

The Game of Life for the 21st Century BONUS

Shift Your Energy Highest Vibration of Love guided meditation

Get comfortable...

Place your feet flat on the floor. With your hands gently in your lap, close your eyes.

Focus your attention on your heart and take a deep breath in. Slowly exhale. Take another slow, deep breath in...

Now shift your focus to gratitude of the blessings in your life. Embrace things that you are grateful for and feel the emotional fulfillment of gratitude. Take full, deep breaths of gratitude.

Ask yourself these questions – don't try to answer, just ask:

Who am I?

What do I want?

What's my purpose?

What makes me happy?

Now simply allow yourself to be aware of your physical body. Your hands in your lap – your feet on the floor.

Now focus again on your heart – allow yourself to hear the beating of your heart as a sound or feel it as a sensation.

Now take a few deep breaths...

We want to ground ourselves. Take a deep breath in and allow roots from your feet to travel down into Mother Earth - through the rocks, the soils, the water, the clay - all the way to the core light of healing love within her.

Take a deep breath and pull that healing light of love up through the soils of Mother Earth to your feet, up through your legs to your heart.

With a deep breath, we want to ask our angels who are with us to come in really close, so that we may feel their energy – so that we may feel the love they hold for us.

Take a really deep breath and allow yourself to feel that love.

Take the loving hands of the angels next to you as we form a circle - all of us together.

As we form the circle, holding hands with an angel on our left, and an angel on our right, we breathe deeply of the love energy...

We begin by sending love and blessings to each other.

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Breathe deeply and send love, send light, send hope, send the energy of possibility ---- send blessings of love and light to each and everyone around the circle.

I bless you sincerely from my heart and I hold you in the light of BE-ing fully capable of creating the highest possible outcome as the reality of your life.

I see you as the beautiful light BE-ing of possibility - of limitless possibility that you are - now and always ----- no matter what is going on in your life at this moment...

I see you as you truly are... Powerful.... and fully capable of creating a new reality for yourself - your version of heaven on earth!

Breathe in the loving support from all who surround us - all those of the angelic realm and above - all those of this physical world that have come together in this virtual program.

You're here where you're supposed to be in this place to expand your BE-ingness into Joy, Love and Light - you are one with the Creator of All That Is and you have the POWER to form your energy into all that makes your heart sing with joy - for the highest good of all concerned --- in all directions of time...

Together, we brilliantly magnify our power to manifest the highest vibration of love possible within our body... to radiate LOVE from within to without...

Breathe in the love of limitless possibility that you are!

Now, claim your power to create the highest possible outcome as your reality in all areas of your life... Claim the loving energy of light that is yours to create as your reality... your version of heaven on earth...

Breathe in deeply of this exciting, love energy...

Breathe in deeply the joy at experiencing what makes your heart sing with happiness...

Breathe in the loving blessings of our group who have come together as one from all across the soils and waters of Mother Earth.

I send you love, I send you light, I hold you in the light of BE-ING fully capable of creating the highest possible outcome as your reality - now and always... no matter what your life looks like in this moment...

We firmly anchor the energy of what you wish your life to BE...

Breathe in the love and embrace it to your heart...

Bring this love back with you - back to this moment in time...

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Now we ground this energy firmly into the soils of Mother Earth - connecting it with the healing loving light deep within her.

With a deep breath... allow roots from your feet to merge into the soils of Mother Earth, down to the core light at her center... Now pull her vibrant healing light back up to your feet, up through your legs to your heart.

Breathe deeply, firmly anchored in the powerful, loving energy that you are... and when you're ready... open your eyes...