

We are Adonai.

It is of your utmost benefit to allow yourself to relax and listen to this meditation.

This meditation is designed to assist you in listening and experiencing God Adonai and Heaven on a newer higher coalescent level.

Take a deep breath.

Now take another deep breath and as you exhale ask your body to completely relax from head to toe

Now take another deep breath in and

on your next exhale see the white golden zigzag line and follow it all the way down into your heart.

Feel your heart beating and your breath breathing. Know that this is God, Adonai, and heaven, breathing your breath and beating your heart for you.

Just sit with yourself and listen.

Both of these faculties are autonomic and you need not put forth any effort for them to work.

Relax in the knowing that your breath and your heart will always work for you.

Go long as you allow it.

Now take a deep breath and begin to become aware of where you are in your physical space in this right now very moment.

Are you sitting in a chair?

Are you lying in a bed?

What do you feel?

Do you feel your clothes on your body? Do you feel different surges of energy flowing through you?

Are you seeing any lights behind your eyelids?

Are you hearing anything external? Do you hear birds chirping?

Do you hear your animals making noise? Just notice and allow it to just be.

Take notice of your feet. Are they in shoes? Are they wrapped in the comfort of socks?

How about your legs?

Are you in pants or are you in shorts?

Are you warm? Are you chilly? Just notice.

take your awareness up to your torso.

Are you warm? Are you chilly here? What kind of garment are you in?

Are you surrounded by a blanket? Can you feel cool air or warm air flowing to you and around you?

Now move your awareness to your neck and your head,
your ears.

Just take notice.

How does that area of your body feel right now?

Take a deep breath.

Now we ask you to see the white golden zigzag line going upward and on your next inhale that zig -zag line all the way up outside of where you are sitting, into the sky, all the way into the heavens, where you merge your energies with us and begin coalescing and operating with us in both dimensions.

Take a moment and just be aware of what you are feeling.

Did you feel an immediate connection?

Does your energy feel different? Do you feel lighter?

Do you feel a smile on your face?

Just take notice.

Now we ask for you to take notice of your physical
surroundings once more but from the heavenly Coalescent level

Just take notice. Can you feel us surrounding you? Can you see us in your mind's
eye?

As you begin to become aware from this higher perspective,
you begin to understand that everything that is surrounding you and filling you is
us.

Every single bit of it, inanimate and animate objects are all us.

Bringing you full and complete comfort in where you are right now.

Take a deep breath and now we ask you to imagine
your ears opening upward so that you may hear and listen to us and all of Heaven's energy.

We are always here, and we never leave.

We would like to give you the opportunity to just sit with us.

You may see one individual, heavenly being, could be angel, could be master. It will be
shown to you for your best benefit.

We come to you in the best ways to assure comfort on all levels of your being.

You may see or feel multiple amounts of us.

Whatever is the most comfortable for you is the way that we will show ourselves to you.

Now take a deep breath.

We are now placing our hands on your hands and you
are now able to hear us On a higher level,
we are going to be silent for a few moments so that you may receive us in the
best way possible for you at this time.

Know that you are only surrounded by God, Adonai and all of heaven at this time. And you
will only receive messages of love.

If you feel that you are receiving anything less than love,
it is simply bound thinking and illusions. And all you need to do is ask us to
elevate them so that they may be dissolved.

We will only bring you messages of love.

We will now pause so that you may receive from us and hear us and listen to
all that we have for you at this time.

Take a deep breath and revel in the experience in which you just allowed yourself to receive.

Know that it

is so simple to connect and coalesce with us at all times.

We exist simultaneously with you and are always delivering you messages of love, elevation, and heaven on earth.

There is nothing and no one that can ever sever this connection.

We are all intertwined energetically and it will always remain that way no matter the form in which you choose to take temporarily.

We ask for you to move forward through your day in a new light of awareness.

Knowing that we are always with you and everything that supports you throughout your day from your shoes to your home to your vehicle to your monetary resources, others, other human counterparts, animals, the blanket in which covers you when you want to keep warm. It is all us loving and supporting you from where we are. It all shows up to take care of you.

If you find yourself in a state of feeling as if it is not there, it is simply bind and illusion. For we will only bring you unlimited abundance of support and love at all times.

Take a deep breath.

Now take another deep breath and on your exhale.

See the zigzag line and follow it down to your heart.

Listen to it beating.

Listen to your breath.

And now we ask for you to see and feel that we are here with you.

You are always wrapped

in an infinite amount of love from us engulfed in our love.

We are always here and we will never leave.

Now is the time to awaken and remember this on all levels of your being.

All you need is to ask and we will deliver at all times.

Now take a deep breath, become aware of your surroundings,
the chair or bed in which you are sitting or lying,
The sounds in the room.

Are you wearing shoes?

Are you in a jacket? Can you feel your clothes?

Become fully immersed in your right now moment.

Today, as you go about your day, ask us to assist you in anchoring you in this right now moment where everything already exists, where you are able to take a step away from the bound thinking and illusions and you may see truth.

Journal your experiences if you feel so inclined. It will assist you in anchoring you where you are and in seeing all of the truth that is love that surrounds you at all times.

You may practice this meditation as often As you like,
it will assist you on all levels of your being.

We are wanting you to know that we see you as God, Adonai, and Heaven sees you as the Infinite, Heavenly and Loving being that you are.

We love you exponentially,

with the utmost highest love and intentions to heaven on earth, across all planes, dimensions, realities and universes,-We Are Adonai