

Today is January 9, 2012. Cosmic Awareness Session. Will Berlinghof, Interpreter. Joan Mills, questioner and energizer.

QUESTIONER: Does Awareness have an opening message please?

Cosmic Awareness: That at this time this Awareness has an opening meditation for one and all. This meditation is specifically to help all reach a place of Light and Love appropriate for these times, these End Times, to help them first and foremost through these times, but also to prepare themselves for the Ascension event that is coming on December 21, 2012, and also to prepare those who are ready to ascend individually sooner than this date.

It is the meditation that is called the **Meditation of the Heart**. That it is to connect one to the secret hidden chamber of the heart that is the chamber of God that is within each and every human heart. That this chamber is not a chamber that is easily found or even recognized by those who know the physical heart, for it is at the very center of the heart in that area between the four chambers of the heart, and is but a microscopic chamber that most do not hold to be a chamber at all, but this is where the spark of God is held. It is the spark of Spirit Divine that animates each and every human being, that connects each and every spirit/soul/aspect that is having a physical experience with the Divine Spirit and the Essence of God Almighty, All That Is, Great Spirit.

That it is given to each and every human being that when they have reached a place of awareness that is high enough, advanced enough, great enough, that they can become aware of their inner hidden chamber that will connect them to God, to the spark of God that resides within each and every human being. It is possible to journey within this chamber and to connect even more strongly with the flow of energy that would come from the Divine Source and that would connect each and every being to that Source and indeed enhance the Light and Love of God within themselves. This is a major requirement at this time, these End Times, where all are striving now to prepare themselves for the Ascension. ¶

This does require an effort on the part of those who are ascending, that this has to do with what level one wishes to ascend to. That there are those who will ascend to the lower levels of that ascended planet, Mother Earth, New Gaia; and that they have reached a sufficient point in their evolutionary process that they can move

forward, onwards, upwards, inwards with Mother Earth as she ascends. But for those who are seeking a higher level of their Ascension experience, who know that they wish to transmogrify, transmute, transform the body into the higher spiritual energies where the body is dissolved but held in formation, if you will – that this meditation will be very beneficial to those seeking this higher level of Ascension experience. All in all it will be a meditation, *if done frequently*, that will be very beneficial in these End Times where there might be much challenge and indeed difficulties as the planet goes through profound change. It is a meditation that this Awareness gives now to help all reach their highest potential and their highest connection to the spark of God that resides within. Thus follows the Meditation of the Heart:

That this Awareness asks one and all to imagine themselves standing in front of themselves as if looking into a full mirror. That they look to the chest region where the heart chakra is located and that they visualize or imagine the image of a spiral vortex spiraling outwards from the heart chakra. That they then see themselves diving into this vortex and as they descend downwards into the vortex, spinning down towards the heart, that of course they commence to shrink in size. It is an imaginary journey that is taking place here, a journey that will allow such a magical transformation. That as the individual descends down into the depth of the vortex that they see themselves approaching a set of doors of their own imagining.

That they reach the doors and there in the lock of the door is a golden key. That this is your key – it belongs to the individual who is approaching this door of their own heart – and as you reach this place, the doorway, that you turn the key in the lock and the doors open for you. You take the key and pass through the doorway, closing the door or doors behind you and locking this from within. That you can leave the key in the lock as you proceed now down a small passageway that then enters into a chamber.

That this chamber as you see it is huge in space and size and that there is a lightness, a joyousness, a feeling of uplifting as one steps directly into this chamber. As you scan the chamber you see in the center a throne, a golden throne. This throne is your throne and you walk towards this throne knowing that it awaits you. That you sit on this throne and as you do so feel a connection to the Divine Source, to God Almighty.

That now you have several options in your meditation. You can sit in the throne and open yourself to the divine energies of God, allowing the flow of God's Light and Love into you, the chamber filling with the energies of God's Light and God's Love. You can enhance this by repeating the mantra/affirmation "I am the Light, the Light I am". Equally, "I am Love, Love I am". You can change this if you will to " I am God's Love, God's Love I am. I am God's Light, God's Light I am".

The importance here is that one allows the spark of God, the Light and Love of God, to enter into one's being, knowing that this secret chamber of the heart resides within you and you now reside for this moment within it. That you can stay in this Light and Love of God in the chamber for as long as you wish. You can repeat the mantras as many times as you wish and you can add new mantras of your own making and design also.

Furthermore, you can use this chamber and this throne to send out and request that you achieve certain goals or wishes. For example, those seeking healing may indeed ask for the healing of God to be delivered to them now and that one is open to God's healing Light and touch; that one is in perfect health, that one receives perfect health; or if there is a specific issue at hand that this issue be healed and resolved as you open to your Light Body and open to the healing powers of God.

Equally, one can use this moment of meditation in the hidden and secret chamber of God to request assistance from God and the Divine. Assistance in the physical journey, be it the drawing of abundance into one's life or to request whatever is needed that is of a responsible nature, for the essence and energies of God will not be granted to those who ask for foolish wishes to be granted, but those who of serious matters that they come to this place to pray for and to request.

That as one from the heart asks for assistance and abundance in these times and one is pure in intent, that these energies may indeed be bestowed upon the individual making this request, and that this is an important knowing from within that allows you to sit within the energies of the spark of God, of opening yourself to receive the abundance, the Light, the Love, the healing of God Itself.

That you stay within the energies of this chamber for as long as you require, simply opening yourself to these energies, connecting yourself to that which is the highest level of consciousness, that which is the Essence and the Source, of God

Itself, and that this connection in this magical space, this chamber of God, is available to you at any moment at any time you wish to visit it.

When you have received sufficiently, when you have given of your own heart, that it is time to leave. Before leaving, however, that this Awareness does recommend that you give a gift of manna or energy to God Itself. That this is done easily enough – that three breaths are taken and with the third, raising your hands and giving to God this gift of manna from you to It. It is symbolic perhaps in nature but it indicates the reciprocal nature of this connection between God and yourself, for you are an aspect of God, a creator being, created in the energetic image of God. As you find this connection from within and as you return the energy of Light and Love to God, you will find it is indeed the most deepest of relationships possible.

This then having been completed brings you to the conclusion of this meditation of your own making, your own ceremony of celebration and connection to the Divine Light and Love of God, to the spark of the Godhead that lies within. As you leave the chamber and go down the passage you see the key and you unlock the doors with the key. You step through the doorway, locking the doors behind you, but this time holding on to your key. You turn and now you ascend up through the vortex, up and out of the vortex, and as you emerge finding yourself standing again on the ground in front of the mirror. Complete the meditation by simply giving thanks: "It is done". This the Meditation of the Heart, the spark of God in the secret and hidden chamber of the heart.