

A short meditation to bring Light to troubled times...

it is important to acknowledge that, in all our meditations, unconditional generation of Light allows the spiritual plan in all situations and conditions to assert itself and become manifest. The following meditation is a suggested guide only, and all visualisations should be undertaken in the knowledge that we intend to work in harmony with the intentions of the Divine-within. The more we are able to move our 'little selves' out of the way, the more effective channels for the Light we become.

Bearing the above in mind, here's a suggested meditation that allows us to take action amidst the fear and panic being generated currently and to do something constructive to heal the world and help those who are suffering.

Go to your favourite meditation spot, sit down and gently and slowly relax your body and your mind. Let go of your worries, your fears, your preconceptions.

When you're in as peaceful a state as you can reach, visualise your consciousness, perhaps as a ball of luminous energy, moving slowly down the front of your body from your brow to the centre of your chest - to your heart region.

Once you've connected with your heart centre imagine - visualise - the beautiful globe of planet Earth floating in front of you, and in your imagination slowly rotate it to reveal every country on this glorious world.

From the centre of your heart draw in white Light with each in-breath, then with each out-breath send that Light out to every one of those countries on the globe in front of you. See the Light pouring into and infusing each country in the world with its brilliance. As it does so imagine the Light connecting with - harmonising in each country with - the Coronavirus we're repeatedly told is such a destroyer... not to fight it or to fear it, but to simply bathe it - infuse it - with Light. See it responding to, absorbing that Light, and see the Light removing from it the burden - the spin - of our thoughts of fear and panic that have combined with it and reinforced in it an increasingly powerful negative identity. These thoughts daily strengthen, amplify and solidify our perception of it as an all-powerful enemy to be feared, reviled and battled against, fuelled by our global projections of fear and blind panic. See the Light cleansing those projections from the virus and replacing them with vibrations of love, peace, benevolence, harmony. Bless the virus from the point of the Divine connection within you.

Let the image of the Earth fade away and replace it with an image of all those who are old, infirm and at risk at this time standing in front of you. No need for a complicated image - simply imagine the outlines of many, many human beings before you. Now flood those images with the White Light from your heart, affirming, seeing - knowing that... *and this is important: only if it is in accordance with the Divine plan and the desires of the greater self in each individual case* ...affirming, seeing, knowing that their immune systems are now super-strong, their fears and symptoms have disappeared, and they are quickly returning to health.

Let that image fade away and, finally, visualise those who govern us, those who control and report from our news services, standing in front of you. Surround them - cocoon them within - the white Light and gently remind them - suggest to them - heart to heart, that to respond to current events solely from a physical level is counter-productive, negative, harmful, and only *part* of the picture. Gently suggest to them - remind them - that they and everyone they govern and report on are, in reality, spirits - that they have an inner link to the Divine that can and WILL inspire and guide them if it is acknowledged and connected to and allowed to operate. As you surround their outlines with the Light, respectfully, humbly request that they base every decision, every comment they make, every action they take from now on in Light and spiritual clarity rather than in panic.

Gently let all images fade away then peacefully withdraw from your heart centre by moving the energy ball of consciousness back up from your heart and into your head-mind.

Close your principal chakras: top of the head, brow, throat, heart, solar plexus, spleen, base of the spine (or, if you don't know how to do this, ask the Divine-within to close them for you) then gently, quietly, peacefully come back to this world in your own time.

Repeat daily or as often as you wish to to bring Light and a spiritual perspective into this troubled situation and help banish the terror that society has chosen to impose on everyone.

Please share with those you feel may benefit from this meditation. The Light brings balance to any situation - we need to wield it more than ever currently on behalf of those who can't, who won't, or who don't know how to.