

Merging with the Higher Self meditation

Given by D.C. (post-mortem) in a BQH session

Imagine a ball of liquid white sparkling light hovering above your head .

This ball of light contains the energy of your Higher Self, your true essence. See a small opening in the top of your head (on your crown chakra) and imagine that this white ball of liquid sparkling light is now slowly coming down ,and entering the top of your head.

Now allow this energy, to begin to move into your head, and as it enters, it slowly begins to swirl around so that the body can begin to handle it. And now allow this energy to slowly flow down through your whole body.

Feel the Love that is pouring into you, filling you, cleaning you, healing you. And as the energy swirls into your body, allow it to begin to clean your abilities and systems of communication.

Now, say the following:

I intend, I welcome, I allow , to (fully) merge with the true essence of who I really am. I am now merging with the appropriate fragments of my higher self.

Wait for a few minutes in silence while you are merging with the Higher Self. Feel the energy of your Higher Self flowing into you.

Spend some time here. Allow the energies from your Higher Self to fully merge.

Then when you feel it is done and you are ready, say:

Now, I ask the part of the energy of my Higher Self that is not to be integrated at this time to recede to where it belongs.

So it is.

Slowly take a few deep breaths and bring yourself to full consciousness again.