

Heart Bubble

This experience will help to quiet the mind, and connect to all of Creation. You can do this before working on a project, making an important phone call – really, anything that requires creation/creative energy.

Close your eyes, center yourself, and take some deep breaths.

Know that you are One with All That Is.

There is no one in the world exactly like you,
and your contribution to the world is crucial.

Place your hand on your heart and take a moment to simply experience
your physical heartbeat.

The rhythmic beating of your heart – this is your life force.

Visualize the pattern of sounds it makes as you connect to the pulse of
your life. You are centered, you are whole, and you are ALIVE.

Now, visualize an endless, infinite golden chord
that ties your heart to the Earth, everyone on it, and in it.

As you are breathing, visualize that golden chord surrounding the world,
and all people and beings,
and connecting back to you in an endless loop.

This creates a bubble of protection and purity from which you can begin.
This experience will deepen your connection to your own consciousness.