



Almatar

Greetings to all of you! I am Almatar. I present myself here today to lead you in a meditation of encounter with the Divinity in you, of communication and communion with the Invisible World. The type of meditation I will guide you in, where you feel the response from the World of Light, is a Sacred act.

I invite you to do this kind of meditation only when you are centered in your Light, in your Heart, in your Peace because the response from the Invisible World needs to be welcomed, to be accepted. When you are well centered, the Sacred that lives in your Heart can connect with the Sacred that is surrounding you. You are then in complete harmony. This kind of communication, this communion of Energy can truly be a gift for you. You bring the Energies, the Light, the Love needed in the present moment. When you are not centered, it is as if you ignore, you reject this energy that is responding to you.

Before we start, I would like to place on your shoulders a cloak of Light. It will help you remain focused. You are receiving each and every one of you, a cape of Light of a different color. This cape is conscious. Accept this energy, this gift from your Higher Self.

I invite you to descend into this Heart, in this Cathedral of Light in you. Descend gently in this sacred site where rests the Sacred of the Sacred, the Sun of Suns, where your Divinity has its kingdom. Make contact with this Light, this Energy, this Presence. Let yourself be wrapped in this Light, in this Love. Feel your whole body being filled by the Light, embraced by the Power of Love.

Now, visualize that this Energy, this Love, this Light merges with your etheric body. It envelops your whole being. It expands and covers your emotional body. It extends farther and merges with your mental body. You are luminous! You are Love, Light. You are centered in your being, feeling everything in you right down to your toes. You are truly present in your body, in the instant that you are living and breathing in this life right now.

I invite you now to repeat the following words: **“I am a Light Being!”**

Now feel the vibration that these words create in you. (Silence) Maybe you see colors, feel something in your physical body, above you, around you. Maybe you feel heat, cold, a tingling sensation while the vibration travels in you. You are present to this emotion, this vibration. You know that the Universe has answered your request, that your Higher Self responds and manifests it in you. The signs of this manifestation are what you are looking for in you, that you are feeling in you. (Silence.....)

Repeat after me: **“I Am Love!”**

Feel! (Silence)

Repeat: **“My cells unite to form ONE cell!”**

Feel! (Silence)

Repeat: **“My etheric body merges completely and perfectly with my physical body!”**

Feel! (Silence)

Repeat after me: **“My emotional body unites and merges perfectly with my etheric body and my physical body.”**

Feel! (Silence)

Repeat: **“My mental body unites and merges perfectly with my emotional body, my etheric body and my physical body.”**

Feel! (Silence)

Repeat after me: **“All my spiritual bodies align and fit perfectly with my mental, emotional, etheric and physical bodies.”**

Feel! (Silence)

Repeat: **“I, (say your name), anchor deeply in all my bodies the consciousness of my Christ Self. All my bodies align so that they can unite with my Christ consciousness and now we are ONE!”**

Feel! (Silence)

Come back softly in this room taking possession of this body that is in perfect alignment with your divinity. This way of meditating is sacred. You can transform your life by meditating in this manner. That is to say, by proclaiming a truth that you want to create in your life. A truth that allows you to evolve, to become conscious of who you are, to grow in your Light. You can say sentences like:

“I Am the Peace of God” Feel!

“I am life!” Feel!

“My Heart unites with the Heart of the Creator.” Feel!

“And so it is!” Feel!

This kind of meditation is sacred because you use your powers of Creator to literally transform your consciousness, to revive and resurrect your Divinity in you, to manifest the Divinity that you are.

We give you today a sacred and powerful tool that can assist you in your transformation. You have the blessing of the Worlds of Light. You have our unconditional support, our Love.

May the Infinite, Ultimate, Omniscient, Omnipresent Peace shine in you and allow you to grow and spread your wings! Thank you for allowing me to be here today. See you soon!

|