

Fireside Chats for April 2020
The Ones With No Names
Your 12-foot Spiritual Sphere Meditation

April 1, 2020

Close your eyes, put your hands on your heart, and imagine from your Soul Seed (right underneath your heart and right above your solar plexus, that little place where your ribs come together), there is a golden circle. It is about the size of a half dollar and it's a very strong golden orb. As you are experiencing this connection with this golden orb, begin to see it grow. So the circle grows as if it's a record that you are standing in the middle of, like a 78 record. You are standing in the middle where the little spindle thing is. You are going to see this circle all around you. It is going from the middle of your body over to your left side and around to your right side and continuing to spiral and open out. The idea for this is that you are in a place where the golden light within you is going to create a circle around you. Every moment this circle is getting bigger and moving in a clockwise direction from your left out in front to your right, then behind you, and then again to your left side. It is going to continue to evolve and revolve until it reaches 12-feet around you.

Watch it as it grows, trace it with your awareness, open it out, and connect in. It will stop on its own when it gets to 12-feet so you don't have to worry about measuring it. All around is a very, very beautiful rainbow of color inside the gold. With the gold it's the same as the pastel energies of the Angels when they are painting the sky, and they are all inside of your 12-feet. They bring colors, pastels, and patterns so you are actually creating your own solace circle – comfort circle. When it goes out to the 12-feet you will notice it goes down to the earth and up to heavens. So it is a big circle and it isn't like a hula-hoop, it is actually like a cylinder. It contains your essence in it, it contains the spark of light that you are and it brings the awareness of everything that you are bringing to earth because it's all showing up and expanding out.

There will be a moment when it stops its movement, where it holds its space and its stillness. As you let this stillness in, your body relaxes. Every cell in your body relaxes. The amount of safety that you feel grows and it is complete. Every cell in your body knows what it is like to be alive, and you feel that aliveness. In this stillness things get clearer and many things will unfold from this stillness – gratitude, acceptance, expansion, creativity, understanding, unification, kindness, connection and so many things. Because the 12-feet of your spiritual sphere contains your spiritual nature, everything in here is life bringing and settles things for you. It is easy to understand things. It is easy to work with them, because your spiritual nature knows who you are, what you bring and what's coming and how to support you in that.

So now let's move from this stillness and take the cylinder and bring it into a column of golden light right down the center of our body. It comes from the top of our head all the way down through the bottom of our torso and between our feet. It comes together where there is a little

place, right down from the bottom of the torso, through that place between the two feet when you put them together where there is a space and into the core of the earth. You are standing on that place that has your name on it in the core of the earth. So you are taking the cylinder and bringing the 12-feet into the column of golden light that is about 3 inches around from the top of your head all the way down to the bottom of your feet, into the earth. That's the power move, that's going to give you power. Take the column right straight through your body and expand it back out to your cylinder 12-feet. Do that a few times whenever you want to and that is going to take the power of the above and below and the vessel that you are into the center. Then, it is going to expand it out 12-feet. As you are bringing the 12-feet in, you actually have the sense of accelerating your consciousness, your vital life force energy, the Truth inside you, and so forth. In and out. We are going to suggest that you do this as a practice, not a visualization...not a meditation, a practice. That means that you get the gold, 50-cent piece spinning inside and take it out and just think about in and out. Stop, still. Growing up and down, higher and lower, stop it, then stillness, and then bring it in, squash it down so that everything comes into that 3-inches or so.

Then Exhale it back out and inhale back in and just see what happens.[Like a bellows...in to the center column of golden light 3 inches around and then and out to the edge of your 12-foot spiritual sphere].

Just notice that when your consciousness is expanding and creating union inside you, something changes. You start to feel more power! You start to feel more clarity! You are not trying to make anything happen here, there is no intention to XYZ.

This is: I am that, I am; I am that I am – I am, I am, I am, I am.

This is the whole feeling of everything inside of you now becoming everything that is, and it is all being here now! It is that every single inch of my spiritual nature is speaking, moving, guiding and present. It is showing up for me in this particular time in which the consciousness is the most important thing. This is because the consciousness is what lasts. If you have strong consciousness it improves the reliability of everything around you and within you. You want to grow your consciousness, your awareness and your connection and realize this is the time to do that. You have lots of incentive, lots of incentive. Many of you have lots of time, so just know that you are ready, it is time and you are not alone in the process.