

Grace Prayer and Christ Consciousness Energies

When asking for Grace and Peace in turbulent times:

1. *Get Grounded first:* In your mind, in the flicker of an instant, see your aura layers and energy all focus down to your second chakra (abdomen area) **for women** and your root chakra (point below genital area) **for men** and follow your grounding cord all the way down to the center of the earth and see it attached to something solid (hooked, attached, suctioned on).
2. Bring your mind, all your attention back up quickly to your heart chakra (center of the chest). Take in a deep breath and see that breath expanding your chest and heart chakra open, gently.
3. *State out loud or in your mind,* “I call in now the Christ Consciousness LIGHT to fill my body, my heart and my mind. Christ Consciousness energies, please pour your blessings down upon me now, and fill me with your Healing LIGHT. I am your beloved daughter/son, and in my love for the LIGHT, I ask for Grace and Peace now.”
4. See this as a large column or pool of Light coming from the Heavens and pouring down over you and into the top of your head.
5. Feel the warmth and glow of it as if flows down through your pineal gland (center of the head) and down to the heart chakra and down through the body. See it filling (like swirling liquid light) into every chakra down the body and spreading out to your fingers and toes. See it going down your grounding cord and giving love to Mother Earth. See every cell in your body turning to LIGHT.
6. See this as a constant flow that never ends as you move on to the next part.
7. *State out loud or in your mind,* “Please increase the LIGHT into my heart chakra, pulsating and emanating brighter and bolder now. I breathe in the Light and I feel this warming and intensifying in my body now.”
8. See and feel this Christ Light growing and emanating out from your heart chakra. Your heart chakra is like a ball of pulsating Light that continues to grow and get larger and warmer and brighter, until it fills out your body, and then emanates outside of your body about 2 to 4 feet out. Once you are comfortable with that emanation, you may see it going out in waves from you, which is sending healing Light to your location, others around you and the planet. This will happen naturally – you are not responsible for it and you do not have to do anything to push that energy out. Let it just flow bright from the pool of Light coming into you, into your heart and expanding outward. TAKE DEEP BREATHS as you need to.

9. *State out loud or in your mind*, "I ask now, Gracious Christ Light, for grace and peace in my mind. I ask for the Light of Tranquility to flow into my mind and I know this is done now." Relax and see and feel this happening.
10. *State out loud or in your mind*, "Thank you Source and thank you Christ Consciousness LIGHT. Thank you for the gift of grace, peace and tranquility that you give to me. I accept this gift in gratitude and know that you love me continually. Please leave this healing Light emanating and pulsating from my heart chakra so I may feel comfort today."
11. When this is completed, see this LIGHT emanating out in waves from you and strengthening your EGG of LIGHT that also emanates around you, pulsating brighter. Know that this mantle of Light is Christ Light as well.
12. *State out loud or in your mind*, "Thank you Light-filled Christ Consciousness for my healing. I ask now that your Light emanate out from me, brighter and bolder, for peace and goodness for everyone that I come into contact with today. And I thank you for the grace, peace and tranquility in my heart and mind."
13. Bring your awareness back to what you are doing, and even if there are sensations continuing to happen, know that the LIGHT is with you, inside you, bringing continued grace, peace and tranquility for you, and that you may move on with your day.
14. If any disturbing thoughts start again, see them transmuted in the immense LIGHT that emanates from you and continually flows through you.

Blessings, Robin

