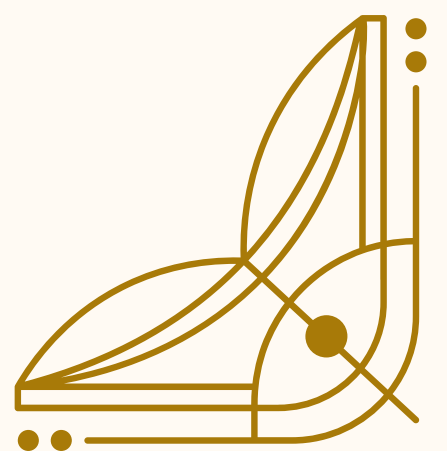
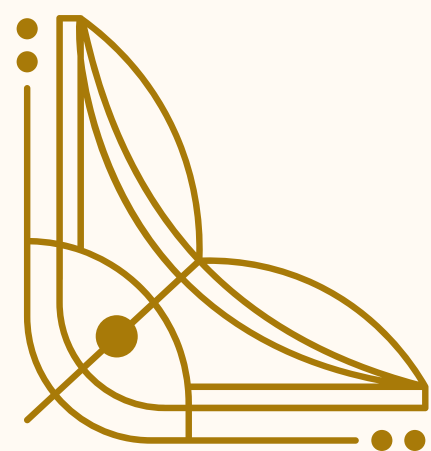
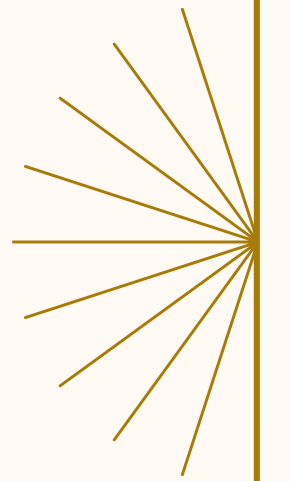
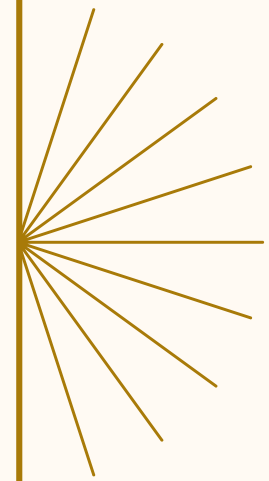
Some beautiful forms of meditation are:

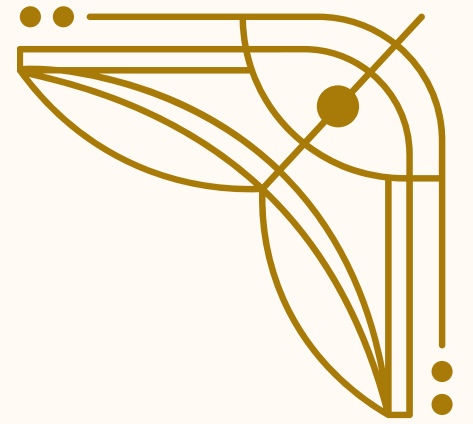
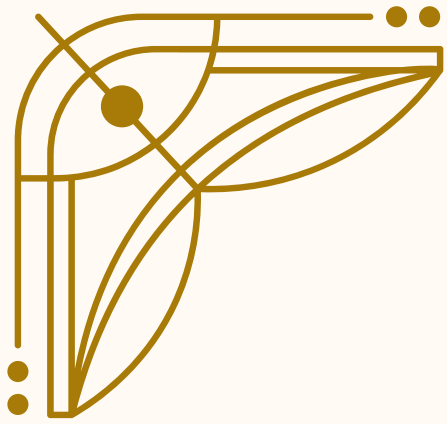
- ~Closed Eye Meditation
- ~Visualizing
- ~Breathe Work
- ~Sun Gazing
- ~Tree Meditations
- ~Walking
- ~Gardening
- ~Yoga
- ~Cooking
- ~Creating Art
- ~Listening to Music
- ~Creating with Your Hands
- ~Showers/Baths
- ~Swimming
- ~Cleaning





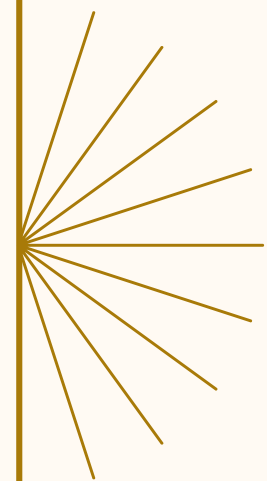
Every time you experience a thought that takes away your joy, envision a Golden Rainbow Sword taking form in your hand and use that sword to swipe through the Brain, eliminating the negative thought. Then, disengage with the thought completely, take a deep breathe pulling all your attention and focus back into the Present Moment of Now.



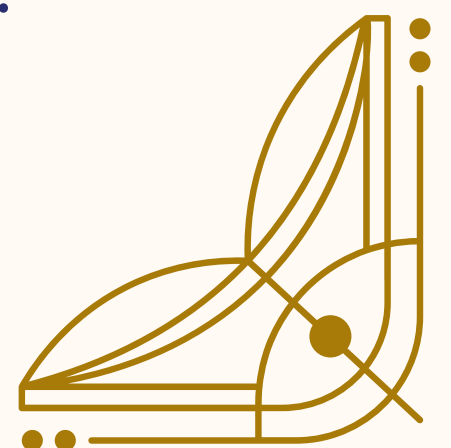
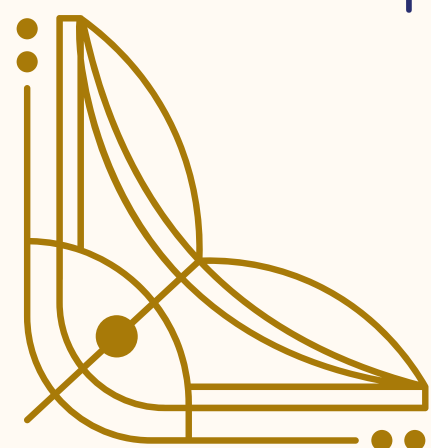
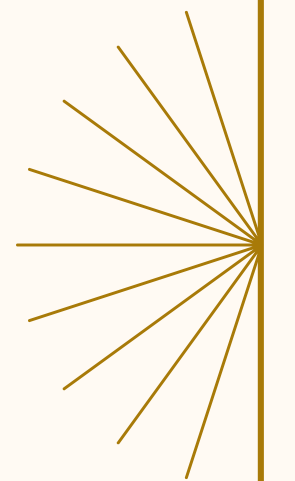


Repeat this Mantra:

“I cut chords with everyone
and everything and all
events. I cut chords with,
speak any names aloud

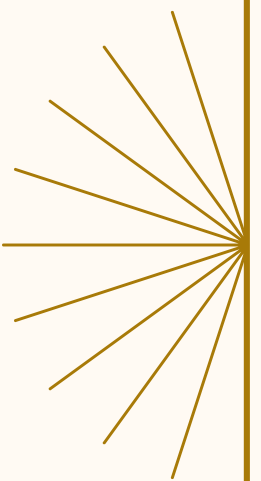
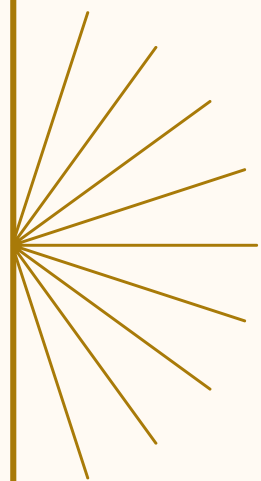

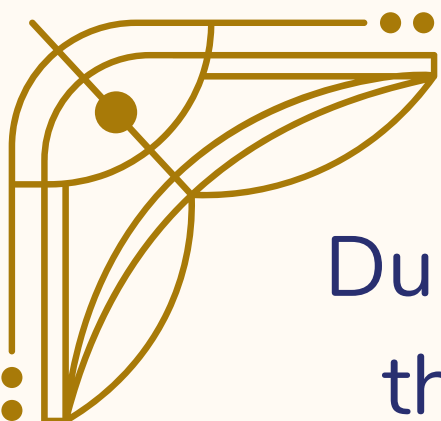


I reattach all of my
energetic chords chords to
everything that is Pure,
Whole, True, and in
resonance with Love, with
Magical Moments and
Synchronistic Events, &
Mother of All Creation*.





Meditation is an important part of spiritual discipline, as it aligns your energetic system and puts you in a place of allowance and connection. Mother of All Creation recommends a daily tree meditation for 15 minutes, but can be done anywhere.






During meditation, one can ask their angels or higher self to provide any information or guidance that is highest for them to receive. Keep a journal with you and write down everything that comes to you. This is called automatic writing and is one of the quickest ways to integrate your higher self. It also activates all 7 chakras at once and brings them into balance.

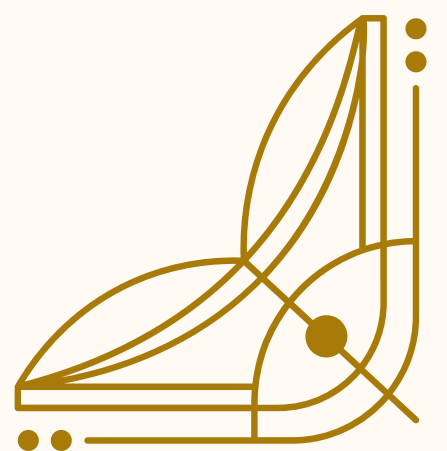
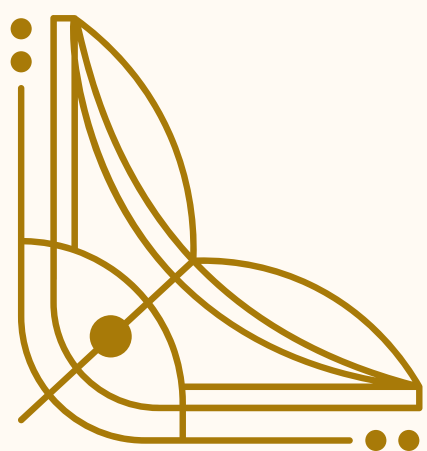
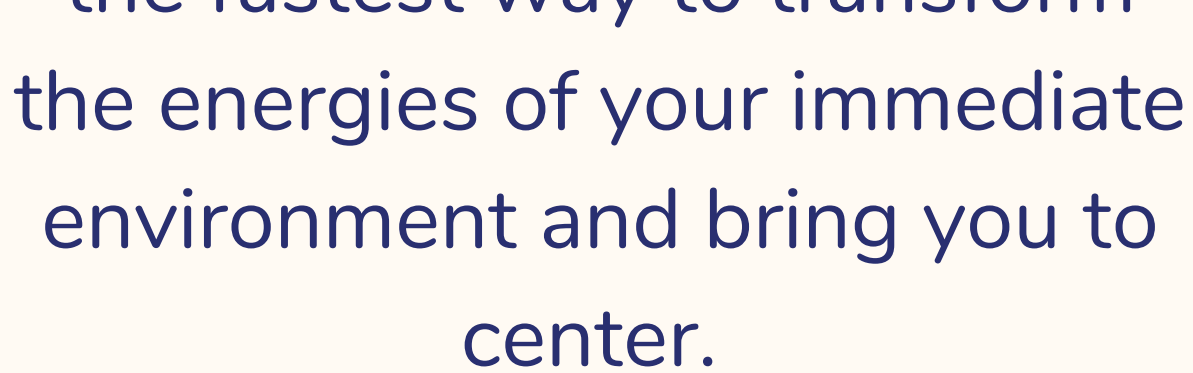
Once you write down any message or guidance, thank the angels and then let it go. Any attachment to information will bring you into the EGO mind and becomes a method of control.

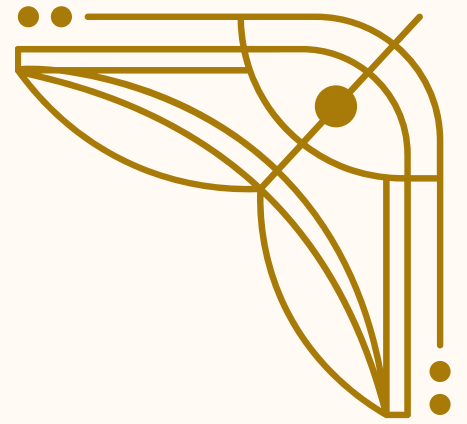
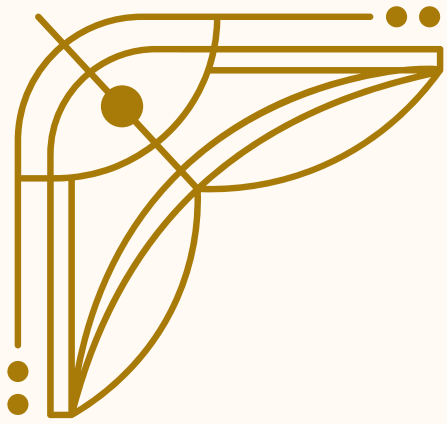




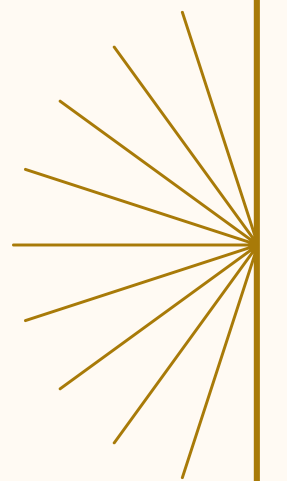
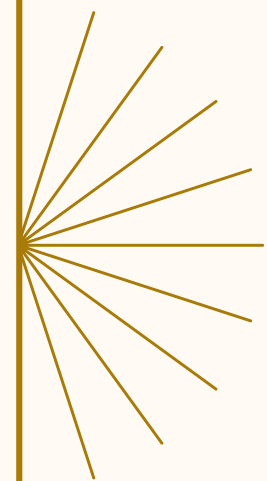
We recommend beginning every meditation by taking 3 deep breaths, in through the nose and out through the mouth. Breathe in love, and breathe out love.

Mother God has shared this is the fastest way to transform the energies of your immediate environment and bring you to center.

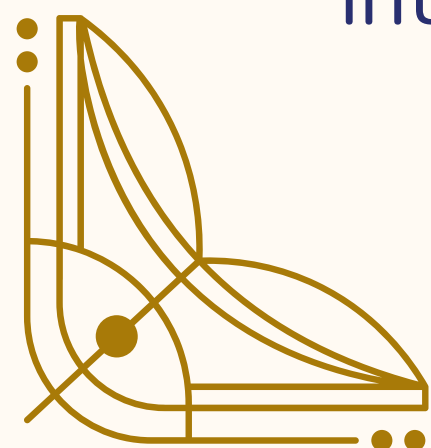


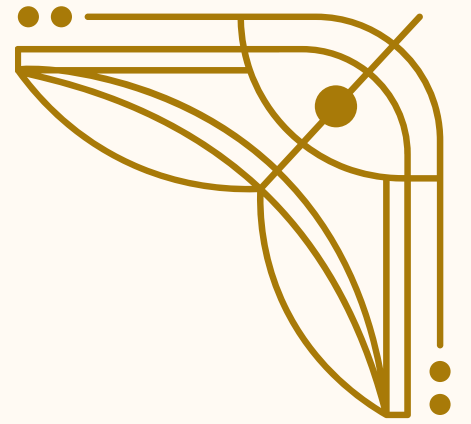
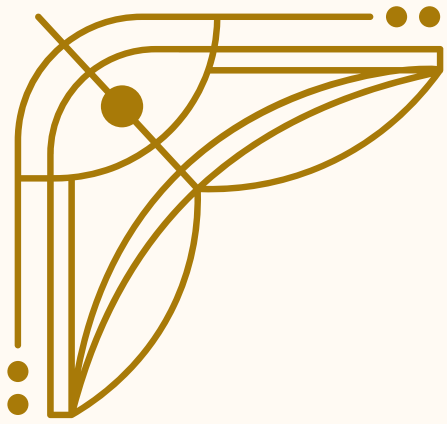


You can then continue breathing deeper and deeper, breathing oxygen into all the cells of your body as you focus on your breath. You can visualize the golden, emerald, violet rainbow flames entering in through your nose and rising up through the face, into the brain and then down the spine and throughout the body.



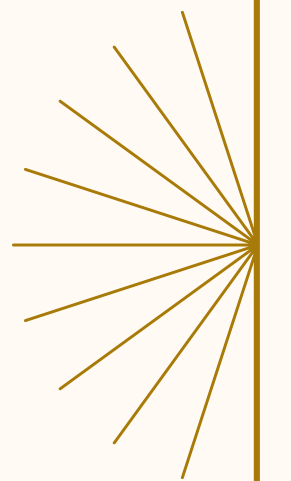
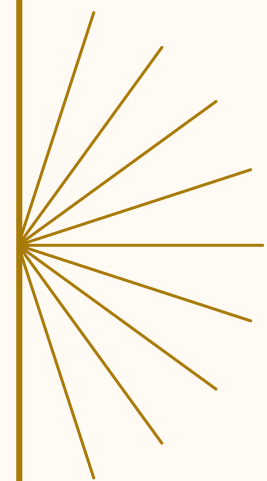
This visualization is a quick way to begin transforming density in your body, by breathing this healing flame into those areas and breathing them out.





Meditation coupled with automatic writing is the key to spiritual discipline and anchoring in of the higher self.

Every being has different energetics and their form of meditation may differ from others. All are unique, do what works for you.



Practicing these spiritual disciplines daily will keep you present in the moment of now, connected to Mom through the heart, and in flow with the energies Mom is pushing through you.

