

Alignment Meditation

Visualize a column of golden-white light extending from the base of your spine, through the top of your head, and into the Unified Field. Spend a few moments breathing in and out as you feel this connection.

Breathe in your connection to Source.
Breathe out your connection to Source.

As you breathe in your connection to Source, you are aligning your consciousness with the Unified Field. As you breathe out your connection to Source, you are returning your essence and awareness home to the Unified Field.

Recognizing the Unified Field as the source of all wisdom, knowledge, information, and compassion, ask the Universe what it offers you to support in your life right now and in this session. It may be a color, vibration, energy, or an image.

Allow that offering from Source to flow down the column of light. As it enters the top of your head, embrace it cascades through your body, filling every fiber, cell, and nerve in your beingness with this energy from Source. Allow yourself to be completely and totally nurtured and supported by the Unified Field. Scan your being and ask are there any places that want even more of this support from the Unified Field, and if so, breath it into those places now.

As you feel complete, bring your attention to the soles of your feet, and see roots growing deep into the core of Mother Earth. Recognizing Mother Earth as the part of our Universe that offers us power, support, and the ability to manifest our intention, ask what does she offer you to support you in your life right now and in this session. Again, this may appear as a color, vibration, energy, or an image.

Allow that offering from Mother Earth to flow up through the roots. As it enters the soles of your feet, allow it to rise in your body like an Artesian well, filling every fiber, cell, and nerve in your beingness with this energy from Mother Earth. Allow yourself to be completely and totally nurtured and supported by the Mother Earth. Scan your being again and ask are there any places that want even more of this support from the Mother Earth, and if so, breathe it into those places now.

As you feel complete, bring your attention to the top of your head. See a bubble of light forming from the top of your head and extending around your entire body. Notice how far out from your body does this bubble extend what color or vibration does it have?

Now, on your next in breath, imagine a mirror forms on the outside of that bubble of light, facing out, and open at the top and the bottom. On your next out breathe, seam that mirror wherever it meets.

You are now connected to the energy and wisdom of the Unified Field. You are grounded in the power and strength of Mother Earth. You are surrounded by a bubble of light and love.

You are protected by a mirror that shields you from all negativity. Only love and light may pass through that mirror. Everything else that does not serve your highest light bounces off and is transmuted by the universe into another form.

Now, take three slow, deep breaths. As you breathe out, push through that mirror anything and everything that does not serve you in your life right now and is not in alignment with your intention for this session. You may consciously know what that is, you may not. It does not matter. Simply affirm that by your third breath all that does not serve you has been purged from your beingness and has been transmuted by the Universe as it passes through the mirror.

When you feel complete, return your attention to the column of light extending from the base of your spine into the Unified Field.

As we open the Akashic Records, continue to:

***Breathe in your connection to Source.
Breathe out your connection to Source.***

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### **How and Why This Works**

Doing this meditation regularly creates energetic pathways that make it easy to access this pattern quickly.

- The energy of the Universe is flowing from above into your body—your connection to the Unified Field—the Mind of God.
- You are grounded into the core of Mother Earth and her power and strength are flowing easily through your entire body—allowing you to use her strength to walk forward and manifest your intentions.
- You are surrounded by a bubble of love and support.
- You are protected by a mirror facing out—affirming that only love and light can reach you.
- You are purging from your being any and all things that do not serve you, knowing that as they pass through the mirror they are transmuted by the Universe and cannot return to you.
- The openings at the top and bottom of the mirror maintain your constant connection to the Universe and to the power and strength of Mother Earth.
- The energies you work with may be different every time you do this meditation. Just pay attention to what calls you at any given moment.

## **When to Use the Alignment Meditation**

### **For Yourself:**

The meditation can be employed at any time. It is a useful way to begin and/or end your day. It is also especially useful in situations where you are anxious, feel unsafe, or want to shield yourself from negativity.

### **For Children:**

This is a great tool to teach children to help them calm themselves. Some children are overwhelmed by the stimulation of the world today—making it challenging to function in school, at home, and even to get to sleep. Adopt a language your child will understand and walk them through this meditation several times (bedtime is a good time to introduce this). They will quickly learn the technique. Make it fun and employ their imagination. If they are receptive to it, you can teach them how to do this in three breaths in the event they feel threatened and want to align themselves quickly. (Refer to section below on Programming the Alignment Meditation.)

### **On Behalf of Others:**

For the most part, this meditation best done by the subject themselves (even if being led in the meditation by someone else). However, there are times when you might want to help center and protect someone when they cannot do it for themselves. For instance, for someone who is unconscious or incapacitated and children too young or unable to understand the process.

If you use this technique for someone else, please know it will only work if it is indeed in their highest light and if your intentions are clear and clean.

## **Programming the Alignment Meditation into Your Body**

Once you have done the Alignment Meditation regularly and with consciousness, you can program your body to complete this in three breaths. While I do not recommend this as a regular practice, it is extremely helpful to have the energetic pathways in your body and consciousness in the event of emergencies (see my reference below to my husband's heart attack).

In that event, tell the Universe you are doing the Alignment Meditation in three breaths. Then, follow this pattern:

**Breath One:** Breathe **IN** energy from Unified Field over and through your entire body.

Breathe **OUT** sending that energy through roots from the bottoms of your feet, anchoring you into the core of Mother Earth.

**Breath Two:** Breathe **IN** energy from Mother Earth, letting it rise up through the roots, then your entire body to the top of your head.

Breathe **OUT** creating a bubble of light/energy around you.

**Breath Three:** Breathe **IN** bringing the mirror facing out around you, open at the top and the bottom.

Breathe **OUT** and fuse the mirror where it meets.

### Examples of How to Use the Process

#### **Example 1:**

Ten days after having a “widow maker” heart attack, my husband’s cardiac monitor alarmed while he was at rehab. He called and asked me to meet him because there was a very real chance he was having another heart attack.

For me to support him in that situation, I needed to be centered and calm. When I reached the facility, I entered the elevator to ascend the two flights to where the rehab center was. While on the elevator, I closed my eyes and did the Alignment Meditation in three breaths. Even though I was deeply concerned about what I was walking into, this practice was all that was necessary for me to consciously connect to the Unified Field and the earth, and to shield myself from any chaos I might encounter when I stepped into the rehab center where my husband was waiting. I was able to do this unnoticed and unencumbered by the people on the elevator talking to each other.

Fortunately, my husband was fine. His heart monitor malfunctioned and triggered a panic attack. My ability to be calm and centered was a great comfort to both of us.

**Example 2:**

A dear friend asked me to join her for support in a child custody court hearing with her ex-husband, who had a history of being abusive and controlling.

While sitting in the court room, I became aware that I was feeling an overwhelming sense of anxiety and fear. What I realized was that I was picking up on anxiety in the court room. As an energetic empath, I knew I was feeling someone else's fear and discomfort. Perhaps it was from her ex-husband, or my friend herself, or from her mother (who was nervously sitting next to me). It didn't matter where it was originating from, I didn't want to hold or feel this in my body.

I did the Alignment Meditation and immediately felt the energy shift—affirming that only love and light could reach me and that all other energies would be reflected away from me.

Then I focused on my friend, who was sitting next to her attorney, facing the judge and her ex-husband. After I centered myself with the meditation, I did the same thing for her—visualizing her connected to the Unified Field, grounded by with earth, and shielded from all negativity.

Because we had talked about my role supporting her that day, I knew I had her permission to do this and that it was in her highest light to support her in this way. This helped her focus clearly and not be influenced by negative energies in the court room.