

The Golden Light and Healing Waters Meditation©



Please perform this action of Light with the honor and respect of which it is worthy. It is a profound healing practice, not a casual creative visualization. This is an actual healing remedy as you join with the Holy Spirit, The Christ Consciousness, Jesus, Buddha, and your Right Christed Mind to ask for assistance and choose for miracles. A miracle/healing is a shift in consciousness from any experience or feeling of fear, pain, lack or guilt to an extension and experience of love and peace.

Notes: The Golden Light of the Christ is a liquid and non-liquid, physical and non-physical healing light. It has multiple healing functions. I experience this light primarily as the sweetest, wisest, most tender, powerful, enveloping LOVE from Spirit. I visualize this effervescent Light like the color of honey, with sparkles in it. The Golden Light heals, corrects, nurtures, nourishes, and strengthens. The intelligence of this Light just knows what is required; you do not need to tell it why you are feeling fearful, stressed or deficient. This healing action, done regularly, will deeply support you in your healing journey and in all that you do in the world.

Invocation: I call myself forward and upward into the Highest Holy Light. I call upon the Holy Spirit, The Christ Consciousness, Jesus Christ, my Right Christed Mind, and Buddha, to assist me at this time. I give you permission to help me **allow** the healing and correction needed in my body/mind/spirit system that is required to help me function from a more effective, peaceful, loving and joyous center.

Meditation: Sit upright or stand on the earth with non-rubber soled shoes. In your mind's eye, visualize your auric egg, which extends out about two feet beyond your arms when extended out to your side and about five feet above and below your body. Your aura has seven layers and your body has seven chakras or meta-physical energy centers.

High above you, way up there, near the twenty-second chakra and beyond, you visualize a large clear vase that lovingly pours from it an endless supply of The Golden Light of The Christ. The Golden Light is being poured in a single stream that travels down your spiritual cording column (about 6 inches in diameter), that connects your body/mind/Spirit system to Spirit. **As it travels through you at each step of this practice, remember that it is healing, correcting, nourishing, nurturing and strengthening you.**



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Once you learn all the steps, you can do this practice in five minutes or less!

- 1) Watch the Light as it completely coats the outside & inside of your auric egg with the Golden Light.
- 2) Now see The Golden Light as it reaches just above your head. Watch it slow down as it enters the crown of your head and the crown chakra.
- 3) When it reaches the crown chakra see it “pooling” there for a while. Watch it pool and notice its size, energy and flow. Be awake, aware & available. *Notice what you notice with Zen-like neutrality.*
- 4) Now see the Light dropping down into your third eye chakra and just watch it again for a short while as it “pools” through and around your third-eye center.
- 5) Watch this light as it travels down and “pools” at each chakra—the throat chakra, the heart chakra, the solar plexus chakra, the second chakra, and the first chakra. At each chakra, just “be” with the Light for the amount of time that feels right to you then move your focus onto the next step.
- 6) After noticing the “pooling” at the base chakra, now see the Light split and travel down each leg, “pooling” for a while at your knees and then again at your feet.
- 7) As the column of golden light exits your feet the two columns join as one and travel through the center of the earth and out the other side circling all the way back up to the Source of All That Is. This grounds you to yourself, the planet on which your body resides, and to The All That Is in a huge (boundless) circle of Golden Light. This will help you to connect to yourself that is free of the confines of earth and gravity and the indentures of your body.

~OR~

7a) Now you will notice the Golden Light begins to flow faster and is “pooling” all around you and you find yourself in a beautiful golden lake. The liquid light is the perfect temperature and you find yourself skinny-dipping with God as you swim, and roll and dive and rise and dip and dunk yourself all over in this glorious Loving Light. Swim and float in the Golden Healing Waters as long as you like. Float in childlike innocence. Fill your thoughts with gratitude and allow God’s Love and Joy to saturate your entire beingness.

When you feel complete, thank all the Divine Helpers and use your regained Peace to be a Blessing to Yourself and to all whom you touch.



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