



WE ARE ADONAI

We are Adonai. This is the meditation for Loving yourself within. This meditation is going to take your focal points within and assist you in loving every facet of your entire being. Take a deep breath. Now take another deep breath and hold it at the top. And as you exhale. See a white golden zigzag line. Going downward and follow it all the way down into your heart. Feel your heart beating. And listen to your breath breathing. Know that that is God(Adonai) and Heaven breathing your breath and beating your heart for you. Now take a deep breath in. And let it out. And hold it at the bottom. And on your next inhale. See the white golden zigzag line going upward and follow it upward. All the way above your head above your ceiling all the way into the heavens where our energies merge. And coalesce together. Take a moment and revel in this experience. Feel the surges of energy coursing through your entire body. Feel us standing with you. Feel us filling your room and filling all of your energy. It is now time to relax your entire body. Take a deep breath. And we are now placing our energy on your feet. Relaxing your feet. The energy moves up through your ankles, relaxing your ankles. And up through your calves, relaxing your calves. Up to your knees. Relaxing your knees. To your thighs. Relaxing your thighs. To your pelvis. Relaxing your pelvis. And all organs that reside within it. To your abdomen. Relaxing your abdomen and all organs that reside within it. To your back your spine. Your shoulders. Relaxing your back, your spine, and your shoulders. And all organs that live within it. The energy moves to your chest and your heart center. Relaxing your chest and heart center and all organs that live within it. It now moves to your neck. Your face. Your ears. Your eyes, your lips, your nose, your forehead. The top of your head. And relaxes all of these facets of your face. And all organs living within it. The energy now moves to your bones, your muscles, your tendons, your ligaments. Relaxing all of these now. The energy now moves through all of your veins and arteries. And all of your systems that operate your entire body. And it now relaxes all of those. The energy now moves into your cells, your atoms, your molecules. And relaxes you all the way down to the cellular level. Take a deep breath. And let it out. The energy now relaxes all of your energy centers that operate and govern each facet of your energetic being. Take a moment and revel in this experience. Feel what it feels like to be completely relaxed. Now. We are going to take your attention to different parts of your body and then different parts of your energy. And we are going to assist you in loving every aspect of yourself. Take your attention to your feet. Feel love for your feet. Feel love for the bones. That have kept you strong and sturdy and giving you the ability to stand. Feel love for the muscle that are within your feet. Feel love for your toes, Your toenails. Feel love for the skin around your feet. Feel love. For every aspect of your feet. Move your awareness to your



WE ARE ADONAI

ankles and your calves. Feel love for your ankles and your calves. Feel love for the muscles and the bones. Feel love for the tendons, for the veins. Feel love for your skin. Feel love for the cells. Feel love for every aspect of your ankles and your calves. Now move your awareness to your knees. And feel love for your knees. Feel love for your bones, your tendons, your ligaments, your veins. The arteries. Feel love for every aspect of your knees. Feel love for all of your joints. And feel love for all of these aspects of your physical body, keeping you strong and sturdy and giving you the ability to move around freely and with ease. Now take your awareness to your thighs. Feel love for your skin. For your bones, for your joints. Feel love for the veins and the arteries that are flowing here. For your tendons and ligaments and cells. For the joints. Feel love for every aspect of this area of your body. There is love flowing through every facet of your entire being. Move to your pelvis. There is love flowing through every aspect of this portion of your body. Feel love for your organs. Feel love for your skin. Feel love for all veins and arteries and nerves that reside here and every other portion of your body. Feel love for the bones. Feel love for how strong the bones are in this portion of your body. Feel love for how this portion of your body has assisted you throughout your entire lifetime. Feel love for every aspect of this portion of your body. Feel love for the base of your spine which resides within this region and now we move to your abdomen. And begin to feel love for your abdomen. For the back portion of your abdomen, for your spine within this portion of your body. Feel love for your bones. For your tendons, ligaments and nerves. For your veins and arteries and skin. Feel love for every aspect of this portion of your body. Feel love for this portion of your body and how it has gotten you to where you are right now. Feel love for all of the organs that reside within this portion of your body. Feel love for every facet of your entire being. Now. Move up to your chest and heart region front and back. Begin to feel love for this aspect of your body. Feel love for all of the organs that reside within this portion of your body. Feel love for all of the bones, the joint systems. For all of your organs that reside within it. Feel love for your shoulders. For your spine. For all nerves, tendons, ligaments, veins and arteries. Feel love for every aspect of this portion of your body. Now the energy moves to your arms and your hands and fingers. Begin to feel love for this aspect of your body. Feel love for the bones, the joints, the nerves. Your skin. Your veins and arteries and nerves. Feel love for every aspect of this portion of your body. The energy moves to your neck, your face, your eyes, your ears, your mouth. Your entire head. And begin to feel love for every aspect of this portion of your body. Feel love for the bones, for all of the organs residing within it, for all of the systems that operate within this portion of your body. Feel love for your skin, for your veins, arteries and nerves. Feel



WE ARE ADONAI

love for your vision, your hearing, and for your voice. And feel love for this portion of your body operating for you and making things easy for you. Feel love for every single part of your entire body. Feel love for it operating for you. Even when you are not aware of it. Feel love for your heart beating and sending fresh oxygenated blood through your entire physical body. Feel love for your brain. And your nerves and all of your organs for operating for you at all times. Now this energy begins to fill all of your energy, your aura, and all of your energy centers. It engulfs your entire being. Your entire energy here and in heaven. Feel love for this energy that is always with you. Feel love for every aspect of your aura. And feel love for every energy that exists simultaneously with you. Feel love for your mind and feel love for all of your energy operating for you. At all times. Take a deep breath. Feel love for all of the components of your energy and for who you truly are, down to the core of your being. Feel love for the thoughts that you think. And for the feelings that you feel. Now and throughout your entire day. Take a moment and revel in this experience. Feel your entire body and your energy completely elevated. And in a state of pure love. Now we ask for you to take a deep breath. And let it out. And relax. And listen. This is your natural state of being, and it only. Elevates from here. Love is the only thing that is real. Anything else that is not of love, is not real and it is bind and illusion. From this moment on, you will remember this feeling this energetic elevation. And you will be able to easily discern between truth, which is love and bind and illusion. You will easily be able to recognize bind and illusion and send it great love. And feel love for it. And allow it to elevate. And dissolve. From this moment forward. You are able to confidently love everything and resist nothing. For you are knowing that as you love everything, it naturally elevates and reveals to you the truth that has been here with you all along. If any thoughts or feelings arise that are not of love, you remember this energetic feeling of love and you send those feelings and thoughts love and feel love for them, for they are simply aspects of you that need love. Everything that you want is already here. You are separate from nothing. You are constantly receiving and experiencing all of God's(Adonai's) and Heaven's love at all times. You are here to live heaven on earth and you are beginning to believe that in this right now moment. You are pure absolute love to the very core of your being and you are always connected to us and all of heaven at all times. Take a deep breath. Now take another deep breath and hold it at the top. And as you exhale, see the golden white zigzag line going all the way into your heart. Feel your heart beating. Feel your breath breathing. Bring your awareness to your right now moment. Begin to wiggle your toes and your fingers. Feel all of your body working for you. Feel love from where you're at right now. Feel the seat in which you are sitting. Feel your clothes on your body. Hear all



WE ARE ADONAI

of the sounds that are occurring. Within this room that you are in. Begin to awaken your body. Little by little. And now we ask for you to open your eyes and become aware of your surroundings. Just be aware. Feel love for all of your surroundings. For they are materializations from your energy. Take a deep breath. We are wanting you to know that you are a magnificent, amazing wonderful being that is always infinitely loved at all times. It is now time for your awareness to expand. And for you to begin loving yourself at all times. For now, we will pause. We ask for you to sit for just a few moments. Once this has concluded. And revel in the experience and allow your body and energy to become acclimated to this right now moment.

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.