

Spirit is Calling

Creating Your Personal Meditation Space

Start by getting comfortable:

- Comfy chair, private area, and some water or tea.
- Get paper and pencil, crayons.
- Have a clock or timer handy so you can time your meditation.

This 1 hour meditation is broken into 15 minute increments:

1st- 15 mn- Finding Your Space

2nd 15 mn- Clearing Your Space

3rd 15 mn- Hello to Your Current Mockups & Creations

4th 15 mn- Set New Mock Ups and Give Yourself A Healing

1st- 15 mn- Finding Your Space

Start with a personal meditation to set all of your tools.

- Grounding- create a grounding cord in present time and hook it into center of planet. Set your male or female grounding as well. Release from those spaces.
- Gold Suns- Call Your energy back to you from your day in gold suns.
- Protection Rose- Set your protection rose- clear your old one.
- Set your Separation roses- clear your old ones.
- Be in the center of your head.
- Reading Screen- Clear off your reading screen.
- Reading Triangle- Clear off your reading triangle & run gold energy

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through both.

- Turn Down Lower Chakras- 1st- 10, 2nd-10, 3rd F-70, M-50
 - Run Energy- Earth Energy through leg channels, Cosmic Energy back channels,
 - E&C mix at 1st chakra and come up front channels. Spit at 5th- some down each arm through hands. Let rest fountain out top of head and into aura.
 - Body of Glass
 - Set the room at gold and ground and own the room. Place roses around all the walls of the room.
 - Set Your Crown Chakra to gold and say the meditation prayer!
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2nd 15 mn- Clearing Your Space

This is a time to clear energy out. Now your tools are set so you can really start to clean out. Try these techniques:

Look Clairvoyantly at what is in your space? What lit you up today? What drained you? Start to clear this stuff.

- Blowing Roses, clear energy, clear pictures
 - Move Other People Out - Sending other peoples energy back to them in a rose. Call your energy back to you.
 - Move Projects Out- Call your energy back to your space in gold suns
 - Erasure (snakes, spiders, beings, stuck energies)
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3rd 15 mn- Hello to Your Current Mockups & Creations

What is going on in your life? Take a look at a rose for each of the main creation going on for you. In your meditation, write down all of the main things going on for you.

- Create a Rose for the space, read the energy on it. Write down the energy you want to move out. Do this with 3 or four different parts of your life.
 - Blow roses and clear the energy. Erase stuck or punishing energy.
 - Reset Each Rose to the color that works for you.
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4th 15 mn- Set New Mock Ups and Give Yourself A Healing

Is there something new you want to create? A promotion? A new job? A new relationship? A new project? A healing space for yourself?

This is a good time to create new mockups. By now your space is clear, you are energized and you are feeling good!

Use your crayons to write them down.

To create a New Mock-UP:

- Create a Rose, set a color- Use your crayons to draw it
 - Define everything you want in your mockup- write it down
- Look at your Havingness Gague
- Ground it and raise your Havingness

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- Snip the stem of the rose to let it go
- Call your energy out of the rose so it can manifest
- Give yourself gold suns to replenish!

Self Healing:

You can have your healing master give you a healing on the energies you are working in your growth period.