



Meditation :: Synchronicity & Peace

Close your eyes and take a deep breath.

You are here and now.

With every out-breath you let go. With every in-breath, fill your body with peace. You feel the golden yellow colors that you have chosen filling your body. Every cell opens up to drink in the peaceful golden light that surrounds you all the time. Fill yourself up with the signature golden yellow light that symbolizes your peace.

With your next in-breath you flow into your solar plexus.

Feel it in your body: the place where your inner sun shines magnetic.

There you feel a golden yellow light.

Your inner sun expands in warm yellow golden light and you expand it into every part of your body. You fill your body with your inner peaceful sunlight.

You fill yourself down to your toes, into your arms, up into the top of your head.

Like the sun you shine. You radiate like a star.

Enjoy yourself shining. Remember what it feels like to shine.

Regenerate it. Every day.

There is no longer separation between the light and love and peace. It resides within you and around you. Experience this for a while, consciously choose peace, make peace within yourself.

Make peace with old experiences, with your childhood, with your past lives. You are not alone in this light. You are always surrounded and beloved.

It is this soft presence of a co-working realm that you feel when waking up, when you are shopping at the grocery store, while you are spending time with your family, or in a crowd of people.

In your work and everywhere, you make peace.

You feel spacious, centered, peaceful, and complete.
You witness and assess.
Time will slow down.
You feel absolute love.
You feel absolutely loved.
You are peace.

You are marvelous golden luminosity: you are a magnet, you're not separate, you have never been separate, never been apart, you are the light making form. Your experience is just a flood of light: you're an extension of light. Your light expands, your light radiates, you infuse everything that matters. You know this; every part of you knows this, every cell. Everything you come in contact with is touched by peace, everything that comes into contact with you is touched by peace. You radiate like sun beams, you are a sun, you are a radiating star. Stretch out in the soft perfect beam of sunlight.

Now the light in your solar plexus changes from the shape of the sun into the shape of a river. A golden river streaming through your body. You feel yourself floating in the river of love streaming through your solar space.

The river is vast, so for now just feel how much you are one with your flow of life. Feel your life flow.

You know that not to be in your life flow is the absence of peace.
To be in your life flow is the presence of peace.

When you miss peace, you have left your life flow.
When you leave your life flow, the stillness is gone.
When you return here, to the core of your life flow,
the peace within you becomes so powerful.

To be here stimulates your love.
You are joy.

Return to the core of your life stream, your golden river of life.
Flow with it.

Now you start to realize how it feels when you are at the core of your life flow.
You can feel right timing, and everything comes to you at the right time.

You realize inner images into the outer world.

You stream peacefully in a river of synchronicity.

The things that used to hinder you just flow away.
All awareness is around you, all consciousness is around you.

You are open to receiving.

You trust.

You are peace.

You have the impulse to act.

You have the impulse to wait.

You are one with the peaceful river of the universe, the creation.

You are in the middle of your universe.

This is where you will return from now on.

The more you cultivate your river, the more you will live in synchronicity.

You are a radiating hotspot of peace.

Stream and flow for a while into each area of your life.

Fill each life area with this peaceful light.

Now return to the presence of peace, to the surface of your consciousness, and open your eyes.

Peace is a golden light within you and embracing you.

It is all present for you, all the time.

You awaken gently, naturally. By flow, by flowing.