

Lady Portia
&
The Ascended Masters
Channeled Spiritual Alignments and Information
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“SUGGESTIONS FOR USING YOUR MEDITATION DOCUMENTS”

The following three documents are meant to be used -- for maximum effect -- together, for the purpose of healing and transmuting the lower vibrational, discordant, and misqualified energies which we have allowed to limit our abilities, and the level of our awareness -- which is our Divine Right. These abilities and our awareness were given to each of us at the moment of our Spiritual Birth, when we were breathed forth from the Heart of Creator.

“**Creating Your Sacred Space**” opens a powerful forcefield of Spiritual Energies “from the ethers of the Heavens to the very Heart and Core of Mother Earth.” Within this forcefield of energy, the Beings of Light are able to anchor their healing and uplifting energies, for the benefit of Mankind, since they have been invited by your words and intention. Because of the Law of Free Will which is operating on Earth, the Beings of Light must be invited by us before they may do this work for our benefit, and for all humanity. It is well for us to be aware of, to use, and to remember this important Universal Law!

Once you have opened your Sacred Space, you might wish to follow this with these two documents, in the order in which they are listed below:

“**The Light of a Thousand Suns Meditation**” is designed to blaze this powerful Spiritual Light, from “Suns beyond Suns,” from the Heart of the Creator Presence, to the very core of every cell, atom, and electron within your four lower bodies, physical, etheric, mental, and emotional. The total effects of this are healing beyond what we are fully able to comprehend as human beings. One of the obvious effects is to push to the surface anything that is less than the Divine Perfection of who you are, any misqualified or discordant energies, such as pain or suffering, that could benefit from exposure to these clearing and healing frequencies.

When you follow this with using “**The Invocation of The Violet Transmuting Flame**,” then these discordant and misqualified energies of pain or suffering that have been brought to the surface will be blazed into the Light of the Violet Fire, where they have the opportunity of being transmuted and lifted up into their own higher state of Divine Perfection, into the fifth dimensional frequencies of joy, peace, love, abundance, and perfect health, where they may then continue on their own evolutionary path.