



## UNIFIED CHAKRA MEDITATION

I breathe in Light through the centre of my heart, opening my heart into a beautiful ball of light, allowing myself to expand.

I breathe in Light through the centre of my heart, allowing the Light to expand, encompassing my throat chakra and my solar plexus chakra in one unified field of Light, within, through and around my body.

I breathe in Light through the centre of my heart, allowing the Light to expand, encompassing my brow chakra and my navel chakra in one unified field of Light, within, through and around my body.

I breathe in Light through the centre of my heart, allowing the Light to expand, encompassing my crown chakra and my base chakra in one unified field of Light, within, through and around my body.

I breathe in Light through the centre of my heart, allowing the Light to expand, encompassing my Alpha chakra (eight inches above my head) and my Omega chakra (eight inches below my spine) in one unified field of Light, within, through and around my body.

I allow the Wave of Metatron to move between these two points.

I AM a unity of Light.

I breathe in Light through the centre of my heart, allowing the Light to expand, encompassing my eighth chakra (above my head) and my upper thighs in one unified field of Light, within, through and around my body.

I allow my emotional body to merge with my physical body.

I AM a unity of Light.

I breathe in Light through the centre of my heart, allowing the Light to expand, encompassing my ninth chakra (above my head) and my lower thighs in one unified field of Light, within, through and around my body.

I allow my mental body to merge with my physical body.

I AM a unity of Light.

I breathe in Light through the centre of my heart, allowing the Light to expand, encompassing my tenth chakra (above my head) and to my knees in one unified field of Light, within, through and around my body.

I allow my spiritual body to merge with my physical body creating the Unified Field.

I AM a unity of Light.

I breathe in Light through the centre of my heart, allowing the Light to expand, encompassing my eleventh chakra (above my head) and my upper calves in on unified field of Light, within, through and around my body.  
I allow my spiritual body to merge with my physical body.  
I allow the Oversoul to merge with the Unified Field.  
I AM a unity of Light.

I breathe in Light through the centre of my heart, allowing the Light to expand, encompassing my twelfth chakra (above my head) and my lower calves in one unified field of Light, within, through and around my body.  
I allow my spiritual body to merge with my physical body.  
I allow the Christ Oversoul to merge with the Unified Field.  
I AM a unity of Light.

I breathe in Light through the centre of my heart, allowing the Light to expand, encompassing my thirteenth chakra (above my head) and my feet in one unified field of Light, within, through and around my body.  
I allow my spiritual body to merge with my physical body.  
I allow the I AM Oversoul to merge with the Unified Field.  
I AM a unity of Light.

I breathe in Light through the centre of my heart, allowing the Light to expand, encompassing my fourteenth chakra (above my head) and to below my feet in one unified field of Light, within, through and around my body.  
I allow my spiritual body to merge with my physical body.  
I allow the Source's Presence to move throughout the Unified Field.  
I AM a unity of Light.

I breathe in Light through the centre of my heart.  
I ask that the highest level of my Spirit radiate forth from the centre of my heart, filling this Unified Field completely.  
I radiate forth throughout this day.  
I AM a unity of SPIRIT.  
I AM a unity of Light.