



Living A Course in Miracles

Meditation
with Patricia Cota-Robles



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Meditation

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Patricia To begin this, if we'll just sit comfortably in our chair with our arms and legs uncrossed, breathe in deeply and go within to our hearts. Gently close your eyes. I'm going to state this in the first person, so that each of us experiences it individually. But we're also invoking this activity of light through the I AM Presence of every person on this planet creating this collective consciousness of oneness, lifting all life into a new higher frequency in perfect alignment with their Divine Plan.

Follow me through this with the full power of your attention and be here now.

I AM my I AM presence and I AM One with the I AM presence of all humanity. What I invoke for myself I invoke on behalf of every man, woman and child on earth in perfect alignment with **each person's Divine plan**, and the highest good for all concerned. This is possible because we are One and there is no separation.

On the Holy Breath, I now breathe in and out, deeply and rhythmically through my Heart Chakra. With every in-breath, I align with the Love of my Father-Mother God and the Sacred Fire Breath of the Holy Spirit.

On every out-breath, my Godparents open my Heart Chakra to new breaths and project their Divine Love and power into the physical plane of Earth. Through this activity of light, the portal within my right brain hemisphere and my Heart Chakra, through which the Love of my Mother God originally flowed to bless all life on Earth. It is once again opening to full-breath.

As the full Divine potential of my Mother God's Pink Flame of Love pulsates through my Heart Chakra, it is brought into perfect balance with my **Father God's Blue Flame of Divine Power, which is also pulsating within the Divinity of my heart.** My newly-balanced Heart Flame has a dual pulsation.



The first pulsation is the in-breath, assimilating and absorbing the Love and power of my Father-Mother God. The second pulsation is the out-breath, expanding and radiating out the power and Love of my Father-Mother God.

On the in-breath, my Heart Flame extends up in vibration, piercing into the very heart and mind of God, the source of never ending perfection. On the out-breath, my balanced Heart Flame radiates the blessings from the heart and mind of my Father-Mother God into the physical plane of Earth.

On every in-breath, my balanced Heart Flame ascends into new heights of Divinity. And on each out-breath, through my fully opened Heart Chakra, **my Heart Flame becomes a stronger pulsation of God's blessings into the world of form.** Because of this dual activity, my Heart Flame is both the portal into the pure land of boundless splendor and infinite light within me as well as the source of all of the Divine blessings from my Father-Mother God, to humanity and planet Earth.

My Heart Flame is the inward portal for my return to Christ consciousness as well as a connection with my I AM presence and the company of Heaven. It is also the open door through which the blessings from my Father-Mother God and the realms of the living Truth will radiate outward into my daily life.

Through the Holy Breath, my return to Christ consciousness and my inner journey back to my Father-Mother God are being balanced with my outer service to humanity and all life. It is within this balance that I open my **Heart Chakra once again to the perpetual flow of God's pure Divine Love.** Now that the portal through which my Mother God's Divine Love is open to full breath, the Blue Flame of my Father God's power and the Pink Flame of my Mother God's Love are at last perfectly balanced within the Divinity of my heart.

These two aspects of my Father-Mother God now merge into the **magnificent fifth dimensional crystalline Solar Violet Flame of God's infinite perfection.** This sacred fire blazes up from my Heart Chakra and expands into my physical brain structure activating my pineal, pituitary and hypothalamus glands, and the ganglionic center at the base of my brain. This activation of my spiritual brain centers creates the sacred space for the opening of my Crown Chakra.



As this occurs, a greatly intensified frequency of the Yellow-gold Flame of wisdom, enlightenment, illumination and Christ consciousness begins flowing from my I AM presence into my pineal gland.

This intensified Yellow-gold Flame is now anchored within my heart flame. With this influx of light, the full Divine momentum of my Christ consciousness now flows through my Crown Chakra and my pineal gland into my mental and emotional bodies. As I return to Christ consciousness, my heart and mind are being recalibrated into higher frequencies of **Oneness and reverence for life than I have experienced since humanity's fall from Grace** eons ago.

In this enlightened state of Christ consciousness, I am able to easily communicate with my I AM presence, my Father-Mother God and the entire company of Heaven through the natural process of open heart and mind telepathic communication. I realize now as never before that Christ consciousness is my Divine birthright as a beloved Son or Daughter of God.

Through this level of consciousness, I AM One with my Father-Mother God and every particle and wave of life throughout the whole of creation. As I live, move, breathe, and have my being within the elevated state of Christ consciousness, all that my Father-Mother God have is mine. I now know that the path of Divine Love is the way, the Truth, and the life for every Son and Daughter of God.

With the God victorious return of my Mother God and my return to my Christ consciousness, I now have the ability to assimilate the entire nature of **God's Divine Love into my heart flame on every single in-breath** as I rise endlessly toward the supreme source of all life.

And on every out-breath, I have the ability to expand the patterns of perfection for the New Earth into the world of form, greatly enhancing my ability to co-create Heaven on Earth. My Mother God, the Holy Spirit is at long last able to release the full potential of her Divine Love through my Heart Flame. This allows the balance of the Divine Masculine and the Divine Feminine to become a manifest reality, thus reversing and healing **the adverse effects of humanity's fall from Grace once and for all.**

The light flowing through my Heart Chakra and my newly-balanced heart flame is now creating an environment of Divine Love that is flooding the planet. When I turn my attention to the balanced expression of my Father-Mother God now pulsating through my heart flame, the illusions of



separation and duality are shattered. My heart is unified with all of the Sons and Daughters of God evolving on earth.

Once again, I experience the bliss of knowing that we are One and that Love is all there is. Knowing this profound Truth evoked from within the deepest recesses of my being, a reverent feeling of infinite Gratitude. My Mother God is now placing me within a mantle of her Love, and my nervous system is being recalibrated to withstand the highest possible frequencies of the Divine Feminine. This mantle of Love is helping me to awaken my right brain hemisphere to new levels of creativity, and it is activating my spiritual brain centers into higher levels of their Divine potential.

This is enabling me to awaken to a higher level of Christ consciousness than I have ever experienced since my Father-Mother God first breathe me forth from the core of creation as a beloved child of God. Through this **higher level of Christ consciousness, my Mother God's radiant and all-encompassing Divine Love** is now pouring through my Heart Chakra without designating favor to a particular person, place, condition or thing. Instead, her Love is giving a healing impersonal benediction to every particle and wave of life on earth.

The power and magnetic Love of my Mother God is now anointing all life with an equal opportunity to respond. Every Son and Daughter of God is being given this moment both the blessing and the responsibility of being **an open door for our Mother God's exquisite Divine Love.**

Every person now has the opportunity to become an instrument of God, vested with the power to change the feeling world of all with whom he or she comes in contact. This will be accomplished not through our human will but through the balanced power of the flame of Divinity now blazing in our hearts.

Through the Christ consciousness and the full Divine momentum of my **Father God's power and my Mother God's Love, I now realize and affirm I AM** a force of God moving upon this planet. I AM the open door that no one can shut. I AM an upward rushing force of vibration and consciousness, which is the Immortal Victorious Three-fold Flame pulsating within my heart.

My heart flame is the electronic auras spiraling around me. God's infinite light perpetually flows through this aura. I AM a Christ conscious being, a very powerful light. I AM One with all light. I AM that I AM. Beloved



Father-Mother God, I love and adore you. Shine now through my every effort of becoming One with your Divine power and your Divine Love.

Oh, flaming presence of God, let the gift of Divine Love and Divine power, which is yours alone to give, flow through me to set all life free. I ask that I **might be Love's open door.**

As I accelerate my journey toward Eternal Oneness with you, I consciously draw back to myself all of my own energies, that I am so desirous of loving free. Help me, Beloved Father-Mother God, to love myself free all of my returning energy as I AM about the business of loving all life free, which is my Divine destiny. I am reclaiming all of my energies back into the heart of Love.

I AM the light of God in action loving me and all life free. I am grateful to the Violet Flame, the most powerful aspect of my Father-Mother God's Love and power, which instantly transmutes all outstanding energy back into its original protection. I AM One with my I AM presence and the I AM presence of all humanity. I AM One with my Father-Mother God. I AM that I AM, and so it is.

Beloved I AM. Beloved I AM. Beloved I AM.