



Great Awakening Daily Meditation & Visualization

**Day 39 - Meditation + Attunement of
Awakening**

TRANSCRIPT

Good morning. Hello everyone and welcome to the Great Awakening Daily Meditation & Visualization. We are here with our special final 10 days. I want to thank you again for upgrading to own. And I thank you on behalf of me, my business. I thank you on behalf of you and your soul. I thank you on behalf of all of humanity who is receiving as you go deeper and deeper and deeper. So thank you for being here.

Today, we're going to play with something kind of fun. We're going to do an attunement today. And I've never done this particular attunement ever. But it feels really appropriate. It's called the Great Awakening for a reason. It's interesting that there are lots of other people that are using that. And I was not influenced by that. That's the word I got. I heard great awakening. And so there's no coincidence that a lot of people are calling this the Great Awakening. So we're going to do an awakening attunement a little bit later today. So I'm excited about that. I hope you are too. .

So we're going to play with awakening. Just notice, what would it be like if we actually were awakening right now? What if it were true that what's happening on the planet right now is a great awakening? And that our soul is waking up and we're starting to remember who we actually are as light, as love, as a power, in light and love. And we started having more trust and faith in our awakening. What do you think it might feel like to actually awaken? What do you think it might feel like to actually awaken? That's it.

And just feel yourself in this energy and this notion of awakening. Just notice what it feels like to you. For everyone, it's going to feel a little bit different. To me, it's like things are a little brighter. It's like I'm seeing things I hadn't seen before. What's it like for you? So if I were really to mesh myself right now and to this idea that I am waking up. Yeah. Christine says it would feel safe. Yeah. So feel that. Allow that in right now. Allow that in. Allow yourself to feel that energy of safety, that energy of knowing that something's happening, that there's a brightness that is being heightened right now.

Does that feel like that could be true? That there is a new state of being this. That has grace and ease within it. Does that feel like that could be true for waking up? So we're playing right now with what it would be like if we absolutely knew a hundred percent that we were waking up, what would that be like? That's it.

And there might be some physiological changes. There might be some shifts. There might be some rebalancing that's happening. There might be some up and out energy as old material is moving up and out. That is no longer needed. What would that be like if it were a hundred percent true that we really are waking up? Yeah. I'm noticing for me that I said it before, but it's being heightened right now. That I'm seeing things in different ways. I'm seeing individuals who I previously would have thought of as crazy. Or I just didn't understand them at all.

And I was starting to, not necessarily agree, but see their point of view. I see a point of view that's different now. To me, that's a part of what my awakening is. What's yours? I'm starting to see that the people that I previously thought of as leaders in spirituality are defenders of the old. And it's not a judgment. It's just a noticing. And it's okay. It's okay they get to exactly do what they're doing. I'm just noticing. What does awakening look like to you? Yeah. Someone said to be close to the authentic self. Yeah. Right. And in this awakening state, there's no right, there's no wrong. There's just, what they're thinking, what I'm thinking, it's all okay.

They're going to think what they're thinking until they don't. And I'm going to think what I think until I don't. That's a state of awakening. To embrace all and love, Katie so beautifully said decades ago, "Love what is." That's true awakening, isn't it? So we'll use that. Keep this feeling sensation in mind because we're going to use that. I'm going to do the awakening attunement later as part of our visualization. So think about this idea. Feel it really. Be this energy of awakening. And just have it on the periphery of your consciousness through the meditation. See if anything shows up there.

We're going to dive into the meditation now. So we're going to start by being in the moment, what if right now I were in this very moment of time? It's so funny. I just had this moment of, "Oh my God! I don't want to do this again." Isn't that hilarious? Our minds are just so adorable, aren't they? Really, do I have to do this again? So we get to acknowledge those feelings. You know me, I'm a big fan of feeling your feelings, acknowledging what you're feeling, allow it in. I'm going to just turn to my own beautiful mind and say, "Yes, beautiful mind. We're going to play again. And I would love for you to join me in this." And the mind's like, "Okay, okay." How's your mind doing? Aren't they adorable? Yeah.

So we're going to jump straight to the center of our soul here. What if right now, say this to yourself, I were in the center of my soul? I was in that beautiful place of being a remarkable place of no thing and stillness, divine neutrality. What if that were true? What would that be like right now? We invite our minds into this place. And if you have a place set for the mind, that's good. We invite our minds into this beautiful place of stillness and quiet. And as the mind ventures in, we are making an agreement, the mind isn't making an agreement with us. So that it's going to be quiet for the next 10, 12, 13 minutes or so.

And so the mind is kind of... My mind is nodding. She wasn't even progressing this time. It's good. And so the mind is there present and agreeing to be quiet as we feel ourselves moving deeper, more deeply, and deeper and deeper and deeper and deeper and deeper and deeper and deeper and deeper and deeper into the moment, into the beautiful moment that's found in the stillness at the center of our soul.

So we move more deeply into the center of our soul, more deeply into the center soul. Whatever that looks like for you, go with it. It might look like it's stepping more deeply into the center. It might just look like you're kind of falling more deeply into the center. Or you're just becoming more aware of the deepening of the silence, of the stillness, of the no thing, of the zero point, of the divine neutrality. Feel all that. And what's it like to be here? What's it like to be in a place where you are able to go deeper and deeper and deeper and deeper and deeper? What's that like?

And we're going to do a few breaths here. We're going to do our post parasympathetic breath. And we're going to do our still-point breath. Actually, we're going to do one breath with a sound. So we're going to do a deep, belly breath and make a sound on the exhale. We can do just one of those. And now we're going to move straight into the parasympathetic breath, which is five breaths in and out through the left nostril. So we're putting our right index finger on her right nostril. And we're going to finish with the still-point breath. And that breath is, you're going to take a deep breath in, at the top of the breath, you got to hold without holding your breath. And again, I repeat, you are not, not, not, not holding your breath.

Okay. So we're going to start with the one single breath with the sound on the exhale. So belly breath is, you're going to breathe in below your belly button, that balloons out first, your chest is last. Make a

sound on the exhale for 10 seconds. And if you can... Here we go. I notice you're doing that in this sacred place.

Now, we're going to move straight to the breath. And as you do this breath, I want you to notice that it's going to take you deeper and deeper and deeper into the center of your soul place. Okay? So notice that as you're doing it. Just put your index finger on your right nostril and five breaths in and out through the left nostril, three to five seconds in and three to five seconds out. Notice the deepening. Two. Three. Four. That's five. Notice how you've gone deeper and deeper into the center of your soul. It's almost like you're awakening the silence. If there is such a thing.

Now we're going to do two still-point breaths. So 10 seconds. And If you can, at the top of the breath, give it a hold without holding your breath. And again, that's going to help your mind get quiet. So let's try that one. Feel yourself in the center of your soul. Feel yourself in that place of expanding quiet, no thing, stillness. Feel that beautiful divine neutrality. And do another one of those breaths. And as you go at the top of the breath and hold without holding, now what you notice, you're going to go deeper and deeper and deeper into this stillness. There we go.

Just notice your connection to spirit has expanded. And it's if you're drawing in that infinite and eternal energy, where that soul, that oversoul, that spirit part of you live in the infinite eternal, and now you're drawing it into your experience here. And it feels the space. There's more space. There's more potency. There's more power here. As you bring your full attention and intention into this beautiful sacred center of her soul, drawing down to infinite and eternal energy, that beautiful infinite as they turn a void of love is now being drawn down into your conscious understanding, sieving your space.

And you notice the quiet in the stillness deepening. And you go deeper and deeper into that. You notice that your physical body is relaxed. Your tongue is heavy in your mouth. Your jaw has released. Your face has released. There's more space between the vertebrae. There's a relaxation down your back and your limbs down your front. As the muscles soften and relaxes. And I notice your posture adjusting as the stillness supports your physiology to relax.

And we're going to move now into the pure stillness of my voice. What if right now, all of this were true? And you were right now in the center of your beautiful soul. What if it were true? You're in that pure stillness, in that pure infinite, eternal void of love. And you've gone deeper and deeper into this state of pure being. And your mind is quiet. And just remember the tools you have. And just claim silence, quiet, to the mind if it starts to interfere. And that's okay.

Allow your mind to listen to the ambient sound around you, to be distracted by, can you turn your mind if they think you very much could put of mind. And yet we've made this agreement to be in the quiet, inviting you back into that, et cetera. So what if right now I were in the very center of my soul in this deep, deep, deep state of quiet and stillness and silence?

(silence)

Just feel yourself moving into the center of your soul, noticing the beautiful quiet has created more quiet, has expanded your potency. Does that feel true? And what if that were true? What do you think that might be like there's more potency in your field of being such a beautiful, gentle, calm, that's here. Just notice that. Just notice the gentle calm.

And now we're going to move into the awakening attunement for our visualization today. So we're going to take what we did earlier and apply now the new energy that we're in. What if, right now, I were truly in the energy, in the mindset, in physiology of awakening as I stand in the center of my soul? What does awakening feel like here? What does awakening feel like for me and my soul adventure? Notice it. Describe it. What it's like? What's awakening like? And this is the shifts and the changes. By asking the question, the awakening is being brought into conscious understanding, conscious attention. So simply notice it.

There's nothing bad or wrong with any of it. Some of it, maybe some symptoms that have been happening in your physiology. It's showing me that some of my headaches that I've had lately are from the awakening. It's like, "Oh, okay. Well, that makes more sense now. Perfect." And it just softens all of it. And I feel like that's true. Notice what awakening feels like. And by shining the light of attention on it, it accelerates it. And know that it can accelerate it to beyond... That were just right. Yeah. You're reminding me of the just right. Just right. Yeah. So feel what that feels like.

So we are never, ever, ever, ever given any more than we are absolutely a hundred percent ready for. Does that feel like that could be true? Well, what's that like to know that? To know that we were never given any more than what we're absolutely 100% prepared and ready for? So we've been readied for this moment. Readied for this awakening. And what's that like to know that? That's it. And the attunement is also the just right attunement. So it's no more or less than what you require at this very moment.

So as you consider the awakening, as you notice what it's like, as you notice that it is opening and evolving and accelerating the awakening through just conscious attention, knowing at the same time that you cannot make it more than what you require or ready for this moment. You're opening it up to just the right amount for right now.

We're going to move into the attunement now. And so, what the attunement is, it's like an energetic key that moves into open dormant energy. So we are opening this awakening energy. Opening it. And there's going to be some silence as we prepare and forge the keys. And every single one of you will receive exactly a key that's designed and customized for you and you alone. For you and you alone at this moment of time. So if you listen to this a year from now, it'll be for the you that is in a year from now. So you're receiving exactly what you're ready for at this moment.

So there'll be some silences as the keys are forged. And then I'll walk you through as the keys move in and unlock the awakening energy. Your guides are telling me that it's very healing, this awakening energy. Very transformational. But in the just right energy. Here we go. So moving into the attunement now. There'll be silence as the keys are forged. I'll walk you through when the keys move in. Here we go. And you just moved into that meditative state in the silence. If you want to ponder the awakening, you can do that too.

(silence)

There are little helpers here right now. Some of your entourage that are helping you prepare for this attunement. The energy has been very much cleaned and cleared in that silence. Now there's just little preparations that are happening. They're pushing little acupuncture points and awakening this part and this part. And preparation to comfortably receive the attunement. Your keys are now being forged. And again, each one of you gets your own individual, customized, energetic attunement key. And they're not quite ready yet. They're being forged now.

Okay. The keys are ready and they're starting to move towards you. You might see them. You might not. It's okay. This is quite special. There's a lot of gold energy in them. Golden and pure white. A little bit of lavender. These beautiful keys are making their way towards you. In beautiful pace and tempo that works for you, you and your soul at this moment. And now these keys of awakening are moving right into this special lock. And it's now unlocking this awakening energy. Huh!

A lot of heart energy that's being opened up right now with this awakening energy. There's a little bit of a chemistry that's happening right now in yourself, in your mitochondria. There's this awakening energy that has been within you the whole time, attunement has now awakened. It's so powerful, yet gentle. And remember you get exactly what you need. No more, no less. So you cannot be overwhelmed. It's impossible. There we go. It might be a little pressure on your heart. It's okay. It's just energy moving in ways that hasn't moved previously. Beautiful. It's quite beautiful. That's it.

And now there are these beautiful universal vacuum cleaners that are coming in and they're vacuuming up any old dust bunnies of old beliefs, old resident energy that is no longer needed in the face of this powerful heart-opening energy of the awakening attunements. Notice that the dust bunnies are being vacuumed up. It's really cleaning and clearing the space. Anything that is no longer needed now. Any old beliefs. Any old patterns. Any old ways of doing, now, are just simply vacuumed up. And as it moves the vacuum, it's transformed into love. Energy can neither be created in your story, it just transforms. So right now, your special vacuums are vacuuming up and transforming it into love. And that love is now available to you at all. Isn't that cool?

And so now we just stand in the center of our soul now, with his awakened energy activated, turned on, and awakened. For some, it might be super subtle, barely perceptible, almost imperceptible. And for others, it's like a very big expansion and heart-opening that's happening. And all of it is perfect. I trust your soul, I trust the pace of your soul. So whatever you're feeling or not experiencing, trust it. Trust it. See if your mind is trying to analyze it, or judge it, or not. Just notice that this is real.

And what if it were true that this key really was forged just for you to really come in and just awaken that dormant energy of awakening, that created this beautiful heart-opening? What if all that were true? What do you think that might feel like if it were true? And see if it matches what you're feeling now. There we go. The right shift there. And notice this is a permanent change. That this is now dormant energy that's always been a part of you. So it's not foreign. It's just awakened now. We've awakened the awakening. There might be some shifts and changes today, and in the coming days. So be gentle with yourself and drink lots of water.

And now just notice what it feels like. It feels really different for me personally. I feel different than when I started, when the mind said, "Oh, did we have to do this again?" That that feels like a thousand years ago. How about you? How are you feeling? Awesome. Awesome. Awesome. Thank you so much for continuing this journey with me. Gosh! We're here on day 39. The day 40 is a big day. I'm glad we did the two-minute in preparation for day 40. There's something magical about 40 days. It's part of our ancient history. It comes up a lot.

So notice that we're going to be moving through a special door tomorrow on day 40. And I've never done a program that goes this long. So you'll be the first to move through that 40-day mark, together in this group. So I'm excited about that. They've already shown me a little bit about what we'll be doing tomorrow. So that's exciting tip.

So I thank you so much. That's a wrap on day 39. Thank you for being here. Thank you for being part of this. I love you. I love the co-creation that we are here doing. And notice that you are a point of light that is really making the difference, not only in your own life, but for those on this planet. That's one of your big jobs. Just be you. And now the awakened you. I love you. I'll see you all tomorrow. Bye- bye everyone.