

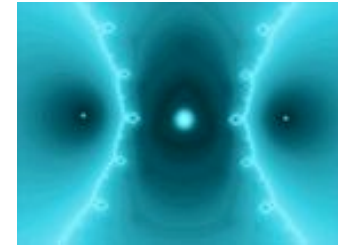
To Be in the Moment

1. breathe



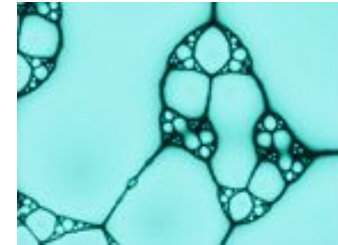
- Exhale.
- Inhale.
- Follow your breath.

2. focus



- Choose to be present.
- Choose to be in your body.
- Choose to be in your power.

3. opening



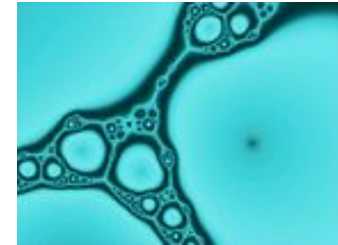
- **Call forth your I Am Presence.**
 - Sense a stream of light flowing through your crown chakra into all other chakras one by one into the earth
 - Open your consciousness
 - Breathe and connect your breath with the earth

4. alignment



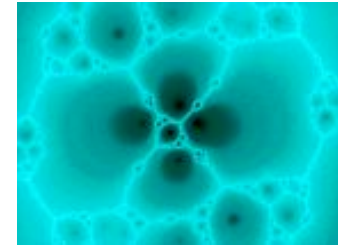
- Call forth an Axiatonal Alignment.
 - Center yourself
 - Allow yourself to align with all that you are
 - Call forth your light

5. remembering



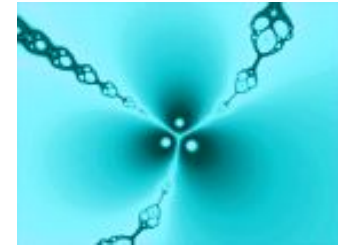
- Call forth the Light of Christ.
 - Remember to love without condition
 - Remember to forgive yourself and others
 - Remember to choose inner peace

6. connecting



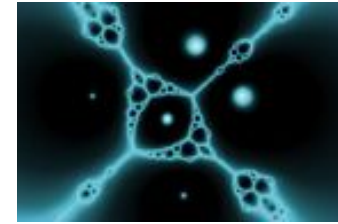
- Connect with the Crystal Core in the center of the earth.
 - Open yourself to become one with the earth
 - Open yourself to become one with all her kingdoms
 - Open yourself to become one with all the changes in your life

7. stillness



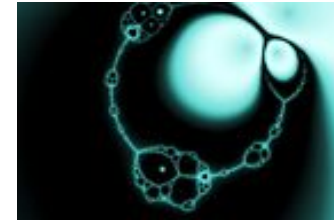
- Find a place of stillness.
 - Breathe into your heart
 - Open the portal inside your heart towards your own light
 - Allow your light to be in this world

8. transformation



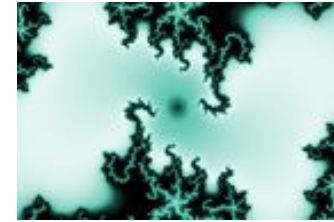
- Call forth the Violet Ray of Transformation and Transmutation into your presence.
 - Call the light of the Violet Ray into your chakras
(crown chakra, third eye, throat chakra, heart chakra, solar plexus chakra, sakral chakra and root chakra)
 - Call it through you and allow it to travel into the earth

9. oneness



- Open yourself to become one with this moment.
 - Be one with all experiences of this day
 - Be one with all experiences to come

10. completion



- Call forth the Light of Completion into your presence.
 - Be still
 - Be in the moment
 - Be one with your breath