



UNITY CONSCIOUSNESS MEDITATION

Grandma told me that in addition to our heart center we have another heart center that is a little higher up. This one is below the throat but above the heart and is a brilliant platinum color. It is very sparkly. Go into your platinum heart center and take this brilliant platinum that is the color of electric Cosmic Fire up through the 5th, 6th and 7th chakras and out the top of your head in a Fibonacci spiral. The Fibonacci spiral aka the Golden Spiral that gets circularly wider the further from its origin for every quarter turn it makes. If not familiar with this you can imagine a cork screw spiral.

Take the spiral all the way to Sirius B the planet of the whales. There everyone will get their own whale frequency code. It could be a feeling, a color, a sound, a picture or a knowing. You will all receive some kind of a message. When you receive your message, meditate on this. Keep going up into the Cosmos to connect with our Planetary Body and all of our Subtle Bodies. When you have done that intentionally you will start coming back down. Enter the crown, the third eye, throat and back into what Gma calls the spiritual Etheric Heart or platinum chakra.

Go down in the cork screw spiral through the third, second, first chakra, down your legs and out through the soles of your feet into the core of Mother Earth. You now have connected planetarily, cosmically, physically, mentally, emotionally and spiritually with Universal Consciousness that Gma calls Unity Consciousness and have also connected to the core of Mother Earth.

Whenever we breathe in and out and concentrate with intention on this spiraling Cosmic Fire Energy it will move up and down as directed, creating an ellipse. This will bring expanded Peace and Joy through Unity Consciousness that is the New Age, the New World that will be brought to us, within us and shared with every living being.

At the end of your meditation, enter the platinum spiritual heart chakra and give thanks and gratitude to all that was, is or will be. Now you can open your eyes. We would like know some of the messages you received during this meditation. If you wish to share grandmachandra@gmail.com

