

# Meditations

## Grounding & Protection Meditation

You can do this meditation a couple of times daily if you wish, but at a minimum, it's a great meditation to do for 5 to 10 minutes in the morning before you start your day.

Sit with your eyes closed in a relaxed state and as you sit there, imagine yourself connecting Deep into the center of the Earth, feeling the beauty of Gaia's Mother Earth energy. Feel your body while you are going deeper and deeper into the root of the Earth, imagining if you feel the root of the tree wrapped around your ankles, pulling you deep into the Earthly plane.

As you imagine yourself deeply rooted to all that is Earth bound, imagine yourself connecting to the heavenly stars and realms beyond what your mind can comprehend. Imagine a pure White light and being bathed in Celestial love which is integrated with your Soul Family in the other realms. Feel the unconditional and nurturing love that is divine, there to Support you on your Soul's Journey. Let the White light and pure love come into your body and swim through each of your Chakras, cleansing and clearing them to a perfect vibration. Let the feeling of love come into your Heart Chakra and feel a celestial purple and blue light coating your throat, giving you the confidence and courage to speak your Truth, your Higher Self's words of Wisdom and inner knowing.

Merging both the celestial realms and the Earthy realms, feel gratitude and that merged energy centering and grounding you into your whole being. Imagine yourself pushing out any energy that doesn't belong to you or serve you on your daily path – send negative energy and other's energy back to the light with love and gratitude. Know your divine center is yours alone and that your Higher Self (your soul) knows the way. Ground it and be present with the here and now on the Earth plane. You are safe, you are grounded, your energy is your own and you are divinely supported in everything you do.

**Note:** Celestite and Angelite are great stones to hold to connect while Smoky Quartz is a lovely grounding and protective Stone. Feel free to also surround yourself by objects or things you connect to in your own unique way – could be a stone, feathers, a stuffed animal, a relic, a poem, a book, or anything at all that helps you personally feel grounded and centered.



## Evening Meditation

This meditation is a great one to do at the end of your day as a way to center you and release all you no longer need so you can have a restful and peaceful sleep.

Breathing is such an important part of any meditation, being aware of your breath and allowing whatever comes up to just BE exactly where it is without judgement.

Take a few deep breaths in and out, allowing yourself to know and feel any stress or tensions from the day. As they come up, gently acknowledge them and tell them they can now go back to Source and leave your energy field, so only the purest loving energy is pouring into you and surrounding you.

If your mind wanders back to a stressor from the day, direct your mind and your presence to your heart – see your heart filled with beautiful White light. Imagine your favorite celestial colors surrounding your heart and bathing it in light – purples, blues and sage greens. Ask these colors to clear you and ground you, allowing you to connect with your Higher Self and deeper knowing.

Imagine a crystal clear quartz coming down from above you and then washing through you as if its magically removing any residue from your day. Imagine yourself surrounded in a bubble of pure White light and then see rainbow visions throughout your body as they merge with divine love and your divine love merges with it.

Feel at home here. Imagine your favorite place to relax – a comfy old chair from childhood, a hammock, a beach chair, a water float – whatever Works for you to feel a place of serenity and tranquility. Maybe you are at the top of a Mountain or maybe you're in a canoe on a quiet lake at dawn. Maybe you're in a field of poppies or maybe you're leaning back against an ancient old Redwood tree.

Imagine that this is exactly where you need to be and is your own sanctuary of cleansing, forgiveness, purity of thought and hearth. Be present and be still where you are at this moment. Imagine that universal energy and consciousness is now greeting you – everything and being that you love comes in to greet you. Here and from this place, you know that we are all connected, all one and all universal love – pure consciousness and pure God, whatever God energy is to you.

Connect your heart to the Earth and the Earth to your heart. Be thankful and grateful for your day and everything you learned from it today



# White Light Prayer

We learned this wonderful White Light Prayer through one of our mentors Kala Ambrose, who is a mystery teacher and has written many books on the metaphysical world. It is said to be a powerful prayer and came from very ancient times. For more on her work, visit [www.exploreyourspirit.com](http://www.exploreyourspirit.com).

Whether you use this one or create your own, surrounding yourself in a bubble of pure White Light and having the intention of only pure love working through you and with you is a great thing to add to your routine. Your personal intention is a powerful force, so use it wisely. We both say this prayer daily.

***“We are surrounded by the pure white light  
We are surrounded by the pure white light  
We are surrounded by the pure white light***

***Only good comes to us, only good comes through us.  
We ask for the highest and best,  
that which is for our highest and best.  
Is made manifest through to us.***

***We ask for divine wisdom and divine guidance.  
We ask for divine health and divine wellness.  
We ask for divine abundance and divine prosperity.  
We ask for divine love and divine support.***

***Divine white light energy is manifesting through to us now.  
We give thanks!”***



# Vow Release

## Week Long Vow Release

This is a powerful vow release, meaning that it serves as a strong intention from you to other forces at play. You can say this out loud once a day for 7 days in a row for optimal effect.

*"With Full and Total Intent, I state to Spirit that I fully and completely release and relinquish each and every vow, judgment, contract, pact, oath and agreement that I have made either with myself or others that does not now serve the divine plan and is not for the highest will and greatest good of all.*

*I ask that any vows and pacts made against myself be revoked also now. I revoke all vows I have made for any entity earthbound or otherwise to use my blood or DNA in any way, to take possession of my human body or use my energy in any way.*

*I now rescind any and all vows that I have taken to experience the illusion of unconsciousness. As a light bearer of my genetic lineage I break these vows for myself and all my ancestors. I declare these vows null and void in this incarnation, and all of our incarnations across time and space, parallel realities, parallel universes, alternate realities, alternate universes, all planetary systems, all source systems and all dimensions.*

*I ask for the release of all crystals, devices, thought forms, emotions, matrices, veils, implants, cellular memories, pictures of reality, genetic limitations and death. I ask Spirit to break all of these now for my greatest good and the greatest good of all. This is my intention, and so it is. Thank you."*

**Source: Ascension handbook by Tony Stubbs (channeled). Check out his work for more great channeled information.**

[https://www.michaelteachings.com/michael\\_students/stubbs\\_tony.htm](https://www.michaelteachings.com/michael_students/stubbs_tony.htm)

