

# World Healing Meditation



## Step One

Begin the meditation with 10 heartspace breaths, seeing and feeling a bright white light, like a star, in the centre of your chest.

With each in-breath, feel and see how this light expands to fill your chest.

With each out-breath, relax and enjoy the atmosphere and texture of this light.

## Step Two

Feel and see how this light spreads up into your neck and head.

Feel and see how this light spreads down into your stomach, abdomen, pelvis, legs, and feet.

## Step Three

Become aware that you are surrounded by a translucent rainbow bubble of light, a sphere of light, that carries you. Imagine that you are standing in the middle of this sphere.

The top surface of the sphere is about three-and-a-half feet above your head, and the bottom surface is about three-and-a-half feet beneath you. The sphere is spacious above you, and below you. Spacious in front of your body, and spacious behind your body.

As you breathe now, enjoy this spaciousness, and allow the light of your heart to expand and fill it.

## Step Four

**Group Meditation Note:** This format can be used for a physical group gathering, an online group, or to connect with your Soul group at the non-physical level).

Imagine everyone in your group gathered here now, standing in a circle.

You take your place standing in the circle, a star of white light shining in your heart.

You are surrounded by your own rainbow bubble of light. Your atmosphere of love.

Become aware of the group as a circle of shining white heart stars, each surrounded by their own rainbow bubble; their own atmosphere of love.

Everyone in the group comes into harmony together.

As this happens, a white light appears in the centre of the group. It is the heart star of the group. The point of shared intention and love.

All in the circle are connected to this point of light and love. Notice that around the group, a larger sphere of light has formed, encompassing, and carrying everyone.

### Step Five

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Become aware of a vertical column of white light appearing in your body, just in front of your spine.

Right in the core of your body. From your heart centre in the middle of your chest it extends upwards through your neck and head, and up to touch the surface of the rainbow bubble way up above you. Bring your awareness up to this point above your head.

Breathe some deep breaths, and allow yourself to enjoy the feeling of, strength, wholeness, and peace.

Bring your awareness back down into your heart, and follow the column of white light as it extends downwards through your stomach, abdomen, and pelvis. Down through the base of your body, and down below your feet, connecting to the surface of the rainbow bubble way down beneath you. Bring your awareness down to this point.

Breathe some deep breaths and allow yourself to enjoy the feeling of wholeness, certainty and peace in this lower part of your column of light.

Bring your awareness back to your heart centre.

### Step Six

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See the group circle now. Each member is standing in the peace and wholeness of their own column of light, within their rainbow bubble of light. Their heart stars are shining.

Within the centre of the group circle, where the heart star of the group shines, there appears a vertical white column of light, within the group sphere, that expresses the group alignment. Now that the group is aligned, connection with the Heart of the Earth can be established.

### Affirmation

“I ask that the heart star shining in the centre of our circle - the heart star of the group - now merges with the Heart of the Earth.”

Notice how the group column of light in the centre of the circle merges with the Earth's column of light, and the group sphere merges with the larger sphere of the Earth's field.

## Step Seven

### **Group Statement of Intention**

"I ask that our group heart merges with the Heart of the Earth, that our group column merges with the Earth's column, and that our group field merges with the Earth's field."

Breathe deeply and relax into this space of deep connection, affirming:

"I am this light."

"I am this wholeness."

"I am this peace."

I offer to be of service to the planet, and humanity, in their healing and awakening process.  
To be present in love, for the benefit of all living beings on Earth.

### **World Healing Meditation (20 mins)**

### **Closing**

I give thanks for the peace, and the love, that exists always within me and around me.