

GLOBAL PEACE INTENTION – GUIDED MEDITATION

Take some deep breaths – Let yourself relax – release. . .
this meditation time will be a time of focus and intention.

As you breath in, feel the Breath of Life filling your entire being. . .
Sense your breath filling you - from the bottom of your feet
through to the top of your head.

This breath is carrying Divine Life –
sense it, travelling up your legs – to your torso –
through your lower energy centers – into your heart’s center –

Breathe in deeply. Feel your heart’s energy center expand.
Feel it release Love, feel it bring Life to your entire being.

Feel the expansion of energetic Divine Love.

Every cell, every molecule is awakening –
you are an energy being. You are filled with light

You are being released and joining into the Light and Love of Yahweh –
your Heavenly Father. This is the place of Perfect Peace.
We have joined in the I AM –
“In Him we live and move and have our being.”

We are One – We are Love – We are Divine Life. We are – I AM.

**We are ‘in the beginning’
the place called ‘IN’**
We are emersed – we are enveloped – we are **IN HIM**
What has been hidden is being revealed –
you can hear the whisper
“I AM that I AM”

As you look you can see His name
Y H V H – the letters – they are alive –
you can feel the life of each one.

Each letter brings life as you breathe with purpose.

It is a privilege to engage with each living letter –
they are our friends bringing us to new levels of Divine Life

Let's Welcome YOD

Breathe in Life – **now breath out Yod**

Yod . . . Yod - let it flow out from your breath –

Yod – the Divine light source, the Divine point of all energy.

Breathe in – Breathe out Yod

Now. . . welcome HEI

Breathe in Life – **Breathe out Hei**

Hei. . . Hei. . .

Hei – the breath of Yahweh – creative light – the Life –

Revelation – The Revealing

Breathe in – Breathe out Hei

Welcome VAV

Breathe in Life – Breathe out **Vav**

Vav. . . Vav

Vav – connecting, binding, uniting – God and man –

Spirit and matter – Heaven and Earth.

Breathe in Life – Breathe out Vav

We now welcome again HEI –

Breathe in Life – Breathe out Hei

Hei. . .Hei

HEI - The Shekinah – the spark of Creation – fruitfulness.

Breath in – Breathe out Hei

YODHEI. . .VAV. . . HEI

This is my name – I AM – This is My Name . . .Hidden in you. . . I AM

Breathe in . . . **Breath out I AM**

**Let your heart expand – feel the life of I AM within you –
receive it with Gratitude.**

**Now. . . . we will set our heart to Peace. . . . to Shalom . . .
Nothing missing. . . . nothing broken**

Breathe – **Shalom**

Divine Peace – In I AM

**Breathe . . . I AM -
I AM the Way - I AM the Truth – I AM the Life**

**Know the Power of Peace is in the breath of the Prince of Peace.
We are ONE. . .**

Begin to breathe out Peace to your life.

Let go of any resistance or situation that will take your thoughts in another direction

Where your focus goes your energy flows –
Simply **focus on Peace – Release Peace**

“He gives his angels charge to keep you in all your ways”

Now. . . release your gratitude –
receive the perfect Peace that is yours –
The peace that only the Prince of Peace can give.

REST – receive

Now. . . Breathe out Peace to your family –
to your natural or adopted family – near and far.

Let the frequency of Light and Love be released that comes directly from Yahweh.
Feel the fresh breeze of Love is going to them - through them – can you feel it?

REST - Receive it with Gratitude.

Now. . . Breathe out Peace to your places of influence –
your community – your job – organizations . . .
See Peace descend like a dove
can you hear Yahweh’s heart whisper – **“These are my beloved. . .”**

Release Gratitude for all that is being done
release PEACE . . .
Breathe in Life – Breathe out

**Now. . . Breathe out Peace for your Nation –
for your Government – remember. . .**
He makes His ministers flames of fire – He sees the secret places –
I AM is omniscient, omnipotent, omnipresent.
He is Light in the dark places – **He is Wisdom – He is Life – He is Freedom**

Breathe out Shalom – nothing missing – nothing broken

Breathe out PEACE to OUR WORLD!
See and feel our global connectiveness. . .
can you feel the power of Oneness, of Love!
We purposefully join together as ONE – as I AM!

**From this Divine mystery of I AM –
One Heart – One Being -**

Release Love, Compassion, Joy, Peace. . .
can you feel the Winds of Change?

**Receive with Gratitude – the Power of Peace and now,
release it completely and totally to the Prince of Peace to fulfill.**

Come into the place of rest,
knowing that your intentions, your heart's desires,
are **fulfilled** in the Power of Love.

Give Thanks – with a Grateful heart of Love . . .

PEACE IS YOUR PORTION

REST – REFLECT – RE-MEMBER