

## **Dusk Meditation and Angel to Angel Healing**

1. Light a white candle (preferably contained in glass for safety) to call in your guardian angel.
2. Sit in a quiet room either in a lotus position (yogi style with legs crossed) ~OR~
3. Sit on a chair with the heel of the right foot placed next to the arch of the left foot. Make sure spine is straight without being rigid.

**Note:** Either one of these positions insures that the energy body is locked and circulating during the meditation.

4. Do deep breathing exercises for a few minutes.
- 5.

### **Before Evening Meditation Mantram**

In Ages past we were,  
In Ages to come we will,  
In the Age of the now we are.  
As the Past, Present and Future  
Blend into the Eternal Now  
We become one within the One.

**Dusk Meditation Instructions:** Connect with the light of your heart by visualizing a six-pointed star in your heart chakra (use the color pink or green). Breathe in and out, expanding the light around you. Once you have established a deep heart connection, move the energy up through your heart to the 6<sup>th</sup> chakra at the brown center and let the light expand into your third eye as indigo blue light. Next move the energy up to the crown chakra at the top of your head. Breathe white light into the crown chakra and feel yourself expand. Hold the vision of the white light over the head for five minutes.

Contemplate one by one, loved ones and/or friends who are in need of healing. See them fully healed in their request. Afterwards speak the following mantram:

## **Angel to Angel Mantram**

Beloved my angel speaks to your angel  
May the healing power of love ignite within you  
freeing you from the illusions  
of the Maya grid.

End the meditation with the following closing mantram:

The Eternal Light reveals the real in you,  
Shedding light on all the dark places.  
Now the shadow becomes the light of clarity in sight.  
Amen. Amen. Amen.