

JOURNEY WITHIN THE HEART TEMPLE **to cleanse, clear and heal the heart of wounds and records**

Breathe deeply and accept a cocoon of light placed around you, softly cocooned now in soft love and tender light, surrounding your energies and creating harmony and peace in your life, protection and guidance, inspiration and love. Accept this cocoon of love as it is placed around you, and light technologies come now, borne upon the wings of angelic beings of the Ashtar Command who are in great joy to be of service in this work of clearing karmic wounds and memories you hold. And accepting as you breathe deeply, the column of light which enters your field now, and the beings of light enliven and enlighten your field, pulsing now with ribbons of light, golden rainbow ribbons of light softly cocooning your energy body, and radiating a great sense of peace and wellbeing, accepting the assistance of these ones gathered around you

And as the ribbons of light intensify now, and multiply, they form a solid column of light direct from the Source realms, entering through your crown chakra and pouring, streaming through, down through all of your chakras, and into the earth core, where this energy is firmly anchored within the crystal heart of Gaia, who receives this light with gratitude.

And as your light body begins to fill now with the Source light and love from the celestial realms, and you breathe deeply, become aware of a beautiful temple, a domed temple with sparkling white columns of crystal quartz, and domed with a golden roof. And the floor of the temple, as you climb the steps into the temple, is shining with a soft rose pink quartz surface. And there are rose petals scattered along the intricate geometric designs upon the temple floor. And as you walk, tracing the geometric designs scattered with rose petals, the sweet smell of the roses rises. And as you follow the geometric design, following the rose petals, you come to an inner room, with soft pink walls, with light streaming in from the open air roof, and the light of the heavens streams inside, falling onto a luxurious bed, of soft and sweet smelling pinks and reds. And there are softly coloured cushions scattered about, and velvet drapes of deep crimson surrounding this alcove, with the light of the heavens streaming onto the bed. And there are beautiful flowers, so many sweet smelling flowers, all around. And giant crystals, many different varieties of crystals, pulsating with golden light.

And there are angelic beings who stand beside the beautiful bed, four angels who beckon to you to come and to lie upon the bed. You become aware of your golden wings, spread softly around you. And you become aware of your angelic nature. And the angelic beings anoint your heart with ambrosias of remembrance which takes from you your heartache and separation from these realms. And your recall returns, your remembrance of your angelic nature.

Anointing your base chakra now, for you have held thoughts of separation from your angelic nature, feelings of separation from God and from his support and love, have suffered from this lack and have experienced great hardship and suffering from your disconnection from these realms. And as they tenderly apply the elixir to your base chakra, the remembrance returns to you of having the support of the heavenly realms, you become aware of your connection with these ones who are able to assist in your walk upon the earth. And you may now give them permission to intercede on your behalf and to assist you in every way ... requesting of them now that which will bring the most joy and grace and ease in your life at this time. These ones are your personal guides upon the earth plane, your own protectors and assistants. They hold great powers and are able to intercede on your behalf, until such time as you hold confidence and complete remembrance of your abilities as an angelic being, able to create your own

reality.

And as these ones sit surrounding you, shining their great love upon your being, you breathe deeply now, and become aware that you are in your Heart Temple, a radiant place of beauty and love.

And your heart temple, radiant with light, mirrors the state of your heart. Become aware now of the state of your heart temple ... is it dim or brilliant with light? And if it is dim and dark, filled with cobwebs and shadows, ask the angels to assist now to cleanse your heart temple, removing any debris, those fears, sadnesses, griefs and doubts, to lift the sadness and heaviness of heart, and to restore your heart temple with brilliant white light, bringing light to the far corners and reaches of your heart. Breathing now as the heart is filled with light ... and expand the heart, with the breath, enjoying the radiance this brings, the love able to be experienced. Breathing deeply, feeling great lightness of heart arise within your being, as all distortions and pain and sadness release from your heart. Breathing deeply as this continues ... and now observing again the state of your heart temple, with increased radiance and light.

And arising now from the soft bed within the chamber of your heart temple, and seeing the crystal clear pool nearby, and assisted by the 4 angelic beings, you walk softly to the edge of the pool and place your hand into the water and it is cool and refreshing, sparkling clear and so inviting. And as the angels assist you to take off your silken robe, you step to the edge of the pool and dive cleanly into the deep pool and you dive deeply and see that there is a light city beyond this pool and it is so brightly lit, radiating great light. Its light radiates throughout the pool, great healing light. As you swim, offer up all that is challenging you in your physical life, the daily sadnesses and disappointments. As you playfully swim around, receive a cleansing of your heart within the pool of your heart temple, emerging again to the surface of the pool, and washing from your being all debris of pain, fear, disappointment, regret, doubt, anger, feelings of inability, incompetence, instability, exasperation, dismay, hardship, lack of support, despair, unforgiveness, hostility, hesitation, sabotage, procrastination, forgetfulness, chaos, fracture, being in pieces. All washing away now, restoring you to purity, wholeness, sparkling clean and with your heart full of hope, full of love, full of knowledge of your origins, of your angelic nature, of the assistance available to you from these four special Radiant Ones who are yours in service, and of the many other light beings who support and guide, assist and love you.

And as you emerge again to the surface, and step from the pool, your angelic helpers gently dry your body, and enrobe you once again in your silken robe, you may gently walk from your heart temple now and return to this temple on the physical plane. Knowing that daily you may visit your heart temple and clean your heart temple, and restore its radiance and its love.

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