

## Spiritual Heart Chakra Activation

This is the meditation of the chambers of the heart, which allows one to experience the many levels of the heart itself as it expands out into the greater Creation from the personal cosmic heart out to the full embrace of the Greater Cosmic Heart of the Source I AM. This meditation is a way of awakening to the many levels of the Creation, which are really the many levels of the Creator's heart and its expressions of unconditional love and deep compassion. This aids in ending the separation in your heart and the heart of the One, the Cosmic Heart.

1. Please seat yourself comfortably, spine erect and feet on the ground. Visualize the heart chakra (beneath the top of your breastbone) as a four-inch in diameter Rose-Pink sphere of light, filled with the love and light of the Creator Source I AM.
2. Breathing deeply, fill the entire sphere with Golden White liquid Light, silently saying to yourself, *"I AM the Cosmic Heart, I AM"*.
3. Now intend or visualize a second sphere of Rose-Pink crystal Light extending outward to encompass the throat chakra and solar plexus chakra.
4. Breathing deeply, fill the entire sphere with Golden White liquid Light, silently saying to yourself, *"I AM the Cosmic Heart, I AM"*.
5. Intend or visualize a third sphere of Rose-Pink crystal Light extending outward to encompass the third eye chakra and the sexual chakra.
6. Breathing deeply, fill the entire sphere with Golden White liquid Light, silently saying to yourself, *"I AM the Cosmic Heart, I AM"*.
7. Intend or visualize a fourth sphere of Rose-Pink crystal Light extending outward to encompass the crown chakra and the base root chakra.

8. Breathing deeply, fill the entire sphere with Golden White liquid Light, silently saying to yourself, *"I AM the Cosmic Heart, I AM"*.
9. Intend or visualize a fifth sphere of Rose-Pink crystal Light extending outward twelve feet in diameter to encompass the spiritual body of light and all of the subtle bodies within the auric space.
10. Breathing deeply, fill the entire sphere with Golden White liquid Light, silently saying to yourself, *"I AM the Cosmic Heart, I AM"*.
11. Intend or visualize a sixth sphere of Rose-Pink crystal Light extending outward to encompass the entire planet Gaia, Mother Earth and flooding all beings, all humanity, the plant kingdom and animal kingdoms both above and within the earth.
12. Breathing deeply, fill the entire sphere with Golden White liquid Light, silently saying to yourself, *"I AM the Cosmic Heart, I AM"*.