

The Great Cleansing and Invocation*

This meditation is a cleansing and activation meditation. It is a simple visualization that, dissolves the cloak of the Matrix, cleanses you of financial fears and burdens, and then activates your body's chakra system and pumps energy into this physical world. Practicing this meditation will help you ascend and enlighten yourself and this planet.¹

This is a powerful meditation and you can expect things to happen in your life. If you do this meditation and things begin to happen too fast, simply stop the meditation for a while in order to integrate. Finally, your intent should be the highest good for all people on this earth. Partisan religious or political intent, or intending death (e.g., earth changes), war (e.g., Armageddon), and destruction (e.g., disease, catastrophe) provide support for profane "old energy" power systems. These are not energies you want to support. Choose life always.

To practice the meditation, find a quiet place alone, use music, drums, incense, or whatever you use to trigger altered states of consciousness. Find your place of quiet peace and get centered. Sit yourself comfortably and loosely so you and your muscles are relaxed. Now you need to become still through a specific process.

At first as you sit there, you can feel your usual thoughts and emotions fleeting by. As you do this, visualize (i.e., notice) the chains of the financial system around you. Visualize the cloak of the Matrix as a real cloak draped over you. Now, as you visualize the cloak and the change, you see a connection plugging you into the Matrix. Feel the weight from the chains of debt, of mortgages, and of your financial burdens hanging on you, weighing your mind and body down. This is the Matrix of your "normal" world and is siphons your energy (money) away from you with every breath you take.

Now that you have an image of the Matrix, move inside. Begin with your breathing. Take a deep breath through your nose, hold it for five seconds to let the life energy transfer into you, and let it out through your mouth. As you do this, visualize little energy nodules all around your body. As you breathe in, these sparkling little energy nodules enter in to your body and energize it.

Breathe in; absorb the energy from all around you, breath out. Do this a few more times and then breathe normally. Now become still. As you breathe slowly, the world around you begins to disappear as you focus more and more on your breathing and the silence around you.

Say to yourself or out loud,

I now decree all my darkness and doubt dispelled.

I declare an end to my chains of bondage.

I declare that money and abundance come to me easily.

I declare an end to my chains of financial insecurity.

I declare an end to my anxiety and fears.

I declare a new path of enlightenment.

I unplug myself from the Matrix.

I take off my cloak without fear.

From this day forward, I decree that Love rules the Universe.

As you focus on your breath, become still and draw your attention within. Visualize the chains and the connections that have bound you to the Matrix dissolving and disappearing. Feel these connections drop away. Focus on your current moment, nothing else. There is no cloak. The chains are gone. The connection is severed. Consciously remove any thought or disturbance from the outside. Feel the stillness.

As the chains of your previous existence disappear you feel a power rising within you. Repeat in your mind, "I am

free, I am Me, I take back my power, I am in control.”

As you repeat this, visualize the power slowly growing stronger as you breathe in. Expanding with the power with every breath out.

Now, visualize a radiant ball of energy expanding from your heart and feel it grow brighter and brighter with every breath. It expands to encompass your body. You are within the ball. Nothing else exists except you and the feeling of golden energy as your breath. You are one with Spirit.

Now you are cleansed, energized and completely within. Breathe softly and feel your power for a few minutes.

Now, visualize each of your seven chakras opening and then bursting into balls of searing white-hot multidimensional fire.² Visualize the total illumination of your own life as the brilliant light of creation bursts through your energy system and spreads out from you in golden waves of energy.

Visualize the total illumination of this planet as the light of consciousness and the energy of creation bursts through millions of activated chakra systems on every continent of this earth.

Visualize this entire physical dimension exploding in a flash of energy and spiritual light that, despite its intensity, does not destroy but uplifts all life.

As you sit quietly, totally within you, know that you control the intensity of the flame. Know that as you practice this meditation, you can allow the flames to grow and expand until you, your life, this planet, and the entire universe are engulfed in the brilliant light of creation.

Now, activate your Kundalini.

Make the connection.

Visualize your crown chakra at the top of your skull exploding as a stream of dazzling white light flashes up into the rarified realms of consciousness and down into your heart (God) center.

Visualize your root chakra at the base of your spine exploding as a stream of dazzling white light flashes up into your heart chakra and down into the expectant ground of the earth (Gaia).

Visualize your heart chakra expanding with the influx of crown and root energy.

Feel the power.

Feel the glory.

Feel the joy.

Now, visualize the consciousness of God bursting through your heart chakra. Even the energy and light of a single individual is enough to reach all corners of this globe and all corners of the universe. You are that powerful.

As you feel the joy, know that you have chosen eternal life, the Divine Plan, and the descent of God Consciousness into physicality.

Know that this is what you have worked so hard to achieve. Feel a strong passion of gratitude to be shown the PATH.

Now choose a power word or mantra and repeat this word to yourself and Spirit three times. Know that this word when stated anytime in your conscious world instantly brings you to this place of power, glory and joy.

Now listen quietly to Spirit. You are totally within. There is only you and Spirit. As you bathe in the warm power, listen for a few minutes.

Slowly bring yourself back into normal consciousness at each breath. Each breath brings you closer and closer to your normal state with no thoughts of the Matrix. Slowly emerge from the inside to the outside.

Now feel the warmth in your physical body and let that feeling expand and continue to grow.

² For assistance with chakra visualizations, please see http://www.michaelsharp.org/meditations/great_invocation_spoken.html

Cherish it.

In the days and weeks ahead, feel this light of Spirit and the power of Creation flood through your energy system and begin to reconfigure the 3D world around you. Whenever you feel any weight of life's Matrix around you, use your power word to instantly recall the energy of your own freedom.

As you practice this meditation you're ability to shut out the outside world and capture the power and energy within will grow. As you practice, the sensations of energy, joy and a new power will grow. You have now stepped onto a path that takes you back to your knowledge, power, and glorious divinity. Love, abundance, prosperity, and spiritual ascension are your birthrights. Walk this path with pride and without fear.

Welcome home!