

# Expanded Consciousness Meditation

*Please take a moment to do this meditation/visualisation. This is a very powerful tool in calming and gaining self-realisation. Also it puts your energy out in to the space around you. For example, before an important meeting or an event – send out your energy so it matches your frequency.*



You may want to [watch this video](#) as it can help with visualisation. But really it is up to you to let your mind imagine.



*Visualise your heart space (Chakra) radiating. And filling your entire body with this energy, or light. It radiates and expands into your body and out to your aura. A bubble of energy around you. Your electromagnetic field.*

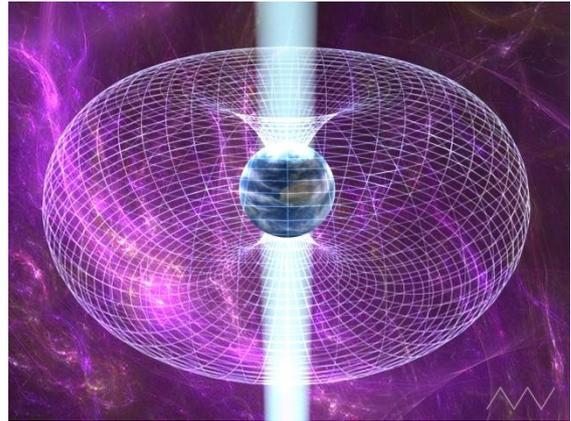
*Expand this energy or your consciousness into the room you are in. Fill your space. Expand to the building or to your home, if you are at home doing this meditation. Fill the space around your home or building, like the grounds, garden or surrounding area. Feel this, or visually imagine this. It is a strong bubble of energy around you.*

*Fill all of the country try you are in. Use the power of visualisation here. This will strengthen your positive presence.*

*Expand it to the entire earth planet. Earth Healing here.*

*Keep expanding your consciousness to fill and take in our Solar System. Then the Galaxy, Stars & Constellations other solar systems... just keep expanding your energy.*

*Then expand up to the Milky Way. Go through the void in the centre and enter a pure space of void. Of Source or God Energy. Feel one here. United.*



*Set a positive intention from here. Then draw this pure energy back down the void in the Milky Way. While still consuming this Universe draw energy all the way through the Galaxy. Solar System. Earth. Your Country. And back to you. It doesn't need to take long. 10 mins max. The more you do it the easier it is to visualise.*

*I just thought I would share with you as this has been powerful meditation tool for me.*