

## **SPIRITUAL HEART ACTIVATION AND INVOCATION** **~A Meditation~**

- This honors our incredible hearts as the seat of our Soul and Beingness
- Helps heal ourselves and others in recognition of our wholeness
- Magnifies our personal and collective Light and heightens our spiritual vibration
- Blesses our Mother Earth and amplifies all the prayers and the beautiful Light that we send

With this meditation, we invite you to experience an expanded version of yourself. We are each so much more... so much bigger than we can even begin to imagine. Know that, in an esoteric and physical sense, our hearts are designed to amplify one hundred thousand-fold whatever is presented to them, and they have the ability to transmute ... and transform ... and transcend all forms of energy ... *all forms of energy!* The intentions we set through our hearts are timeless in nature and they know no distance. (Cosmic Awareness 2019-09 and 2019-03)

So begin by bringing your hands in light and sacred touch to your Heart Center. Place your right hand over your Heart Center and your left hand over your right hand, with the thumbs lightly touching.

Now, breathe deeply in through your Heart...and out through your Heart...in through your Heart...and out through your Heart.... Visualize your heart as the infinite portal it is... a portal that is your direct connection to the Divine, the Source of All Creation... your personal interface.... This is where your soul is seated. This is where your heart wisdom and discernment live.

Breathe in through your heart...drawing the power of the Divine in through your heart...feel it fill you, fill the room you are in, feel it spread in all directions. Then, with your exhale, direct it with love, appreciation, and every blessing to...your beautiful heart, and to your eternal soul, which resides there....Now direct this powerful energy to your amazing body that has been your faithful partner throughout your life...beginning with your feet, your toes, your ankles, filling, healing, blessing and thanking them...then into your calves...your knees, your thighs...feeling them warm with this sacred energy. Now, direct this powerful energy into your hips and torso...each organ...filling and healing, blessing and appreciating them. Feel the energy rise through each of your vertebrae...then into your shoulders, your upper arms, your forearms, your wrists, hands and fingers...filling them, rejuvenating them, blessing and thanking them...then into your neck, your head, each hair on your head...and into your magnificent brain and all its many activities, then your face and all the places of your inner and outer sensory knowings: your inner and outer eyes and seeing, your inner and outer ears and hearing, your inner and outer nose

and smelling, your inner and outer tongue and tasting, your inner and outer skin and touching and feeling...warming, healing, blessing, heightening, awakening them....every cell in your body dancing with joy, lighted with bliss...each part of us FULLY ACTIVATED, FULLY REALIZED, FULLY ACTUALIZED in this glorious energy....

Now feel into these following words, as we awaken and expand our Heart Center, even more:

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### **Awakening the Heart Center –An Invocation – ( insert)**

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End: Let's pause for a moment, take a deep breath, and feel the energy of Love and Light that we have called forth together...feel this pulsing...blazing...flaming...sparkling...healing...rejuvenating...joyful...Loving energy... expand through you...embracing you, transforming you...transfiguring you into pure Light, pure loving, LIVING Light, erupting in magnitudes of boundless, limitless Divine Light, nurturing, heightening and blessing All That Is.

Remembering that imagination precedes creation, let's use our phenomenal but often underused...unfathomable gift of imagination to multiply that vast energy by 100 times.

...Now by 1000 times... by 100,000 times....

Now direct this huge energy with healing and blessing to...each member of this Circle of Light...and then the **Secret** —and such an important one it is—allow yourself to **receive it**...in full measure...in return. Then send it back again...and receive it...in a continuous flow, spiraling ever higher, ever greater, as it is shared. This has been called the energy of Heaven on Earth.

Now, send that vast healing and blessed energy with so much deep Love and appreciation to our Mother Earth...her mineral, plant, animal and human kingdoms.... See her revel in it...see her smile as she receives that powerful energy.... See her shine more brightly than before. Feel your Heart and her Heart beat together in synchronous joy.... And take a deep breath.

Let's integrate that sacred energy into ourselves...and build each moment upon it. AND let's imbue our following prayers for the world, for others, and for ourselves with this powerful energy.