



Artwork by Judith Anya Roderick

MEDITATION FOR BLESSING ONESELF AND ALL OTHERS

1. Take a moment now to close your eyes, open the heart, ground unto earth, and inhale deeply, and then exhale slowly. Bring yourself into present time. Intend to synthesize the field into a rainbow of tones. (One may wish to go through the synthesis meditation in preparation of their blessings so that one's field is clear enough for this purpose. See "The Nature of Synthesis" or "Synthesis Meditation Audio CD" for more information.)
2. Intend to anchor soul into one's heart region. Inhale deeply and slowly exhale. Push soul fully into one's heart center.
3. Inhale again deeply and slowly exhale. Intend to push soul fully into the second chakra region and one's sexual energy system along with Kundahlini.
4. Inhale deeply and slowly exhale. Push soul fully into the feet and one's grounding unto the aurora of the earth mother allowing one's soul to dance now with the souls of earth. Allow the communion of body soul and earth to begin now.
5. Inhale deeply and slowly exhale. Begin to move the kundahlini and sexual energy allowing it to flow up the spine and out the top of the head. Wiggle the toes and allow the side channels to open with the kundahlini fire moving up the legs, up the torso, down the arms and out the hands, and up the neck and through the head. Allow the fire to be the conduit of soul to bless.
6. Inhale deeply and slowly exhale. Let us begin with ourselves. Let us open to receiving the blessings of soul and infusing the love into every cell within our embodiment. Pay attention to those areas that may be aching at this time due to the resurrection process of ascension. As you touch upon the places in pain, intend to release the records of trauma stored therein. As the

- records release, the love can begin to be infused into the region so that it may begin to self heal. Take some time to focus upon each region of the form and all of the cells therein.
7. Inhale deeply and slowly exhale. Now let us infuse the love of soul into all moving energy systems of the etheric vessel. Let us allow the love to move up the meridians of the legs energizing all grid work therein. Let us allow the love of soul to enter the pelvis and solar plexus region energizing all etheric grid work therein. Let us allow soul to repair or replace any part of the grid work necessary to foster our continued ascent in the lower half of the form.
 8. Inhale deeply and slowly exhale. Now let us allow the love of soul to enter the diaphragm area along with chest, arms and hands energizing all etheric grid work therein. Let us allow the love of soul to enter the neck and head region energizing all grid work therein. Let us allow soul to repair or replace any part of the grid work necessary to foster our continued ascent in the upper half of the form.
 9. Inhale deeply and slowly exhale. Now let us push the love of soul into each major chakra center that spins around the etheric body. There are generally seven sets of grounding chakras under the feet plus seven to twelve chakra centers surrounding the etheric body depending upon level of one's evolution. Let us push the love of soul into each spinning chakra system, allowing the love to repair or replace what is required to foster our continued ascent.
 10. Inhale deeply and slowly exhale. Let us now push the love of soul into the four subtle bodies; mental, emotional, intuitive and creative that surrounds the etheric body. Let us allow soul to repair or replace any part of the subtle bodies necessary to foster our continued ascent.
 11. Inhale deeply and slowly exhale. Let us now push the love of soul into the light body or body double and all of its chakras and subtle bodies. Let us allow soul to repair or replace any part of the light body that is necessary to foster our continued ascent.
 12. Inhale deeply and slowly exhale. Let us now push the love of soul into the greater auric field that is global in size. Let us allow soul to repair or replace any part of the greater auric field that is necessary to foster our continued ascent.
 13. Inhale deeply and slowly exhale. Now let us extend blessings to all other humans we have known or know today. Let us intend that the blessings serve in triggering the awakening of those that hold lineage for ascension, and allow for the release of karma between all ancestries. Let us also intend that the blessings only go unto those who can receive them, allowing each their freewill choice in the dance of life.
 14. Inhale deeply and slowly exhale. If there is a problematic dance occurring in your current life circumstance, let us extend blessings unto the circumstance and those who are involved so that it may begin to be resolved and heal. Request of soul to assist in this healing process. Intend to release all karma associated until completion. Intend that future ancestors will not have to

- experience the same difficulties, as the karma will already be completed upon. Intend to call those ancestors forward who hold karma for the circumstance, and ask them also to complete through forgiveness. Intend forgiveness of all associated. Take the time now to extend these blessings into each life circumstance that is difficult.
15. Inhale deeply and slowly exhale. Now let us extend blessings of soul to all of those in circumstances that are working in our current life dance. Let us thank each for their participation in our spiritual life lessons. Let us honor those who are our friends, beloveds, family or soul family and children. Let us intend to trigger the ascension of those who hold lineage for such.
 16. Inhale deeply and slowly exhale. Now let us extend the blessings to everyone within a 100-mile radius from where one lives. Let us intend that all who are willing receive these blessings. Let us intend to connect to others who are in the new consensus for ascension within this 100-mile radius, and through the collective fields of those who are ascending, bless all living within one's region. Let us intend that all who can ascend be triggered in this moment to begin their evolutionary process.
 17. Inhale deeply and slowly exhale. Now let us extend the blessings to the land and waterways, parks, mountains, lakes, rivers, streams, ocean and all kingdoms therein within a 100-mile radius surrounding where one lives. Let us allow soul to unite with all other souls of those ascending within this 100-mile radius and in the new consensus for ascension for this purpose. Much like an orchestra of love let the blessings of the language of light flow now bathing all that surrounds oneself for 100 miles. Allow the tones of love to clear out and ground out to the aurora of earth the tones of non-love or death.
 18. Inhale deeply and slowly exhale. Now let us bless the food source that we have consumed in this lifetime and in this day. Let us honor each species of plant, animal, bird or fish that gives of its life to sustain us and provide for our ascension. Let us honor the fruits that we enjoy, the nuts and legumes that provide for us, along with the vegetables and grains.
 19. Inhale deeply and slowly exhale. Let us also honor the animal, bird and fish kingdoms that have provided for our ancestry when no other food source was available following nuclear fallouts in human history. Let us intend to live in honor with all kingdoms from this point forward and cease to slaughter in any manner. Let us intend to bless each meal that we consume in honor of each kingdom that provides for us from this point forward.
 20. Inhale deeply and slowly exhale. Now let us bless the organic farmlands that grow the foods that we consume. Let us request that soul return unto the land and ensoul and ascend the vegetables, fruit, nuts, legumes or grains. Let us request that soul modify the genetics to provide all nutrients necessary for our ascension and the ascending children of the future. Let us also bless the farmers and all involved from beginning to end in providing the food unto our table.
 21. Inhale deeply and slowly exhale. Now let us bless our home, the Earth Mother. Let us honor earth as being the planet and consensus upon which

- we reside. Let us thank earth for assisting in our evolutionary process. Allow the love to flow between your soul and earth and back again.
22. Inhale deeply and slowly exhale. Now fill your cellular structure, etheric body, chakra system, subtle bodies, light body and greater auric field with the love of earth. Allow any guilt that you may feel for harm or wrongdoing unto earth to be dissolved into forgiveness and love.
 23. Inhale deeply and slowly exhale. Call the ancestors forward that carry the guilt for the harm of earth. Request of the ancestors to forgive themselves and also receive the love of earth now.
 24. Inhale deeply and slowly exhale. Now sit in the union that this meditation provides. One may wish to take this moment to request guidance of soul or earth for the next steps upon one's spiritual journey.