

Daily Opening of Rainbow Bridge Column of Light

Breathe deeply, calling in many angelic ones and the Ascended Masters, and your family of light to come now and place you within a cocoon and chamber of light and of love.

Breathing this love and light into your being, breathing it into your heart, and in its expansion receiving a releasing of the distortions of memory and perceived patterns of behaviour of the emotions, breathing, expanding and releasing those memories and patterns of the collective consciousness. Expanding, and receiving an opening of the heart, deeply breathing as the heart is enabled to open wider now, breathing, breathing to enable this to occur ... able to receive the love which is now pulsed to you ... from the many angels and Archangels who stream in and surround you in circle. And those of your Mission Council and of your Ascension Council arrive and stand with you. Opening your heart to receive all the love that these ones pulse to you. And experiencing the expansion as this love floods your being, removing all careworn sadness and disappointment, filling you with the love of your Family of Light, and taking away all loneliness and feelings of isolation and separateness.

And breathing their love up into your thymus chakra, your higher heart, located midway between your heart and your throat, receiving a lifting from your thymus of the pain you experience for humanity and its burdens and trials.

Breathing the love of the Family of Light into your throat and receiving a lifting and releasing of your doubts, hesitations and fears ... and of the fears of other' judgements and criticisms. Your separateness, solitude and loneliness in this path is released from you.

And the love is breathed into the third eye, seat of your abilities and gifts, energised with healing light, expanding and filling the third eye with light.

And the love and light may be breathed up through the crown chakra, expanding, expanding ... and spilling over into all of your light body, filling you with pulses of light and with love ... expanding, expanding all of your light body.

And breathing up through the higher chakras, through all the suns and moons, to the celestial realms, the cosmic realms, to Source, to Father Mother God ... connecting with God Presence ... and expanding in this connection ... and commanding God Presence to descend and to align with your column of light ... receiving great expansion in your heart.

Breathing now the healing love pulsed down into your solar plexus, and releasing all fears and insecurities, hesitations and doubts.

And the sacral chakra receives the healing pulses of love as they are pulsed and breathed into this chakra, releasing blockages.

Breathing the love down into your base chakra, receiving this feeling of solidity, of being firmly connected, receiving the support, all of the support and sustenance of your Family of Light, and of Gaia, accepting all of the support of the heavenly realms as it is pulsed to you. And offering to your Family of Light your cares and concerns of survival and physical existence. Hand your fears to them. Ask for that which you need, for those physical cares and needs to be taken from you, and provided for. Whatever will bring ease to your life, and happiness, ask for this now.

Breathing the love down, down, and through your link chakra between your knees, down through the earth star chakra beneath your feet ... and down through the lower chakras, and into the heart of Gaia, receiving full connection with the earth, the Middle Earth and the Inner Earth.

Breathing up this love as it is pulsed to you, breathing the support, the stability, the connection, up, up, and into your heart. Breathing this expanding love into your being, expanding and expanding out and filling all of your energy bodies ... the love of Gaia merging with the love of your God Presence ... and expanding into this love as it washes your entire light body, raising your vibration, and releasing all blockages and limitations.

Remain in this expanded state of connection and peace for some time returning to your sacred space when you are ready ... connected, secure, peaceful