

ASHTAR'S MEDITATION

Message 270. (Received by A.K., 22 years old) **Place: Terchova, April 19, 1998.**

Written under **Ashtar's** kind guidance.

"Sit down in a pleasant, relaxing position. Don't cross hands or legs. Close your eyes. Focus on your breath. It's calm and regular. Now visualize the following:

You are sitting at a sacred mountaintop.

You are sitting and meditating.

With every breath you take, a stream of glittering Light from the Universe flows into your body through the head.

You feel the Light spreading inside you until it permeates all your being.

Now you are beginning to gradually realize the three stages:

- 1. I am in Light – all around me is just the bright Light.**
- 2. Light is in me – all my within is filled by the bright Light.**
- 3. I am the Light – I am blending with the Light.**

You are experiencing an absolute feeling of Oneness and Harmony.

You are feeling you are Love.

All around you is just Light and Love.

You are at home here.

You are part of all and all is part of you.

Realize that you are a magnificent loving being full of Light.

God is Love.

You are Love.

Feel and experience this state of absolute unity for a while.

Then begin to slowly return to the room.

Begin to realize the limits of your body.

Inside every being is the Light of Love.

Seek to see everybody and everything around you as a part of this unique essence.

We all are part of one whole – the Selfless Love.

You are Love, Harmony, Peace.

AND IT IS SO !

Now end your meditation and return slowly to awaked consciousness.

Seek to see Love as a part of all always and everywhere in your life."

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