

Welcome to Align

We start at the very beginning in align with a helpful tip to let your thoughts go during meditation. Meditation is simply a focus.

Setting your intention at the beginning of each meditation is a powerful way to improve your focus of what you truly would love to experience, so you will see that I suggest an intention before you begin each one.

From Meditation 3 Release burdens, you will need to prepare, for example, asking yourself “What issue is really troubling me at the moment?” or “What weight on my shoulders do I have right now and could really do with getting rid of?” I will also share some of the stories of how they have helped me.

Meditation 1 – Letting your thoughts go

It’s normal for us to have an active mind, so during meditation, it’s okay to allow the thoughts to come, but you don’t want them circulating in your mind, so the moment they arrive, allow them to follow the butterfly as it flies away.

I started using a similar method when I first started holding workshops many years ago to help my clients let their thoughts go during meditation. I was using another image, but Donna rightly pointed out when designing the meditation that butterflies are a more graceful image to follow. I hope you love them. Enjoy ‘letting your thoughts go’.

I set my intention to let my thoughts go.

I wish to acknowledge and express my gratitude:

Music by Thaddius, **Angels**, Angels of Beauty. Design by Donna Chapman. Images by Kelly Hammond.

Meditation 2 - Walls of Colour

It’s been well known how colours have an effect on how we feel, for example if you wish to keep alert and improve your concentration, have splashes of bright yellow like the sun around you. If you feel confined or restricted in any way, green, the colour of lush open fields will help ease that feeling. I find myself being drawn to the colour blue which helps with an easy flow of communication.



Throughout our bodies we have a complex structure of non-physical spinning wheels of energy. These wheels of energy are also known as chakras. The body, mind and emotions are all extensions of the chakra function. And colour helps with clearing your energy centres when they become affected by stress and trauma. Clearing energy centres improves your immune system because the more peaceful you feel, the easier it is for your cells to regenerate in a healthy way.

My experience:

The first time I experienced a meditation walking through walls of colour, I was astounded at how amazing I felt. My work buddy Suzie took me through it one lunch break when I was feeling stressed about something that had happened that day. We were sitting in the car overlooking a nearby lake and I surfaced, my eyes opened to this lovely scene of a lake with ducks and swans. It was just what I needed, I felt amazing afterwards.

The Preparation:

Relax and enjoy.

I set my intention to clear my energy.

I wish to acknowledge and express my gratitude:

Music by Thaddius, *Awakening Your Heart Centre*, Spinning Wheel of Light. Design by Donna Chapman. Images by Kelly Hammond and heart image by Julie Borsboom. My friend Suzie St Claire for the idea for this meditation.

Meditation 3 – Release Burdens

Life is so much easier when we are able to release the layers of emotional weight that we often carry. Sometimes holding on to them can feel as if they're protecting you from getting hurt again. Letting go takes practice, and allowing yourself the good feelings which follow is a practice worth your while giving a go.

The release burdens meditation is the first step in helping you do just that.

My experience:

The first time I experienced this meditation I chose to deal with a particular issue with a family member. My mind in the past had been repeating the same old scenes over and over and when I did it felt awful. After doing this meditation just once, I completely stopped being bothered by it. I had let go, watched all my anger and fear and everything in between fly away into nothingness. That was about 35 years ago and to this day it's still gone!



Preparation:

- Think of a situation which triggers emotional discomfort to you, and
- Mentally place those emotions into a bag ready to release.
- Have fun, the forest is lovely.

Invocation:

There's a lovely invocation which is appropriate to mention here "I release that which I do not want and that which I do not need to make room for my higher self to shine." It's a good one to memorise and repeat to yourself in case you find yourself carrying an unnecessary load during the day.

Deep breath in...

"I release that which I do not want, and that which I do not need to make room for my higher self to shine"

Deep breath out...

I set my intention to release that which I do not want now!

I wish to acknowledge and express my gratitude:

Music by Thaddius, **Temple of the Masters**, Temple Gardens. Designed by Donna Chapman. Images by Kelly Hammond. To the unknown source who channelled this information to me.

Meditation 4 – White Light

When we fill our bodies in and around us with light like this, it's not to protect us, but to uplift our energy into a higher vibration or a better feeling. This can also affect people around you. You know what it's like when you sit next to a sad person, and it feels heavy, and when you sit next to a happy person and it feels lighter. The happy person's vibration is higher than the sad person and it makes a difference to how you feel when you are sitting next to them.

If you have experienced unkindness from others in the past and have sorrow in your heart, then white light will help you. The light will clear all of that away and fill your heart and then your whole body with light filled love.

Your touch will be filled with light filled love.



My experience:

When I first learnt this many years ago, before setting off for work each day, I would imagine sending light filled love to every person who would walk through the entrance of the building I worked in. I was a receptionist, I also included every person I answered the phone to.

What I discovered was incredible. The office I worked in was to the right of the building's main reception, and often instead of people walking straight ahead to the company they were meant to go to, they would veer right and go out of their way and find themselves at my reception. They would stand in front of me and say "I don't know why I'm here!" I met the loveliest people who had followed my trail of light filled love.

People often would say to me "it feels lovely in here!" Sometimes, the engineers I worked with (referring to their clients) would say to me "What did you do to them Robbie?!"

Relax and enjoy White Light, this is great preparation for the next meditation which is meeting with your Higher Self and building this light is the perfect exercise when you practice the healing energy program 'Light filled love.'

I set my intention to fill my body with light filled love.

I wish to acknowledge and express my gratitude:

Music by Thaddius, ***Awaken your Heart Center***, Light Emerging. Deign by Donna Chapman. Images by Kelly Hammond and heart image by Julie Borsboom. The unknown source who channelled this information to me.

Meditation 5 - Higher Self

Welcome to Higher Self. It's wise to speak to your higher self regularly. Your higher self's wisdom comes from a higher perspective.

You can recognise when your thoughts are from your higher self because they will be thoughts of forgiveness, ideal solutions, compassion and love. The guidance you receive will feel right, and will help you with taking action which results in the best possible outcome.

You may find your ego stepping in trying to take control. Your ego presents itself in the form of doubts creeping in like "This can't be my higher self", "I can't do this!" or may follow with thoughts of judgements, blame and guilt. Your ego loves to be in charge, and tries to protect you, but your ego is like the mail clerk, sending messages back and forth. Your higher self is really the one in charge.



My experience:

I do this meditation all the time, just quietly to myself regularly throughout the day. When my ego appears, a good way to keep my ego occupied, is by telling it 'Thank you ego, I appreciate your help, but for now I am reaching for a higher perspective, so please step aside and take notes and we will discuss them later.

I imagine my ego is stepping aside and I like to close the door behind mine, just to be sure.

So think of a question you would like to ask your higher self and you will receive an answer from a higher perspective when you feel peaceful and it will feel like an 'Ah Ha!' moment.

In this meditation you will affirm: "I am wise."

I set my intention to listen to my higher self.

I wish to acknowledge and express my gratitude:

Music by Thaddius, *Becoming your Soul*, Blending With Your Soul. Design by Donna Chapman. Images by Kelly Hammond and heart image by Julie Borsboom. Sanaya Roman who channels Orin for her help with this lesson.

Congratulations:

You have begun the light worker journey. The earth needs beautiful sensitive people like you, because you may not realise it, but as you fill yourself with light, and feel happier inside, you make a positive difference to the people around you.

The following eBooks free on this website are an invaluable source of self-healing techniques which I do hope you enjoy. Sensitive people need them from time to time.

Light filled Love – healing energy program for the beginner

The meditations in Align are the preparation to the above healing energy program free on this website. Even if you choose not to do healing work on others, reading and experiencing the videos will help you with wonderful energy healing techniques to self-heal.

Guide for Empaths – navigating life with more ease and grace

You will also find the eBook 'Guide for empaths – navigating life with more ease and grace' ideal with further self-healing techniques together with a range of techniques to amplify your power.

I also hope you have joined our tribe through the closed Facebook Group called 'Higher Communications – chat group.' There you can connect with like-minded people, helping each other.



Blog Articles

You will find a range of blog articles with further genius tips and tricks to uplift your energy and introduce different ways to help you heal and feel good inside.

Higher Communications

Higher Communications program with the remaining 13 visual guided meditations together with the above is a combination of the most powerful techniques which has evolved from the 30 years' practice as a healer and more recently a Quantum Hypnotherapist.

I invite you to experience them. They are incredible. And if you have any questions throughout, I am available from time to time on 'Higher Communications – Chat Group.'

Upgrade now for half price for a limited time

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