

Oneness Pendant Meditation - Opening the Star Gate

Find a place to be quiet, switch off all phones and radios – anything that could disturb you for at least 10 minutes. Wear your Oneness Pendant on your heart area.

Perform the eyes up process for the backward count of sixty to one.

Then relax and breathe in and out normally, think of nothing except your breathing for about one minute. If thoughts do come in just say to yourself that you are aware of the thoughts and you will deal with it later.

Once you are relaxed, imagine a bright Golden Sphere of Light (all that is) about 18 inches above the crown of your head (top of your head).

Then take a deep breath in and hold it and as you breathe in and hold it, imagine that from the bottom of your spine a Golden tube of light moves up your spine into your head, filling your entire brain and the space behind your third eye. Do this for about three seconds.

After the three second period as you hold your breath, imagine a little prism door opening on the top of your head, drawing down the Golden Light from the Golden sphere and mixing with the energy of the Golden Light within the brain behind the third eye; imagine this for about five seconds.

Then breathe out, bring this mixed Golden Light energy down into your heart centre and out into the Oneness pendant. Then breathe in again, bringing the energy from the Oneness pendant into your heart area and hold it there for a second or two, then breathe out again and see the energy run back down to the base of the spine.

Repeat this process 3 times

You are now ready to do the 24 circulations of opening the star gate.

As you breathe in, visualize the Golden Light from the base of your spine rising up your spine and entering your head as before, filling the entire brain behind the third eye.

As before, draw down the energy from the Golden Light sphere through the prism door, but this time when you breathe out, see the mixed energy going right down to the base of the spine instead of going into the Oneness pendant.

Repeat this process 24 times.