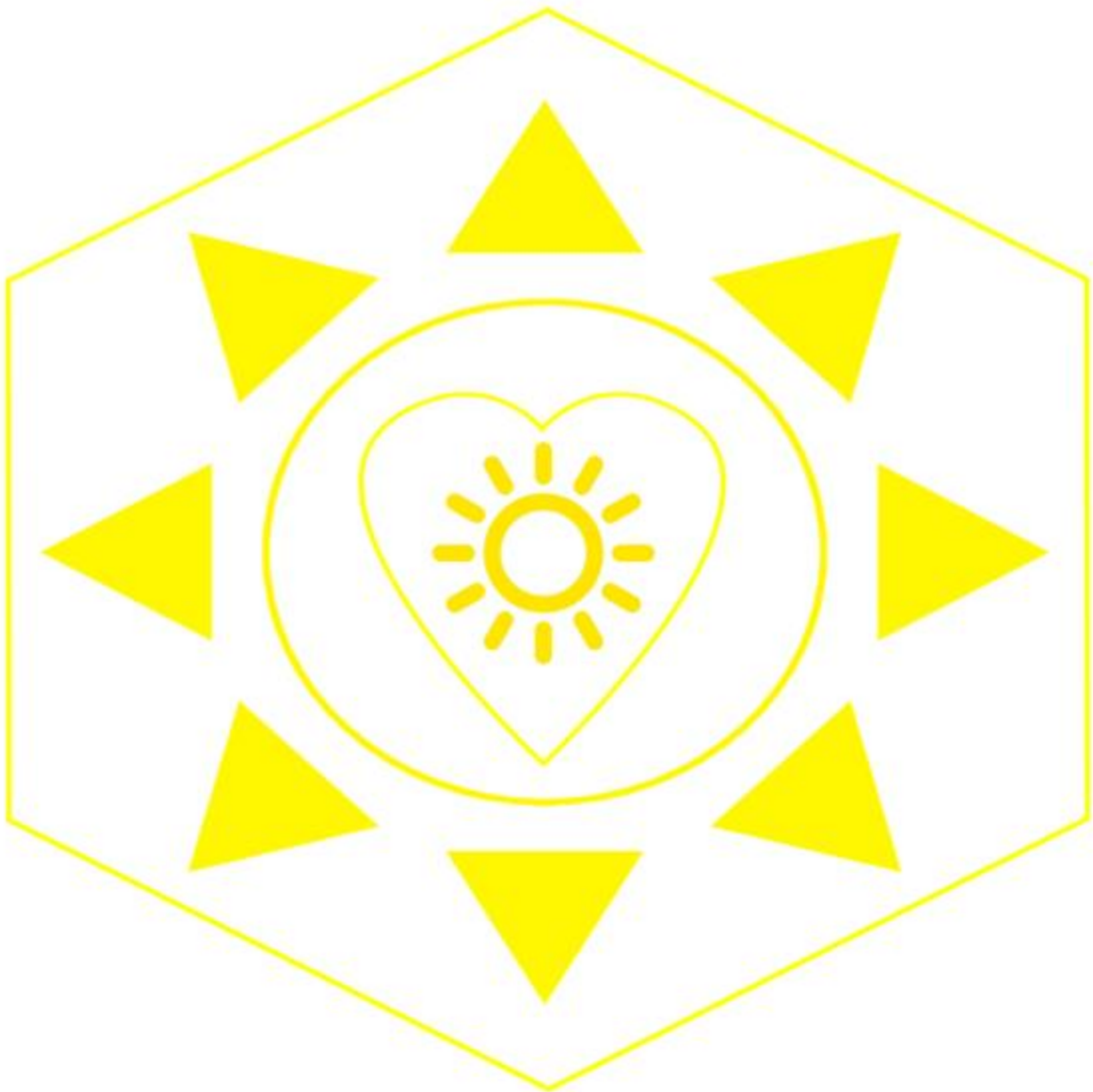


[www.SoulLight.one](http://www.SoulLight.one)

## Soul Light Awakening Meditation



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## **Preparation:**

You are a Beautiful Being of Light incarnated in a human body having a Human experience. Your Soul extends from and inherits all that God/Source is. Your inherent nature is Pure, Powerful, self-fulfilling, Beautiful, Divine, Blissful and Glorious. We all are Pure Beings of Light. When our Souls were born, we extended-out from Source/Heaven, in order to enrich, to contribute and experience creation, to learn grow and actualise our potential.

Our Soul inherits all that God/Source is and is also a Unique Being and expression of God's pure and perfect Being and Light. Each Soul has a unique energetic blueprint, a unique sound, vibration, gift and qualities that it can offer to and provide value to creation, in such a way that no other soul can. Each soul is equally unique and precious.

As we learn to love and value the unique being of Light within us, that is our one true authentic self and nature, our Soul like a seed starts to open activate grow and blossom into a beautiful unique Being of Light. Much like the journey of a seed/acorn which blossoms into a beautiful unique flower or Tree. Each Soul activates, grows and actualises it's unique potential.

Just like a seed/acorn is buried in the ground for a while, our Soul Light is temporary buried in human form until it is time to awaken.

It is important to know that our Soul remains eternally connected to God/Source/Heaven via an indestructible cord/channel of pure Light within us. And that we can experience Heaven / our Higher & Highest self/our Mother/Father God within us at any time. We are never alone, we are never disconnected (although it may seem like that for a while, while in human form until we Awaken. This meditation is designed to start your journey of Awakening in order to become Whole Happy and Complete within.

In meditation, we can experience the Pure Divine nature of our Being of Light within. It is a sacred treasure that exists within the treasure chest of our Heart, that gives us access to and opens up the vertical channel of Light that exists within the present moment, allowing us to open to feel experience and receive the blessings from our beloved Source/God from Heaven above.

## **Soul Light Awakening Meditation:**

The meditation has 4 sections to be completed concurrently, one after the other, in one session. The 4 sections make-up 1 meditation session. The meditation will likely take approx. 30-40 minutes. It may take more or less time, depending on your experience. Please make sufficient time and space for this, such as 1 hour of quality quite time for you and your meditation practice. Enjoy:

### **1. Mindfulness Meditation**

- Relax in a seated position, with your back quite straight and upright yet relaxed, relax for a few moments...

- Allow yourself to feel your feet on the floor, feel the stability and the ground beneath your feet for a few moments...
- Bring your awareness to your breath, take a nice deep breath and exhale releasing any tension/stress...
- Relax and allow yourself to breath naturally for a few moments...
  - If any thoughts, feelings, or distraction come into your awareness, that's ok, perfectly natural, and when this happens, bring your awareness back to your breath and the present moment. This is natural and all is well.

## **2. Activation**

- As you relax, bring your awareness to the center of your chest,
- Bring a gentle and loving awareness to the purity, the pure innocence and Light that exists within you
- That is you, you are a pure being of Light, this is who you truly are,
- In essence, at the center of your consciousness, is your pure innocent authentic being of Light.
- With gentle love and appreciation for your beautiful being of Light within, allow yourself to sense feel visualise and experience the pure light that exists within you, that is You.
- This Light is pure, perfect, powerful and is the essence of your consciousness, it is your Authentic self. A pure perfect unique child of God/Source
- Look upon your true inner self with love and affection
- Allow yourself to laugh / cry / smile as the light within you grows as you lovingly gaze upon your true self,  
As you gaze upon your inner Light with Unconditional Love, allow yourself to naturally breathe and to spend a few moments simply being with your true self. A Pure and precious beloved Child of God/Source

## **3. Awakening**

- Allow your Light to grow, fuelled by your love, allow your inner light to shine
- To start to fill your body
- Allow it to fill and surround you
- Allow your Light to ignite, to fill and surround you
- Your light is pure sensitive and innocent but it is also the most powerful source of energy in all of creation, it is at One with God source and has access to all the energy/Light/power of God/source/Creation
- You are pure & powerful, sensitive and strong, innocent and free
- Allow your Light to ignite, to fill and surround your physical body
- Allow your Light to expand, to fill every cell of your body, like a Sun filling and surrounding you completely, filling and nourishing every cell.
- Visualise sense and feel yourself filled and surrounded by the pure holy sacred Light, that emanates from the pure source of Light at the essence of your consciousness.
- Spend some time here to allow this to occur.
- As this occurs allow yourself to focus on your breath and to breathe deeper, to allow yourself to be filled and surround by your own Beautiful unique energy and Light OM X

## **4. Centering, Balancing and Grounding**

- Allow some time for the pure energy and Light to integrate and settle into your body and energetic system,
- Take several slow deep breaths,
- Allow yourself to relax, take several breaths to allow this to occur,
- When you are ready, feel your feet firmly placed on the floor,

- Feel the solidness of the ground beneath your feet,
  - Feel your legs, your waist, your chest and your head,
  - Relax and bring your awareness to your breath.
  - Inhale and exhale normally at a relaxed and steady pace.
  - Relax and feel your entire body as you breathe,
  - Allow yourself to rest, relax, center, balance and ground.
  - Ground. Feel the grounded of your body and your feet and body on the ground.
  - Remain seated for a few moments.
  - When you are ready, open your eyes and bring your awareness to your surroundings.
  - Allow yourself to simply Be :o) and to feel the presence within and around you.
- Give thanks to God/Source for this sacred gift of life. Namaste.

### **End of Meditation.**

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### **Advice and tips:**

The following information provides some additional helpful information to facilitate activation and integration of your Soul Light self in human form.

### **Duration:**

Please practice the above meditation every day for 14 days, it will initially take approx. 45mins when you first start to practice, probably more until you become accustomed to it.

- Note: Over time it will reduce to e.g. 30 minutes, then 20 minutes, then 10mins until it becomes a natural part of you and you will feel connected and at One with your Soul Light at all times.

After the first 14 days, leave it for one week and practice a gentle quite relaxed mindfulness meditation (such as the first part of the Meditation above). Then practice the above meditation for another 14 days.

Thereafter, practice the above meditation when you feel like you need and want to. Continue this until you have achieved the Activation and Awakening you desire. Always follow your intuition to practice the above meditation in a way you feel you need to / want to and in a time and way that you feel will benefit you.

Always follow your intuition to guide you in all areas of your life.

### **Facilitation:**

Please drink plenty of water (filtered if possible) during this process and eat a varied and balanced plant-based diet, regular meals e.g. 3 times a day, as you feel is best and right for you and your body. Always listen to and look after your body / your physical vehicle as best you can.

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Trust your intuition as to what is right and useful to you, and discard anything that you do not feel is right and true for you. Trust yourself, always.

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