

Alignment Meditation

A prefacing note from the angels: Remember that openness and relaxation are the keys; alignment is a complicated issue, but this is the beginning. Be open so a wind can blow through you. We are the wind. Feel us. Smell us.

We suggest silence. And breath and grounding. Joy and wonder. Be like a child. Remember those times when you felt joy and wonder. Remember that alignment can be done anywhere—on a walk, in a car, at your desk, in your living room—anywhere.

Also remember the wiring angels—you can ask us to rewire you in the right and perfect timings, again and again, to bring your vibration into ever closer alignment with our energy and love.

We ask that you close your eyes. Feel your connection to Mother Earth and Father Sky. Feel your place in your world—know you are necessary and known and loved.

Now place your open hands on your heart. Feel this place where love resides the most easily. Each cell has love, but your humanness is most sensitive to love in your heart. It is your core, your place of connection with Divine.

So touch this special place with your hands. Send thanks to this place as a receptor of love.

See a candle burning brightly within your heart. This is the Divine Flame. God has put it there. We honor it. It is pure and beautiful and unique in its love of you. It is, you are, the Divine's special creation and we, the angels, your angels, know and love the Divine wonder that you are. You are the ultimate Divine expression of You! You are unique and Divine. Really you are! You can rise to our vibration. You are Divine! Breathe this and know it. Relax and feel love and peace. Open your heart.

Ask for our help. Those of us who know how to re-wire human fields of energy are waiting for you to ask us for our help. Ask us to re-wire you, so you may align with us and your Divinity. We are waiting to help you! Let us. Invite us into your heart and ask that we raise/rise your vibration to closer and closer levels to ours.

Just ask. And in the right and perfect timing, in the right and perfect intervals, we will change you. We will enlarge you so your Divinity will align with ours. We will join with you in oneness and joy. Just ask.

We love you. We are with you. Just believing that will help you align with our energy and our messages to you. We will meet you where you are and connect as we can. And if you wish, we will help you align with us even more and more over time, so the messages can become even more clear and reassuring. Remember, your intention, your openness, and your knowing of your Divinity—your deservingness—is enough to allow us in.

You have done well. We ask you to put your open hands on your heart regularly throughout your days, to remind yourself and your body that you are a temple in which a Divine light burns always. And we are available always to help it burn as brightly as possible.

Now we will move on to conversing. Do not lose your grounding, releasing and alignment. Stay open. Stay in love.

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