

The Unified Pathway To Light



Volume 4

Monimo Light

Love Inspiration & Maitri Foundation

The Love Inspiration Ascension Pathway - Phase I - Ebook 4U

THE UNIFIED PATHWAY TO LIGHT
VOLUME 4 - MONIMO LIGHT



Love Inspiration

Learn • Heal • Awaken

WITH LOVE,
FOR THE BENEFIT OF ALL



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The Love Inspiration Ascension Pathway

Phase I : Steps 1 - 7

STEPS	CONSCIOUSNESS LEVEL	EBOOKS	LINK
Phase I			
Step 1 - The Ascension Pathway	Moving towards The New Love Consciousness	Ebooks 1 - 8 (TUPTL = 9 ebooks, PTL = 8 ebooks)	<div> The Unified Pathway To Light <ul style="list-style-type: none"> • <i>The Unified Pathway To Light: Volumes 1-4 + Master</i> [Ebooks 1U, 2U, 3U, 4U, 4.1U] • <i>The Unified Pathway To Transcending The Light: Volumes 1-4</i> [Ebooks 5U, 6U, 7U, 8U] </div> <hr/> <div> Pathway To Light <ul style="list-style-type: none"> • <i>Pathway To Light</i> [Ebooks 1P - 8P] </div>
Step 2 - The Ascended Pathway	The New Love Consciousness & The New Truth Consciousness	Ebooks 9 - 18 (10 ebooks)	<ul style="list-style-type: none"> • <i>Blue Light: Volumes 1-4</i> [Ebooks 9 - 12] • <i>Ascended Pathway</i> [Ebooks 13 - 18]
Step 3 - The Crystal Pathway	The New Crystal Consciousness	Ebooks 19 - 28 (10 ebooks)	<ul style="list-style-type: none"> • <i>A Crystal Ascension: Volumes I-X</i>
Step 4 - The Diamond Pathway	The New Diamond Consciousness	Ebooks 29 - 36 (8 ebooks)	<ul style="list-style-type: none"> • <i>A Diamond Ascension: Volumes 1-8</i>
Step 5 - The Emerald Pathway	The New Emerald Consciousness	Ebooks 37 - 41 (5 ebooks)	<ul style="list-style-type: none"> • <i>The Emerald Awakening: Suites 1-4</i>
Step 6 - The Golden-White Light Pathway	The New Golden Consciousness & The New White Light Consciousness	Ebooks 42 - 49 (8 ebooks)	<ul style="list-style-type: none"> • <i>Golden Divinity: Volumes 1-3</i> [Ebooks 42 - 44] • <i>White Light Wisdom: Volumes 4-8</i> [Ebooks 45 - 49]
Step 7 - The Grand Ascension Pathway	The Grand New Golden Consciousness	Ebooks 50 - 56 (7 ebooks)	<ul style="list-style-type: none"> • <i>The Grand New Golden Journey: Volumes 1&2</i> [Ebooks 50 - 51] • <i>The Grand New Silver Journey: Volumes 3&4</i> [Ebooks 52 & 53] • <i>The Grand New White-Wisdom Journey: Volumes 5-7</i> [Ebooks 54-56]
Welcome to Phase II and The Maitri Levels of Consciousness!			

Prerequisites For This Ebook



Welcome!

Please ensure that before you begin Monimo Light you:

- 1) Have completed The Unified Pathway To Light (Volume 3).
- 2) Have waited a minimum of 3 months for your Pilgrimage journey.
- 3) Have activated (unlocked) the Monimo Light energies and attunements using the activation code & instructions on the next page.
- 4) Have (optionally) completed The Syon Cleanse and Maitrijusha & Maitrijusha-Ni.

*Once you have unlocked the Monimo Light energies and attunements you are ready to begin.
With love, we wish you well on your continued journey to ascension!*

Helpful Resources For This Ebook

[Sign up for free monthly Ascension Healing \(sent on the 11th of the month\)](#)

[Join the Love Inspiration Community Facebook Group](#)

[Download the Love Inspiration Handbook as an accompaniment to this ebook](#)

[Download the Ascension Pathway Insights ebook as an accompaniment to this ebook](#)

[Visit The Love Inspiration Ascension Pathway FAQ webpages](#)

[Visit our Free Music & Relaxation webpage](#)

[Accelerate Your Ascension Pathway](#)

[Sign up for an Ascension Healing Booster](#)

[Find out how you can help](#)

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THE UNIFIED PATHWAY TO LIGHT

VOLUME 4 - MONIMO LIGHT

ACTIVATING (UNLOCKING) THE MONIMO LIGHT ENERGIES:

Before opening up to these beautiful ascension energies, it is very important that you firstly activate or 'unlock' the energies & attunements in this ebook. Once this is completed, you will then be ready to begin!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The four step process is outlined below and should only take you around five minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



■ 1) Preparation:

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

■ 2) Invocation:

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



**"With infinite grace, I ask humbly and clearly to activate the
energies & attunements of the Monimo Light.
With the unique activation code 44748189 may this be so.
May this activation benefit all beings.
Thankyou, thankyou, thankyou."**

■ 3) Receiving:

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete!

■ 4) Understanding:

Once you have completed your activation, we ask that you now read through - ["Activation Codes and Prescribed Timeframes"](#). This will only take around a minute or so and will help you to receive the maximum benefits from all of these healing energies, attunements and practices. After this, you are now ready to begin opening up and receiving these beautiful ascension energies! May you enjoy these with much love & light and with an intention to benefit all beings.



THE UNIFIED PATHWAY TO LIGHT

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FOREWORD:

It is with much love and light that we welcome you to this fourth and final growth phase of The Unified Pathway To Light series - Monimo Light. For it is here, during this next 6 months or so, that there is much deep healing being received as we prepare ourselves to move into The Unified Pathway To Light Master Levels.

As the Guides explained to us, the Monimo Light healing energies will help us to remove many of our darker 'shadows'. These energies can also help us to clear away and release many types of deeply engrained impurities from within.

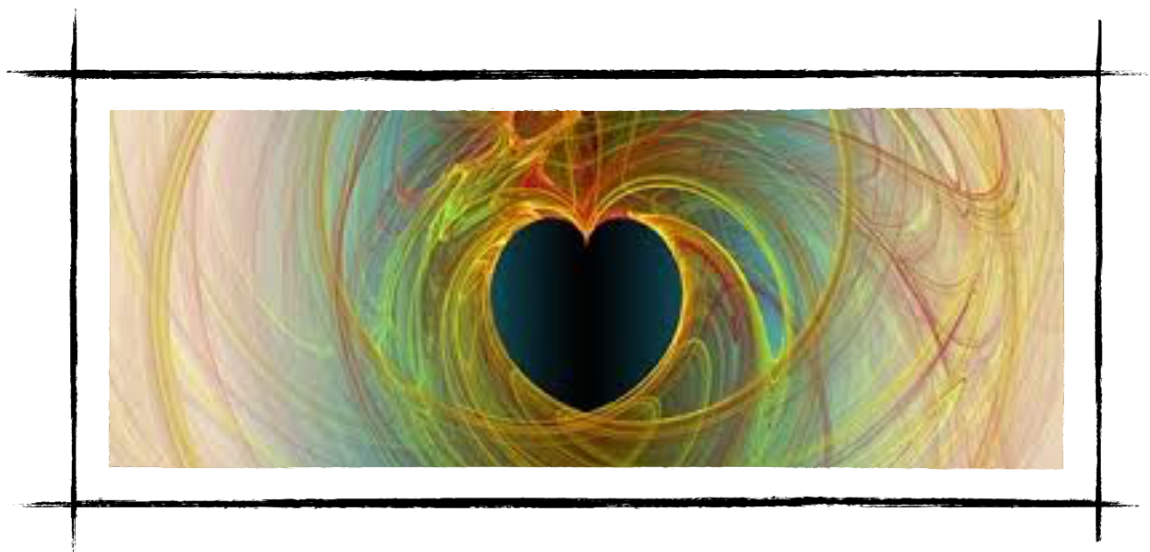
As such, these Monimo Light energies can bring about an intensification of what you may already be feeling as an ongoing healing crisis. For some of you, you may feel during this time that the Universe is perhaps squeezing you as you are being offered the wonderful 'opportunity' to let go of your egoic tendencies.

This is all part of this ascension process. It is the Universe's way of helping you to release many of your deeply engrained, old and no longer required energies from within. It can be helpful during these times to remember that the Monimo Light Guides are always looking down on you with love & support and they will always be acting in line with your highest possible good - so that you can move towards more love & light in your life.

So again, whilst this can be a challenging time, what lies ahead for you is both deeply rewarding and divinely satisfying as your energetic vibration is being guided towards very significant steps upward in vibration for the benefit of all.

We would humbly ask that you please continue to show your determination and courage throughout this last growth phase and we sincerely hope that you may receive the many fruits and pleasures which come from The Unified Pathway To Light Master Levels.

For now, please enjoy these self-healing practices here in the Monimo Light growth phase and may they help you to reach higher states of understanding, purity and love in your life - for the benefit of all!



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GET THE MOST CURRENT VERSION OF THE UNIFIED PATHWAY TO LIGHT - VOLUME 4 EBOOK!

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout your attunements if you wish, please [visit our website](http://www.loveinspiration.org.nz) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on our website will always be the most current.

AN OVERVIEW OF THIS ASCENSION PATHWAY:

In the previous overview sections, we have talked about the pathway that lies ahead as this has been an important part of the learning and motivation for moving forwards into higher energies and love.

However here, in this overview section, we now wish to talk more about the feelings that you may be experiencing as you move through this Ascension Pathway as this may help to provide you with some additional perspective and understanding about the overall ascension journey.

For some of you, this last year or so might have been filled with love, happiness and joy. You may be experiencing these new ascension energies in the most wonderful and uplifting way as you move into Higher Consciousness with all the love in the world. If this is true for you, then we are truly delighted and happy that you are enjoying these energies!

For many of you though, you may have also been experiencing these ascension based healing energies in a slightly different way. For example, you may be experiencing many kinds of healing crisis, perhaps even one after another and because of this, you might have reached a point where you are feeling a little despondent, perhaps holding thoughts that this pathway is all too difficult!

So with this in mind, we now wish to take a few moments here to share some of Marty & Gerry's experiences as they walked on their Ascension Pathway. For them, they have described this 2 - 3 year period of their lives as the most challenging by far!

This was a time where they seemed to be constantly facing feelings of anger, frustration, stress, sadness, despondence and many more challenging and difficult emotions within. This was a time where the universe seemed to be constantly pushing their buttons and somehow manifesting situations and circumstances that seemed to squeeze and push them into these states of emotional imbalance and difficulty.

During this time, they were constantly fighting with one another and indeed fighting with the world around them as many of their impurities were being brought to the surface for healing and purification. In summary, this first 3 years of the Ascension Pathway was truly one of the most difficult and challenging periods of their life, by far!

So if this sounds anything like your journey to date, we wish you to know that you are not alone and you have our deepest empathy and compassion. These challenging internal feelings, being despondent, upset, sad, angry, frustrated, stressed or worried, having the feeling that everything is being stacked against you and that everyone else seems to have it easy compared to you.

We want you to know that all of this, all of the circumstances that are surrounding you in your life at the moment, is all being divinely designed perfectly for you so that you can heal, purify and expand into higher states of love, light and purity.



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And although this may be a difficult time for you, we can lovingly suggest here that the absolutely best thing that you can do from here is to continue moving onwards and upwards on your Ascension Pathway. And we can assure you, you will indeed reach a point on this pathway where things get a lot easier as you reach a place where so much peace, love and purity can be felt within!

It is most certainly true that the ascension process does not happen in a few short months but rather, it is something which develops with time, patience and through many, many layers of healing! For Marty & Gerry, at the time of writing, having moved through the Ascension Pathway and having also completed many of the Ascended Pathway levels, they understand now that the early stages of this journey are easily the most difficult.

So with this in mind, we would like to give you some reassurance here that the pathway does get easier, slowly but surely. For now, there will still be some internal obstacles and impurities that need to be purified so that you can move into these Higher Consciousness states & feelings however moving through these - the rewards are certainly worth it!

As we mentioned to you in the previous volume, this process of ascension is akin to you clearing away many lifetimes of negative karma in only a few short years so for sure, this will always bring its challenges and difficulties!

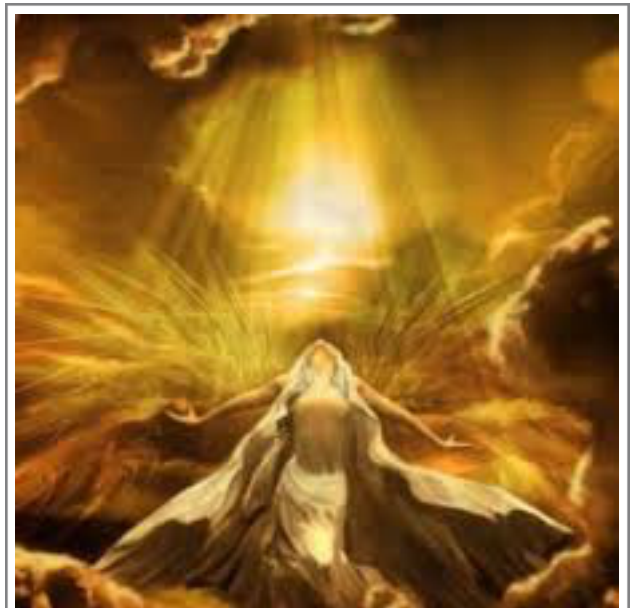
Please know though that above all, your pathway to ascension has been endorsed & ordained by Higher Consciousness. As such, this entire process is being divinely guided and you are being watched over, cared for and showered in love by so many Great Beings in every moment.

We ask here that you please take a few moments to digest this important information and remember this well, as you prepare yourself to embark on the Monimo Light. We hope that this short message has helped you to feel like you are not alone on this journey and for those of you who may be feeling despondent, these feelings do clear with time and with a continued ascension.

As we understand it, this ascension process is helping to guide you from an 'egoic' based consciousness into a 'unified' based consciousness and as such, these ascension energies will be asking the ego to let go of its control over you as you embrace this ever loving and unified part of yourself.

The ascension process will also be helping you to connect with immeasurable amounts of love, joy, happiness and peace however equally so, there will surely be times when you are guided to release and let go of old, unpleasant or unwanted energies which no longer serves you.

The more energies you release and the more you purify and heal - the more love, light and happiness you will ultimately feel in the long run. So again, if you are feeling like you are going through an incredibly difficult time at the moment, please know that there is so much light waiting for you at the end of the tunnel!



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Please find below a tabled outline of Step 1: Ascension Pathway:

Step 1: Ascension Pathway

NAME	VOLUME	EBOOK NAME	COMPLETION TIMEFRAME
The Unified Pathway To Light	1	The Celestine Series	4.5 months
	2	The Sorcebro Energy Suite	4.5 months
	3	The Pilgrimage	3 months
	4	Monimo Light	6 months
	Master	Master Level & Master Teacher Level	2 weeks

Total Completion Time for TUPTL = approx. 18.5 months

The Unified Pathway To Transcending The Light	1	The Unified Truth	6 months
	2	The Diamon Ascension	6 months
	3	A New Light	6 months
	4	Crystal Transcension	3 weeks

Total Completion Time for TUPTTTL = approx. 19 months

Total Completion Time for Step 1: Ascension Pathway = approx. 37.5months / 3years
You are then warmly invited to walk on Step 2: The Ascended Pathway



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AN OVERVIEW OF THE UNIFIED PATHWAY TO LIGHT:

The Unified Pathway To Light

Volumes 1 - 4

VOLUME	NAME	LEVELS	NAME	MINIMUM TIMEFRAME TO COMPLETE
One	The Celestine Series	Phase One	Celestine Reiki	Approx. 19 weeks (5 months)
		Phase Two	Prophestine Reiki	
		Phase Three	Ecliptine Light	
Two	The Sorcebro Energy Suite	Level One	Malibro	Approx. 16 weeks (4 months)
		Level Two	Corsicro	
Three	The Pilgrimage	N/A	N/A	Approx. 12 weeks (3 months)
Four	Monimo Light	Layer One	Oddicee	Approx. 27 weeks (6 months)
		Layer Two	Monnicee	
		Layer Three	Pledicee	
		Layer Four	Suricee	
		Layer Five	Pluricee	
		Layer Six	Mallicee	
Master Levels		Master Level		6 days
		Master Teacher Level		8 days

Total Time For Completion Of The Unified Pathway To Light = Approx. 18 months

Welcome to
**Monimo
Light**



Layer One:
Oddicee



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CHAPTER FOUR: MONIMO LIGHT LAYER ONE - ODDICEE

WELCOME TO MONIMO LIGHT!

It is with much love and excitement that we welcome you to this truly expansive and uplifting series of energies which is Monimo Light.

The Monimo Light is the final volume in the series of The Unified Pathway To Light and after completing these energies, you are then able to move through into the Master and Master Teacher levels of this pathway. For now however, we are delighted that you have continued your journey and have now arrived at the Layer One Oddicee teachings!

The energies in Layer One begin a deepened journey into the level of love consciousness that is being awakened in you for the benefit of all beings. It is a significant time in the evolutionary change of your awakening soul and continues to open more doorways and shine more light into the areas within you that require healing.

The Monimo Light series of six layers again compound one on top of another in order to bring about some truly deep and transformative healing. Some pathways will be more difficult than you have faced thus far, however know that you are always receiving the healing that is suited to your own best interests and your own highest good, in collaboration with the continuing rise in vibration for the benefit of all.

You are now stepping deep into a completely new level of healing and energetic change within you! Embrace it and prepare yourself for the ups and downs that healing at this level can bring. There is no sense in being a martyr, simply do what you can, when you can. And remember your intention to benefit all! Always!

So with love and divine inspired light from the many beings overlooking The Unified Pathway To Light teachings, we wish you deep insight into your true self through this Oddicee healing pathway. And of course many blessings to you for your journey!



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1. INTRODUCTION TO MONIMO LIGHT:

We again welcome you to the divine energies of the Monimo Light and wish you well in your Monimo journey!

Before we start, please ensure that you have received the [Volume 1 - Maitrijusha & Maitrijusha-Ni](#) energies and [The Syon Cleanse](#) prior to moving forwards into these Monimo energies. We have suggested this to you during The Pilgrimage ebook and it is here in Monimo Light that both sets of energies are important for you moving forwards.

For those who have not yet received the Maitrijusha & Maitrijusha-Ni and Syon Cleanse energies, please visit our website and download the ebook to begin. These teachings require a minimum of 11 days practice time and once this is completed you can return to the Monimo Light teachings.

And we are also delighted to announce here that with the completion of Monimo Light, you will be given the opportunity to become a Unified Pathway To Light Master and a Unified Pathway To Light Master Teacher! We are really excited about offering these levels with much love!

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We will be covering more about these levels a little later on (as there are some lovely healing gifts being offered at these Master Levels) but for now, let us again welcome you with much love & light to these Monimo Light teachings.

Up until this point, we have provided many different varieties of teachings and having now finished The Pilgrimage, it is likely that you have received many more types of understanding and growth through your opening up to different religions, traditions and energetic frequencies.

So it is here, during these Monimo Light teachings that we encourage you to just really be aware of any small changes that are starting to blossom within you. It is often these types of contemplative or reflective practices that are really so valuable to us as we continue to heal at a deeper level.

Throughout these layers, we humbly suggest that where possible, you take some time to look back and mull over what themes and changes have taken place in your life. What subtle understandings and knowledges do you now hold? And what things are you still holding onto which you can now start to let go of?

Perhaps you wish to contemplate on some of the recurring themes or issues which keep being raised within you or that keep popping up in your life? Relationships, emotions, insecurities, habitual tendencies etc.

And please remember to also look back and see how far you've come in this process with a loving and compassionate heart!

For many of you, you will have gained much new understanding about life, relationships, diet or perhaps a new direction in your life.

You may have already made some big changes so far in your life so again, give yourself a loving pat on the back for all the hard work you've done so far!

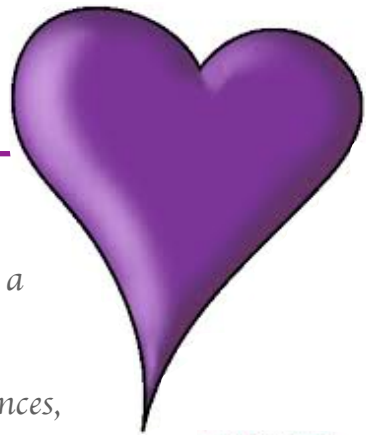


Ok, so moving back now into the Monimo Light teachings and as we were told by the Guides, Monimo Light is **“the light that joins two”** - more on this in the below introduction from our Guides.

“Mon” = two

“Mo” = joins

The following introduction was received directly from the Guides and helps to explain the general principles and purposes of the Monimo Light:



“The Monimo Series of Light teachings, energies and attunements provide the expansion required for individuals to open to their truest pathways. Like a meandering river with tributaries, there are many branching streams or “alleyways” available to us on our journey; each bringing different experiences, different ups and different downs.

Sometimes in our life we are diverted down one of these side ‘alleys’ in order to pick up or learn something new about ourselves - something that will help to serve the greater good as we move forward, back into the main flow of our life path again.

The Monimo Light is a series of such alleyways, or side alleys that have been set up or initiated in order to bring about the most intricately detailed experiences for your benefit on this journey - and also for those around you.

As a collective consciousness, the more people who are able to walk through theses sometimes darkest of alleys - confronting their innermost and deepest fears and hurts, the more our collective love light grows. Each piece of fear or darkness that is healed from within you, has the potential to exponentially affect the human race and all beings in all dimensions in a subtle, yet profound way.

There is no moving forwards without first unlatching or unhooking the ties and hurts from the past. And these may come in many, many forms. You will be guided through this series of teachings to uncover more and more about yourself through the process of unconditional love. Allow it to be.

The layer that joins “two” refers in part to the actions taken beforehand and how they will be greeted or joined by the actions that take place afterwards. The reference point being your own conclusion here. In simple terms, the allowance for you to grow past the old you, allows the new you to blossom - and it is through the Monimo Light layers that this will indeed occur.

You are effectively joining all the dots together - all the new pieces of yourself that you have been gathering during all of the energy exchanges that have taken place. However in order for the “new dots” or pieces of yourself to be fully joined and integrated within you, the old unrequired parts must be unveiled and released with love.

This is the intrinsic part of the process and is why you may feel rounds of complete unfulfillment, hurt, anger and deeper suffering than previously experienced. The river tributaries are “doing their thing”, bringing you in touch with those deepest unrequired parts of yourself that need healing. All in order to bring about a higher level of unconditional love for yourself and to raise the vibration of the collective love consciousness. The work here is paramount, difficult and challenging.

You may wish to do whatever it is that helps you through this time period. Reciting mantras, the love scrolls, performing offerings and purification practices, yoga and healing practices, reading, dancing, singing - whatever works for you. Realise that you are facing many parts of yourself that have been hidden or buried after much hurt; parts that may have not ever received love. This is challenging. But know that love will heal and cure all. Always.



Our words to you for this invigorating first layer of the Monimo Light is to not worry about the “joining of dots” aspect (as this is something which occurs in the conscious mind); we ask that you instead open to a deeper level of your unawakened consciousness by simply allowing the energies to flow.

This includes the new energies flowing in through the symbols, but also very importantly the OLD energies flowing out or being released. The more you are able to release the old parts of yourself, the easier the process will be. The more clinging or attachment you have to past pieces of yourself, the more suffering you will endure.

“I open and release with love.”

The Monimo Light will continue over several layers with each layer diverting the course of flow into a different area of your healing journey. Each layer will most likely, although not always, follow or maintain a theme of healing. As healing occurs in layers, you may find that similar issues are stored on top of each other and thus we peel through many layers of the “onion” to reach the core.

Know that your work is being watched, helped and divinely guided with an incredible amount of attention, love and consciousness - for the benefit of the absolute all.

Go safely on your journey and remember to float downstream; there is no need for strain. You are being guided to where you need to go, with love.

Surrender and release all that is holding you.”

~Zherrion



2. INTRODUCING THE DIFFERENT LAYERS OF MONIMO LIGHT:

The Monimo Light consists of 18 attunements given over a period of approximately 6 months. These are given over six different levels or layers. Within each layer, there are 3 parts. This format is more or less consistent right the way through these Monimo Light teachings.

In the first five layers, each ‘part’ can be completed within 7 days, therefore 3 parts x 7 days = 21 days minimum to complete each layer. Add to this the prescribed [rest period](#) of 11 days after you finish the third part and this gives you a total of around 32 days to complete each of the five layers. The sixth layer is similar in that it has three parts, but the number of days are different, totalling 29 instead of 32.

In total, this gives you around 6 months to complete these Monimo Light teachings.

So for example, this first layer of Oddicee can be completed within a minimum of 32 days as follows:

- ✱ Part A - 7 days
- ✱ Part B - 7 days
- ✱ Part C - 7 days
- ✱ 11 days rest, then Layer Two begins

The Monimo Light Summary Table on the next page will explain this more clearly.

In addition to these 'parts', we have also received an additional series of Love Scrolls throughout these Monimo Light teachings! This was quite a surprise to Marty and Gerry, as they thought there were only thirteen, but they are now delighted that an additional 18 scrolls have been downloaded, of which the first six (Love Scrolls 14 - 19) will be provided at this first layer of Monimo Light.

The Love Scrolls provide you with some "food for thought" whilst going through your healing and purification and as mentioned previously, they are not rules and regulations but more gentle guidelines of thought-provoking messages to help you on your pathway. As Love Scroll Thirty-One explains:

"The Scrolls of The New Love Consciousness are always intended as guides or 'lights in the darkness'. They are not prescribed remedies for specific ailments nor are they 'by the book rules'. They are to stimulate the love consciousness within you to grow and expand further for the benefit of the entire collective consciousness. Treat them as such."



During these first two layers, the Guides have suggested that you read through scrolls 14 - 20 (provided in [Appendix 1](#) of this ebook) on a regular basis. It was explained that by repeating these, reciting them or contemplating on their meaning can help us to bring more 'higher understanding' into our life.

It has been Marty and Gerry's own personal experiences that by reading through the scrolls, they were better able to bring awareness and meaning to the issues that they were facing at the time. It is their belief that these scrolls are here to help us all on this pathway, to help us evolve and bring understanding to what is going on around us.

As always, please trust in your intuition and read the scrolls as you feel necessary for you. Again, the Guides have suggested that regular reciting or reading may be beneficial to your healing and growth - particularly for those of you moving through difficult healing issues.

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3. MONIMO LIGHT SUMMARY TABLE:

Please find below a table of information on the 6 Monimo Light layers:

Layer	Name	Part	Name	Next Attunement TimeFrame (from previous level)	Approx. Time To Complete
1	Oddicee	A	Ipee	After completion of Chapter 3 - The Pilgrimage and a minimum of three months from the completion of the 21 day practice in the Odonite Sequel.	32 days
		B	Honchee	7 days after day one of Ipee	
		C	Scree	7 days after day one of Honchee	
2	Monnicee	A	Pulchowk	11 days rest after the completion of Scree	32 days
		B	Analchowk	7 days after day one of Pulchowk	
		C	Slorchowk	7 days after day one of Analchowk	
3	Pledicee	A	Hiroshiam	11 days rest after the completion of Slorchowk	32 days
		B	Blushiam	7 days after day one of Hiroshiam	
		C	Aniam	7 days after day one of Aniam	
4	Suricee	A	Heliktite	11 days rest after the completion of Aniam	32 days
		B	Briliktite	7 days after day one of Heliktite	
		C	Ioniktite	7 days after day one of Briliktite	
5	Pluricee	A	Hiroshi	11 days rest after the completion of Ioniktite	32 days
		B	Bikrishi	7 days after day one of Hiroshi	
		C	Urashi	7 days after day one of Bikrishi	
6	Mallicee	A	Gelome, Penome, Quiome	11 days rest after the completion of Urashi	29 days
		B	Quiome, Gelome, Penome	6 days after day one of Part A	
		C	Quantiome	6 days after day one of Part B	

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4. LAYER ONE - ODDICEE:

An outline of Layer One Oddicee is detailed below, including the three parts Ipee, Honchee and Scree, followed by the [rest period](#) of eleven days.

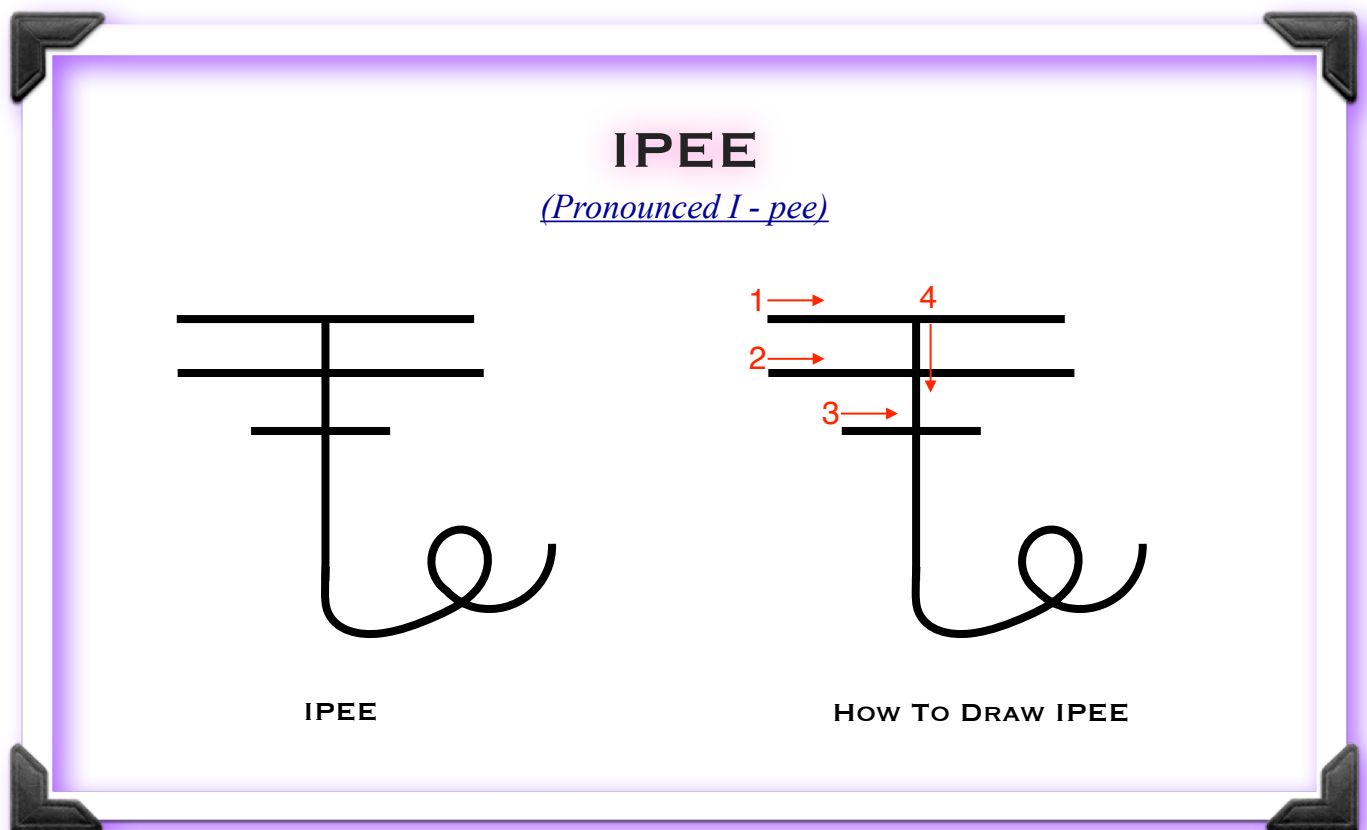
Layer One: ODDICEE		
Day	Part	Symbol
1	PART A - IPEE	Ipee
2		Ipee
3		Ipee
4		Ipee
5		Rest
6		Rest
7		Rest
8	PART B - HONCHEE	Honchee
9		Honchee
10		Honchee
11		Honchee
12		Rest
13		Rest
14		Rest
15	PART C - SCREE	Scree
16		Scree
17		Scree
18		Scree
19		Rest
20		Rest
21		Rest
11 days rest (Days 22 - 32)		

PART A: IPEE:

NOTE: Before you begin the Monimo Light, please ensure that you have activated (unlocked) these energies & attunements prior to commencing. The activation / unlocking process is a simple 5 minute process which unlocks the energies and gives you access to them. Once you have unlocked the energies, this means that you have activated all the Monimo Light energies & attunements specifically for you.

You are therefore then ready to continue your Monimo journey by working through this ebook, at your own pace and receiving the energies as you feel guided. If you have not yet activated / unlocked the Monimo Light energies & attunements for yourself, you may do this by following the instructions on Page III of this ebook.

When you feel ready to start, after activating the energies for this ebook, on days 1 - 4, place the symbol Ipee (below) into your Solar Plexus Chakra 2-3 times per day for four consecutive days. As you place this symbol into your solar plexus, please then just allow yourself to open up and receive these energies for around 5 minutes. After this, please allow yourself to rest for three days whilst the energies settle into your consciousness before moving onto Part B.



Additional information:

On the first activation of the symbol Ipee, Gerry felt like the symbol itself was a key-code of sorts, because once initiated it activated a phenomenal sequence of thousands of energies, all forming into a specific sequence within a spiral of energy. This spiral of energy appeared like a tornado and moved ferociously into the Solar Plexus Chakra where it then dispersed both up & down the central channel.

PART B: HONCHEE

The following small piece of information was received with the Part B symbol 'Honchee':



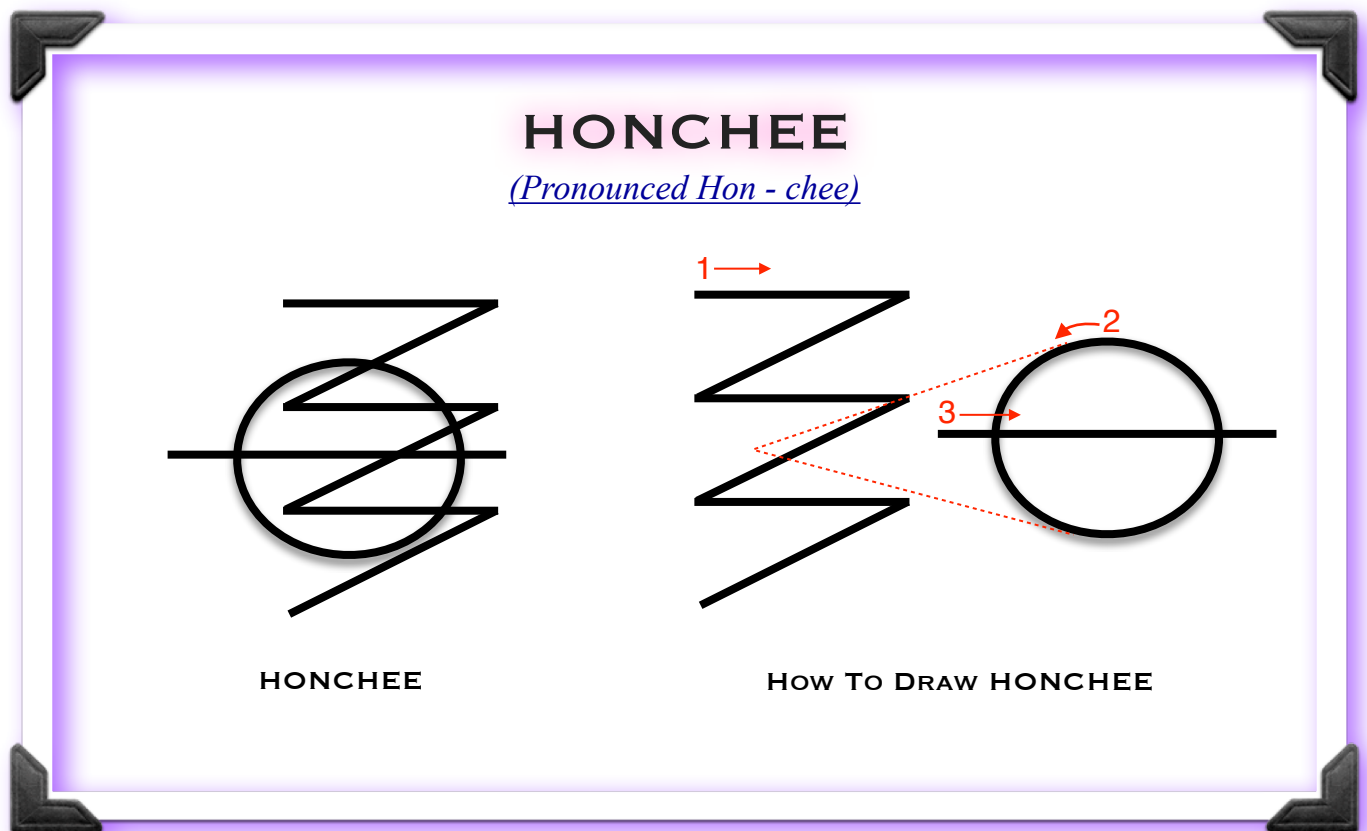
"Soothing.
"Many loose ends are tied up in this ending segment of
energies. This is all you should know.
Continue on."



With light, ~ Apachee

Place the symbol Honchee (below) into the Crown Chakra and open up to receiving these energies for 10 minutes, then place the symbol into the Heart Chakra and again, open up to receive these energies for 10 minutes.

Please repeat this practice twice each day for four consecutive days. Then [rest for three days](#) before moving onto Part C.

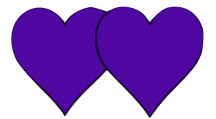


PART C: SCREE

Here is the information that came with this symbol:

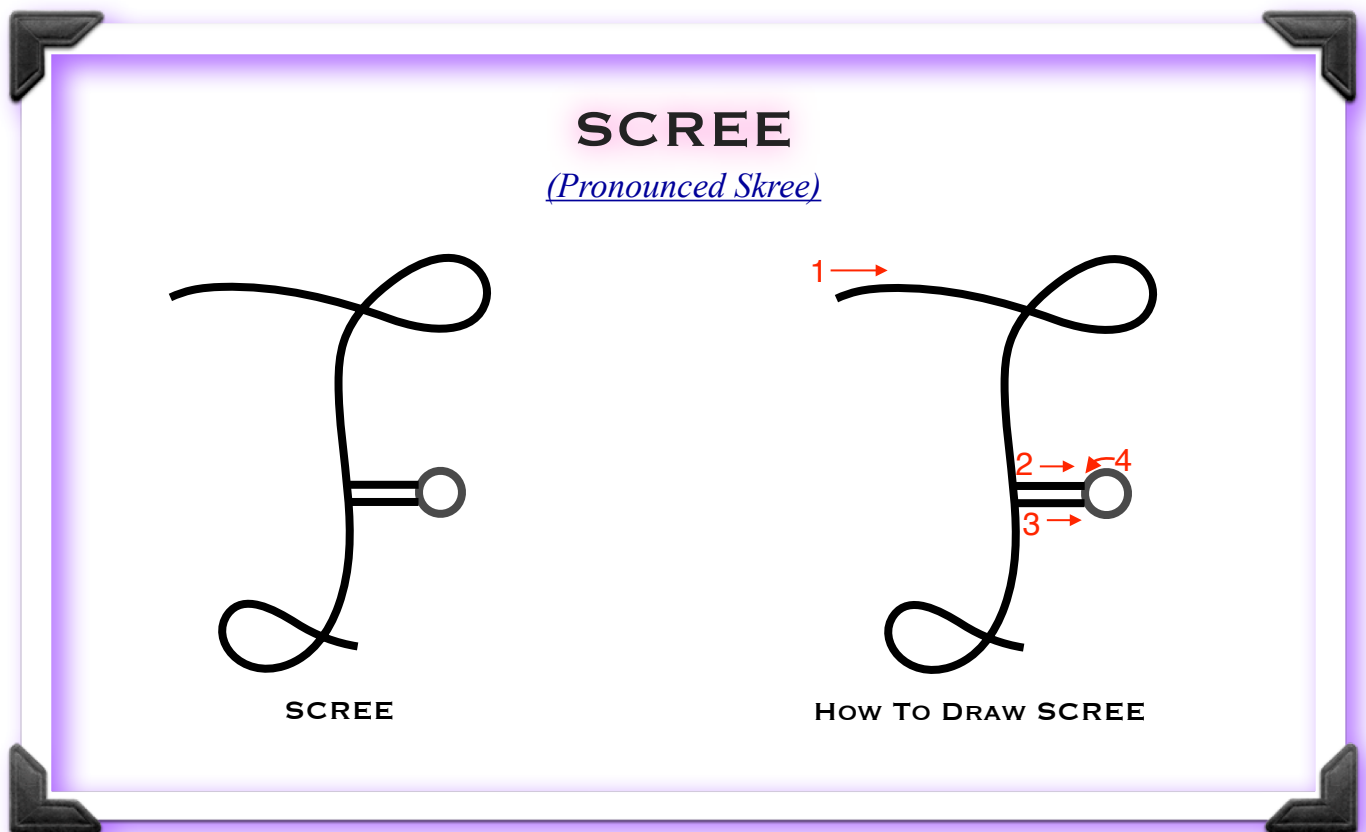
“Opening and expanding further doorways, we are stepping more deeply and availably into the energetic frequencies of a peaceful existence. Scree symbol is specifically pronounced in clearing obstacles and raising the energetic bar to that of fulfilment - engaging our own truth to unify with our pathway and bring about a love filled existence for the benefit of all.”

Place the symbol Scree:



- ★ into the Third Eye Chakra and then receive the energies for 3 minutes
- ★ into the Heart Chakra and then receive the energies for 3 minutes
- ★ into the Sacral Chakra and then receive the energies for 5 minutes
- ★ and then over the whole body and receive the energies for 3 - 5 minutes.

You may wish to 'tap in' the symbol 3 times and then just open up to receiving the energies for 3 - 5 minutes each time. Please repeat this practice 2-3 times per day for four consecutive days. Then [rest for eleven days](#) before beginning Layer Two.



5. A REMINDER ON THE ART OF OFFERING:

Now that we are commencing very high levels of healing and expanded growth, it is a wonderful time to humbly encourage you to make an offering in whichever form you wish for these Monimo Light energies.

As our guides explained to us, an offering shows a sign of commitment to, and respect for, the teachings and energies that are being received. And as you can again read from the below message, it also helps us to purify and heal at a deeper level as we move through these energies.

As always, it is the intention behind an offering that is so important, rather than the actual thing or amount being given. For example, even a small offering given with the deep intention to benefit all will help to bring about a wonderful inflow of energy for your healing pathway into these higher levels of consciousness.

In simple terms, each loving, kind or generous action we do allows us to clear away more of our karma and therefore improve our own karmic circumstances. As the Guides explain:



“This is as it is in the law of Karma; when one opens to giving, then one shall receive in direct line with what is intended and what is offered. The size of the offering is not as important as the intention behind it, however it should be noted that an offering is also a volume that is representative of what you are able to give.

Offering plays an important role in the retribution of karmic circumstances and it is these circumstances that encompass the volume of energies you are able to receive. We do not wish these words to sound threatening or to be misunderstood, however it is important to understand the karmic scale and the energies associated with it.

When we offer anything, be it love, wisdom, charity, physical items or service, we are making an offering as purification for our own karmic circumstances. This of course, is not the entire reason for an offering - and if you make it so then the karma is of course lessened, however it stands to reason that the more you put in, the more you get out - the more you offer, the more you receive.

It is indeed this simple. Karma does not take into account the tangled web of thinking or intended actions of the ego, but rather the purity of the heart and the non-egoic, perhaps ‘unintended’ actions. It is out of the utmost respect for, and commitment to, the benefit of all that any offering will reach its highest love potential.

In short we simply wish to determine that there is a mainstreamed understanding of cause and effect - and that offerings are indeed a simple and love filled momentum to carry you forward to higher levels of vibration. It is your choice, as always, whether to make an offering however education in this area is indeed a fundamental part of one's growth and acclimatisation towards The New Love Consciousness.

Money is an egoic form of payment; love is and will become the new means of exchange in the higher vibrations as you, and the world as you know it, reaches them. Making an offering comes from the heart. Remember this, as your ego will indeed 'kick in' and try to fight to continue it's control.

At the deepest form of healing is the relinquishment of the all-encompassing ego. This is a step-by-step process and is not something that simply happens 'over night', so please give yourself time and love as you make the transition further into the art of offering - for the benefit of all."



Overall, this is a teaching that can bring much joy, love and happiness into our life and something we hope will bring a more deepened understanding of the idea of Karma and that offerings can be a very simple and love filled way to bring momentum to your journey towards the light.

As always, it is your choice whether you wish to make an offering here as part of your onward healing journey and we hope that should you choose to do so, any offering made is given from your heart and with love. Please be sure to set your intention to benefit all prior to making any offering.

What a wonderful place our world will be to live when we all learn the positive benefits that offering and love can bring into our life. May we all learn to relinquish our egoic tendencies as we embrace the art of offering with love, light and gratitude for the benefit of all.



Key points for offering:

- ♥ **Intention** - offer sincerely, with love and always for the benefit of all.
- ♥ **Volume (Amount)** - offer what you can without egoic control (if the ego starts fighting the volume or what you are giving, then this is a good indicator or reference point for you. It is a sign that your ego is weakening and your love centre is strengthening).
- ♥ **Compassion** - remember there are always those less-fortunate than yourself. Offering is a wonderful way to reduce your ego and expand more love.
- ♥ **Progress** - offering is a progressional art form - start by offering different amounts and (different things if you wish) and see how it feels. Then challenge yourself to offer more and more. Your ability to give will become easier the more you practice it - and your energetic growth will love you for it.
- ♥ **Receiving** - an often overlooked part of offering is receiving. Receive with love and stupendous gratitude, always.

6. FINAL COMMENTS:

With warmest compassion and grace, we congratulate you on completing this first layer of Monimo Light; Oddicee. The energies of the Monimo Light seem to build throughout each of the layers and help our energies to expand towards the finale which is layer six. So again, well done on completing the first stage in this epic Monimo journey!

We sincerely hope that you will continue onto the second layer of these teachings when you feel guided to do so. Layer Two of Monimo Light is called 'Monnicee', and these energies again help us to clear away more shadows and energetic debris from within. These energies can be accessed after a minimum of 11 days from completing Part C of this first layer - Scree.

May you continue to bring love & harmony to those around you and may your light shine brilliantly for the absolute and infinite benefit of all.

With love inspired blessings,

**LOVE INSPIRATION &
MAITRI FOUNDATION**



Welcome to
**Monimo
Light**



Layer Two:
Monnicee



Love Inspiration

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The Unified Pathway To Light

CHAPTER FOUR: MONIMO LIGHT LAYER TWO - MONNICEE

WELCOME TO LAYER TWO!

It is with love & light that we welcome you to these new energies of Monnicee! Armed with your understanding of purification and healing, we hope that you are ready to again clear away more shadows and darkness so that you can move closer towards purity and light.

You will notice here that the format for receiving these second layer energies is very similar to Layer One and we will again be working with symbols to do our vibrational uplift / healing work.

Just like in The Sorcebro Energy Suite, as you connect with each symbol these energies are being absorbed into your consciousness to help you heal at a deeper layer. This helps us on our journey towards expansiveness and unification.

We hope this new layer will help you move forwards in the best possible way and please remember that you are always being watched over, cared for and showered in love throughout this very intensive healing process.

The earth, her inhabitants and all beings are incredibly grateful for the intensive and sometimes difficult work you are doing to raise your vibration and that of all beings also. Thankyou!

*May you walk with light and an open heart
into Monnicee for the benefit of all!*



THE UNIFIED PATHWAY TO LIGHT
VOLUME 4 - MONIMO LIGHT

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1. INTRODUCTION TO LAYER TWO - MONNICEE:

During this second layer, there are again three parts with each part taking approximately 7 days to complete. At the conclusion of this, there will also be a prescribed resting period of 11 days to allow these energies to more deeply settle into your consciousness. In total, this third layer can be completed within a minimum of 32 days as follows:

- ♥ Part A - 7 days
- ♥ Part B - 7 days
- ♥ Part C - 7 days
- ♥ 11 days rest, then Layer Three begins

This is outlined in more detail in the Layer Two table below.

THE UNIFIED PATHWAY TO LIGHT
VOLUME 4 - MONIMO LIGHT

2. LAYER TWO - MONNICEE:

Layer Two: MONNICEE		
Day	Part	Symbol
1	PART A - Pulchowk	Pulchowk
2		Pulchowk
3		Pulchowk
4		Pulchowk
5		Rest
6		Rest
7		Rest
8	PART B - Analchowk	Analchowk
9		Analchowk
10		Analchowk
11		Analchowk
12		Rest
13		Rest
14		Rest
15	PART C - Slorchowk	Slorchowk
16		Slorchowk
17		Slorchowk
18		Slorchowk
19		Rest
20		Rest
21		Rest
11 days rest (Days 22 - 32)		

THE UNIFIED PATHWAY TO LIGHT
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PART A: PULCHOWK:

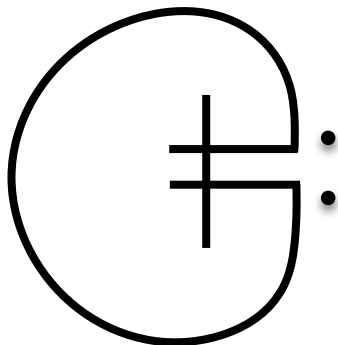
Place the symbol Pulchowk (below) into the top of the forehead (i.e. at the hairline) and receive these healing energies for around 17 minutes. This is to be done twice per day for four consecutive days. After this, please take a rest for three days before moving onto Part B.

IMPORTANT REMINDER: When you activated the energies for this ebook (on Page III), this has activated all of the energies and attunements for the entire ebook. Therefore, you can simply follow along with the below instructions to receive these energies with love!

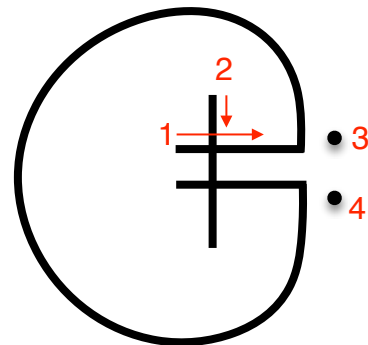


PULCHOWK

(Pronounced Pull - chok)



PULCHOWK

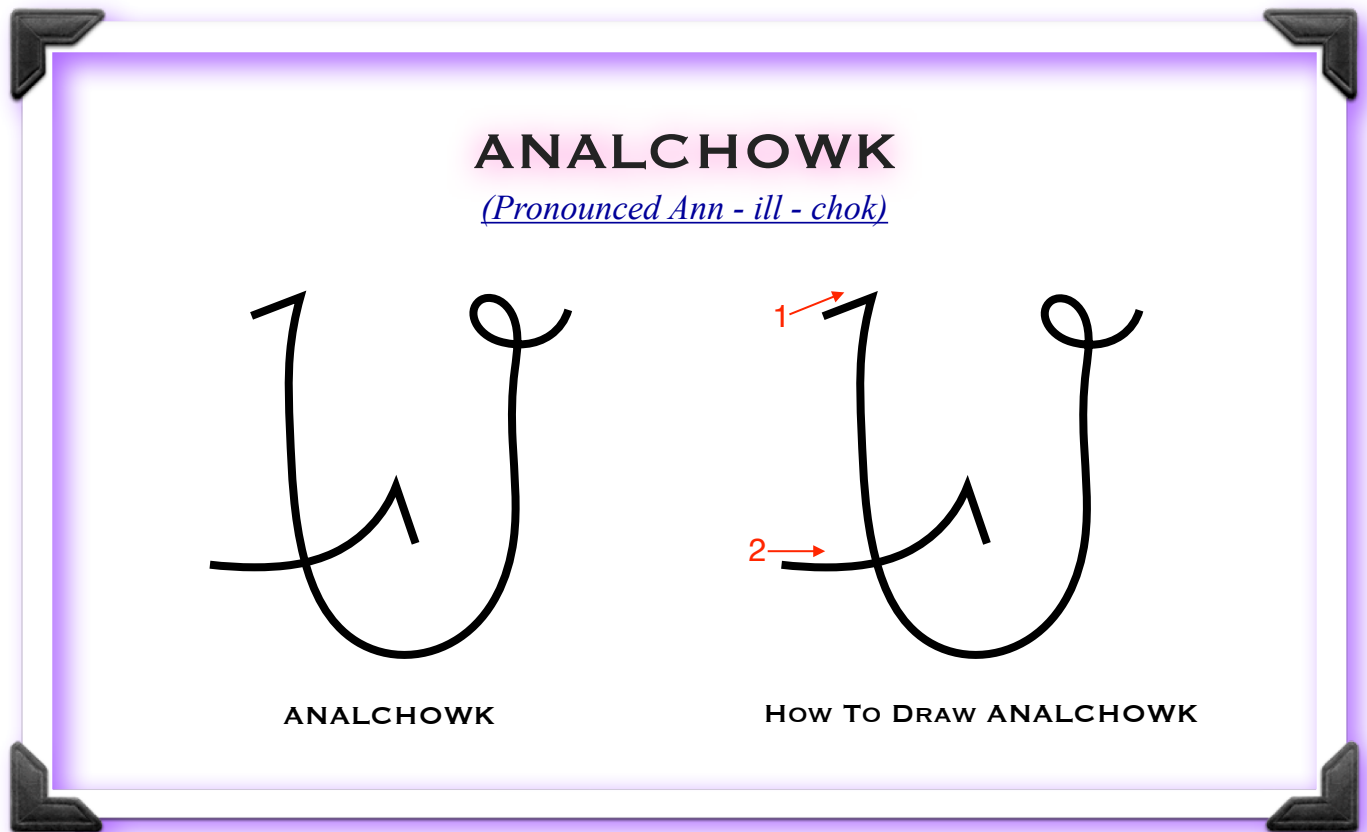


How To Draw PULCHOWK



PART B: ANALCHOWK:

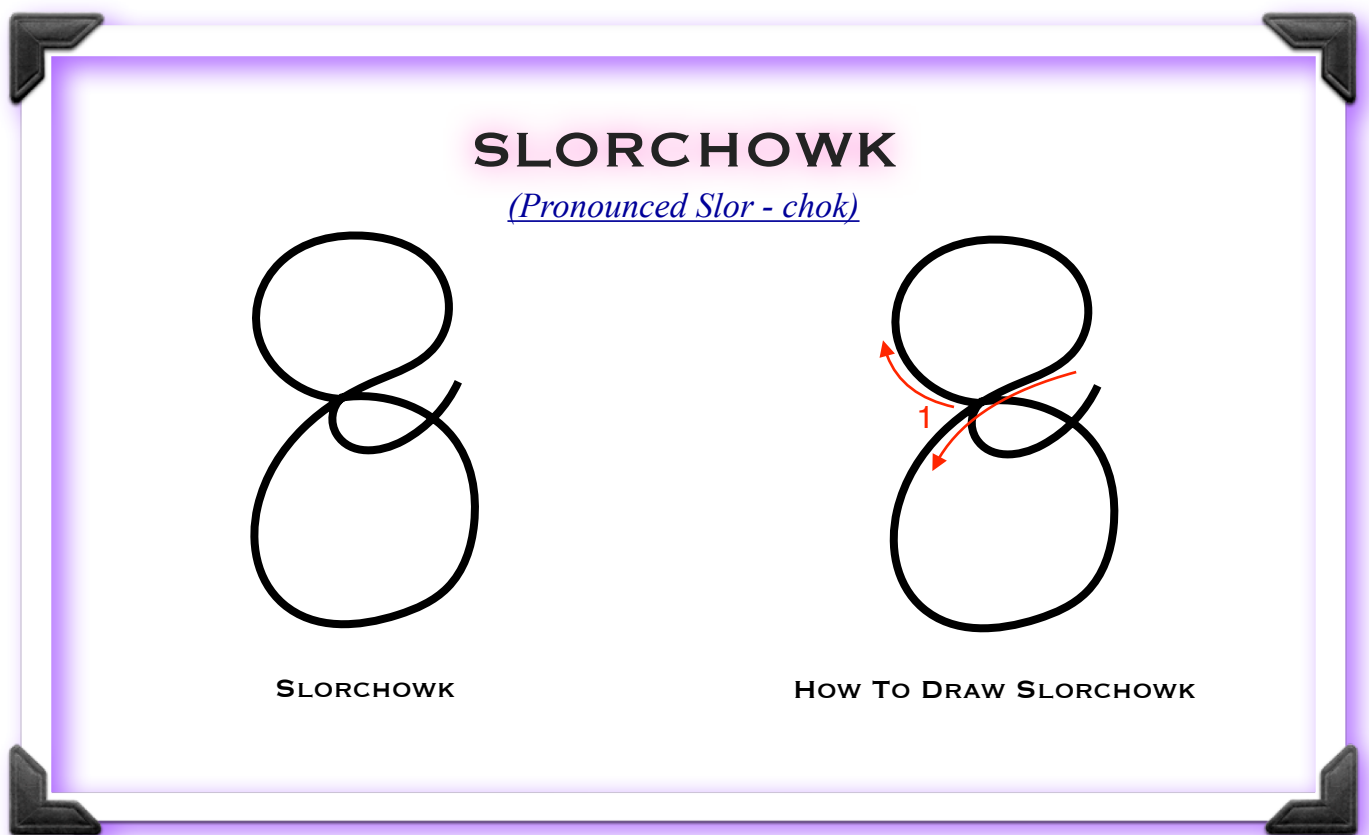
Place the symbol Analchowk (below) into the Heart Chakra and rest for 22 minutes. You may wish to tap in the symbol three times or you may wish to tap in the symbol for a few minutes until you can more deeply feel the energetic vibration. Please repeat this process 2-3 times per day for four consecutive days. After this, please [rest for three days](#) to allow the energies to settle before beginning Part C.



PART C: SLORCHOWK:

As Marty and Gerry were told, this symbol targets “imbalances” within us, particularly those that have been opened during these Layer Two attunements.

Place the symbol Slorchowk (below) into the Heart Chakra and rest for 8 minutes. Again, you may wish to tap this symbol in 3 times or as you wish to connect with these energies. This only needs to be done once per day, for four consecutive days and then please [rest for eleven days](#) before beginning Layer Three.



3. AN ADDITIONAL NOTE ON INTERCONNECTED HEALING:

As previously mentioned during the Sorcebro Energy Suite, when Marty and Gerry progressed through these Monimo Light levels they received the understanding that more energies can be unlocked and healed within a person if the people near to them are also undergoing healing and taking the attunements.

For example, if you have a blockage related to an issue with a parent or a sibling, then in some cases that blockage may only be completely healed if that parent or sibling is also able to release these healing energies from within them.

Perhaps there are some deep hurts triggered by your upbringing, family or friends. Perhaps there is some healing to be done within this other person also which will help you to move forwards and heal this at a deeper layer.

Although this is not always the case, sometimes, particularly with very deep issues, the healing is more robustly encompassed when the healing comes from different angles and through all people involved in that issue. This is something to bear in mind as you accelerate through the attunements and the layers of healing.

In addition to this, from a compassionate point of view, it can also be a wonderful way to share healing energies with others to help them on their journey too. We are all inter-connected! Perhaps work colleagues, friends, acquaintances etc. May we all reach wonderful and beautiful states of happiness in our life!

So please, if you think that The Unified Pathway To Light healing energies may help anyone else that you know, please feel free to introduce them to Love Inspiration and our teachings.

And please continue to use these energies, sending them to where they are needed for the benefit of all!



4. FINAL COMMENTS:

It is again with much love that we congratulate you on moving through yet another layer of the Monimo Light healing energies. The next part of these teachings will be Layer Three - Pledicee, and this can be started after approximately 11 days from the completion of the Slorchowk practices.

During Layer Three, we will be introducing a series of **audio meditations** in addition to the symbol practices. These meditations 'came through' with the teachings and help to bring a series of divine healing gifts into our energy during this important third layer.

If you wish to, we would recommend that during your [rest period](#) before commencing the Layer Three attunements, you look through the Layer Three information to make sure that you are able to open and/or download these audio files successfully.



We will be discussing this in Layer Three in more detail and accessing these meditation files should be very simple, so even if you are someone who is not very computer savvy, then please don't worry. (And remember that the [Love Inspiration Community Facebook Group](#) is also available to help answer any questions and offer any assistance should you require it).

Note also that in addition to the audio versions of these meditations, there is also a transcription of each meditation in [Appendix 4](#). As the meditations are 'guided' meditations, it is likely that you will find the audio meditations easier to work with, however due to the poor quality of the recordings the transcribed text has been added into Appendix 4 in case you would prefer to do the meditations by reading instead of listening.

♦♦♦♦

We hope that you have enjoyed the beautiful energies of Monnicee and that you continue forth on your Monimo Light journey for the benefit of all.

With Love Inspired Blessings,

**LOVE INSPIRATION &
MAITRI FOUNDATION**



Welcome to
**Monimo
Light**



Layer Three:
Pledicee



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CHAPTER FOUR: MONIMO LIGHT LAYER THREE: PLEDICEE

WELCOME TO LAYER THREE - PLEDICEE!

With much love, we welcome you to this next layer of Monimo Light - Pledicee, which helps us to heal and purify more shadows and more darkness at a deeper layer as we continue to expand and grow towards the beauty and peace of one-ness.

It is here that we will also be experiencing a slight change in our practice routine as we start to introduce a series of healing meditations or energy based meditations that are offered to you in addition to the symbol practices.

Each of these divinely designed meditations help to bring something new into our consciousness and help to complement the uplifting energies of the symbols. We say 'meditations' here but really these are essentially a series of deeply healing energies, embedded into the audio meditations.

During these 30 - 40 minute meditations, we are being guided through a very peaceful and tranquil setting and are then guided towards receiving some form of an energetic upgrade or deep energetic healing.

And lastly, we do understand that from a practical perspective, the practices are now coming to a quite intensive point and that many of you will have other commitments in your life - so please just receive these teachings and healing energies at your own pace. You will always be guided on your journey forwards for your own highest good so if this means that you need to take some time off to reflect on some things, then please trust your intuition and do this.

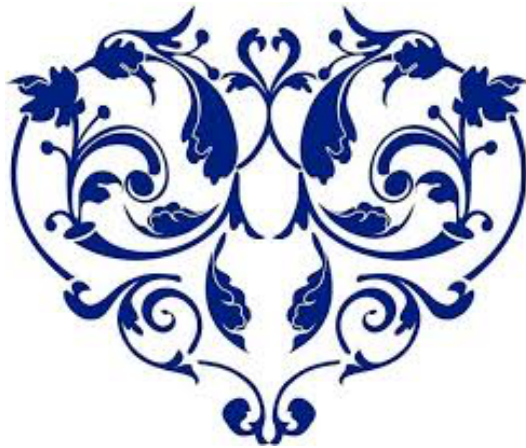
These energies are a blossoming or a beautiful unfolding of who you truly are so please always try to approach your practices with love and peace. You are doing such great work and we are really so delighted that you are still walking this journey! After all your time and energy, we continue to send you our love and support throughout this immense healing pathway!



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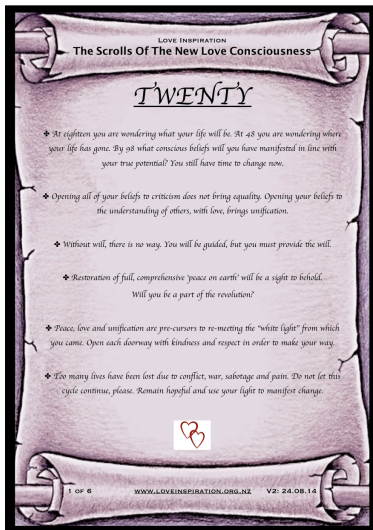


1. INTRODUCTION TO LAYER THREE - PLEDICEE:

The Layer Three format is again the same as the first two layers except that the Guides are now introducing a series of meditations or healing sessions as an added healing boost along the way. Layer Three is again separated into three parts with each part taking approximately 7 days to complete.

At the end of the three parts, there is a prescribed resting period of 11 days and as this is completed, you will be able to move forwards into the fourth layer.

- ♥ Part A - 7 days
- ♥ Part B - 7 days
- ♥ Part C - 7 days
- ♥ 11 days rest, then Layer Four begins



Love Scrolls:

At layers three and four the Guides have suggested that a new set of love scrolls be used; Love Scrolls 20 - 25. As previously mentioned, the scrolls are to be read as you feel guided to. We would recommend once per day or every second day where possible. You can find these new Love Scrolls in [Appendix 2](#) of this ebook.

May this new information help you to bring more clarity, love and understanding into your life!

Meditations:

Welcome! There are three meditations that are to be used in this layer:

Obstacle Removing Meditation - Layer Three - Part A

Rejuvenation Meditation - Layer Three - Part B

Leading Light Meditation - Layer Three - Part C

As mentioned in Layer Two, you may wish to access these meditations in advance to be sure you can play / download them before they are required. You can find the meditations on the [Monimo Light Meditations](#) webpage. On this webpage you can either listen to them directly online, or download them.

Please be sure to follow along with the meditation instructions in each section so that these meditations can bring the appropriate healing to you at the appropriate time - we hope they help you to peace, bliss and light to your inner world!

[Note: these meditations are also available transcribed in [Appendix 4](#)]



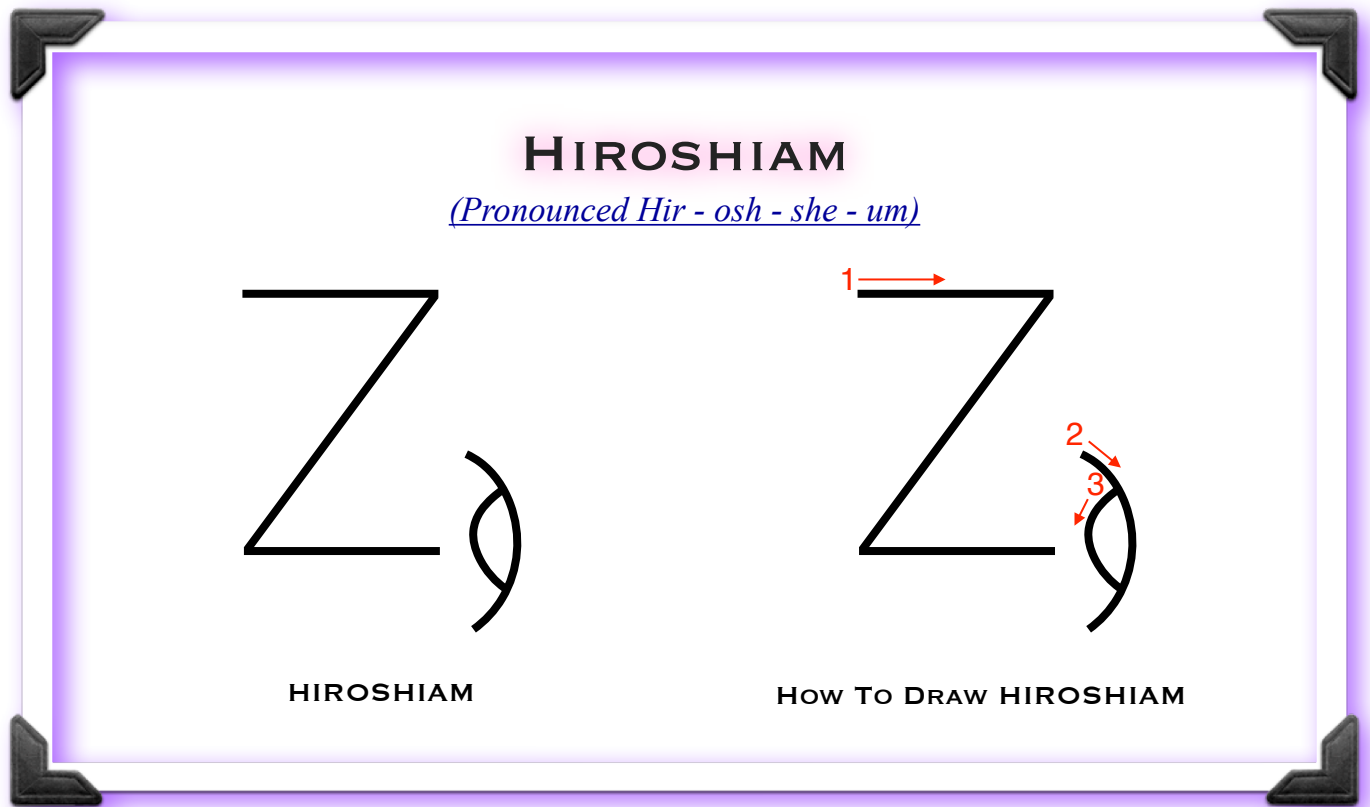
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2. LAYER THREE - PLEDICEE:

Layer Three: PLEDICEE		
Day	Part	Symbol
1	PART A - Hiroshiam	Hiroshiam
2		Hiroshiam
3		Hiroshiam
4		Hiroshiam
5		Rest
6		Rest
7		Rest
8	PART B - Blushiam	Blushiam
9		Blushiam
10		Blushiam
11		Blushiam
12		Rest
13		Rest
14		Rest
15	PART C - Aniam	Aniam
16		Aniam
17		Aniam
18		Aniam
19		Rest
20		Rest
21		Rest
11 days rest (Days 22 - 32)		

PART A: HIROSHIAM:

Place the symbol Hiroshiam (below) into the Third Eye Chakra once and then rest for 17-20 minutes as you receive these energies. Please do this practice once each day for four consecutive days and then rest for three days before beginning Part B.



The message that came with this symbol is that it helps in “opening and expanding the bandwidth for giving and receiving love”. In addition to this, the Guide’s also explained:



“Passing on lots of information about these energetic frequencies at this level is now less required than before, as each and every person has specifically different healing work that is being carried out. As the frequencies refine, so too does the healing and purification work that comes with each level. In this way we should not be concerned about the “loss” of this information but be more informed by our own feelings and understandings of what is going on within us. You might say that we are removing the “training wheels” from your bicycle - you are learning to cycle on your own!

Take note of what is going on for you in your own life. It is also wise to look back and see how far you have come with these energetic changes. Give yourself a well-deserved congratulations, you deserve it.”



◆ **Obstacle Removing Meditation:**

The “[Obstacle Removing Meditation](#)” was also downloaded with this HIROSHIAM set of energies. Therefore in line with what was received, you may wish to do this meditation on day 3 of your Hiroshiam symbol practice.

Please note that this meditation has been tailored specifically for this timing (Part A of Layer Three) in your spiritual journey and that you may wish to listen to it several times, as each time there may be different obstacles that are ready to be moved.

Please also be aware that this meditation practice comes with a beautiful and powerful set of healing energies, so even if you do not understand a part of the meditation, or if you feel that you don’t “get” it, or are having trouble with the visualisation, please don’t worry because the healing will be happening anyway.

This meditation is a very special divine gift of “extra” healing for us at this level. There is something indeed quite magical and deeply healing about what this meditation brings. We are truly blessed to have received this and hope that you too benefit from it immensely.

In subsequent times of doing the meditation (if you do the meditation more than once), pay attention to other details in your meditation. For example, notice the colour of the water, how it is flowing, what the surroundings look like etc. Anything that will help you to understand more about your pathway / river / life force energy. This helps us to reflect and heal further!

A good example of this was when Gerry did this meditation for the third time, her obstacles (which had been rocks and debris before) were now pipes that were leaking sewerage-like ‘goo’ into her river. When she asked about this, Gerry was told that these were her negative thought patterns - and after she asked for help for them to be removed in her meditation, the whole pipelines disappeared.

When she looked around, all of a sudden the grass and all the plants and trees around her river suddenly burst into growth. It was a beautiful experience and showed just how much damage those thoughts had been doing and how toxic they had been to her “growth”.

Of course each of you will have your own experiences and we wish you much love and light with your own individual journey with this meditation!



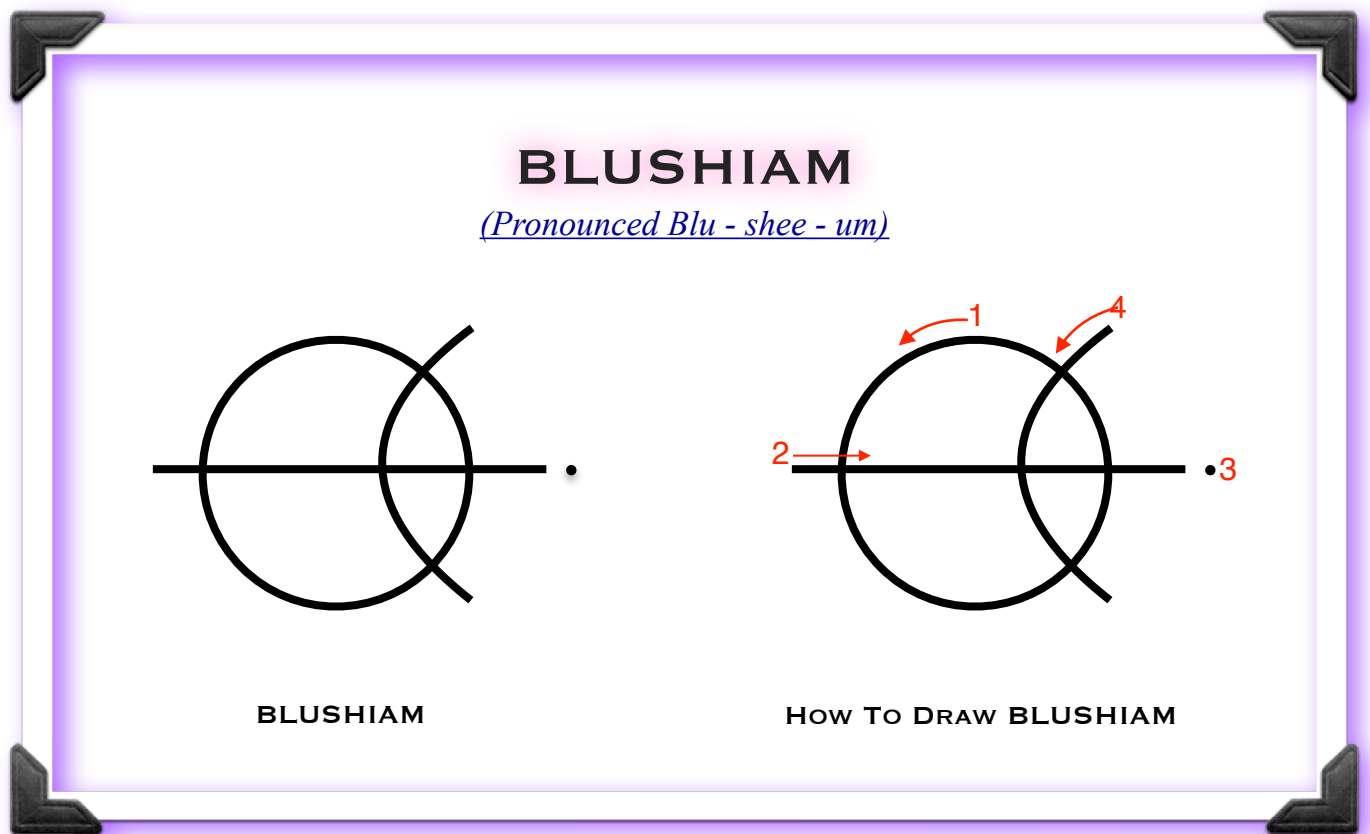
Ganesh

In Hinduism Ganesh is the remover of obstacles



PART B: BLUSHIAM:

Place the symbol Blushiam (below) into the Third Eye Chakra and into the Heart Chakra - you may wish to tap this symbol in three time or as you wish. Please then open and receive these energies for 17 - 20 minutes. This process is to be completed once per day for four consecutive days and then rest for three days before beginning Part C.



The information that came through with this symbol was that these energies help with “rest, recuperation, rejuvenation and regeneration”. When Gerry used this symbol for the first time she felt an immense peacefulness, like every cell in her body was being slowed down and unwound. It was a beautiful experience.

◆ The Rejuvenation Meditation:

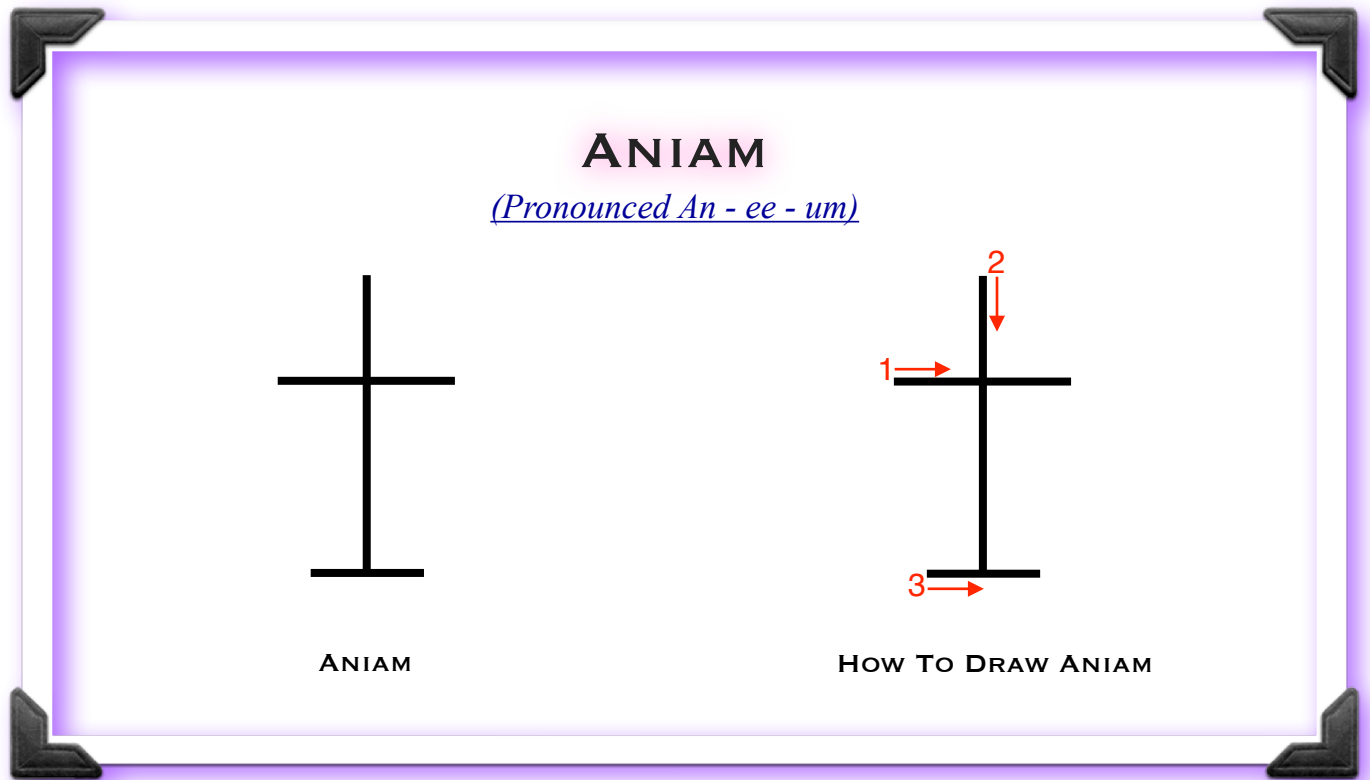
During these Blushiam energies, the Guides also offered the [“Rejuvenation Meditation”](#) which helps to further rejuvenate and heal our energy centres. This guided meditation really does help to bring with it a set of beautiful energies to help rejuvenate your inner being.

As in the previous meditation, you do not need to worry if the visualisation is not so clear or if you feel that you are not “getting it”, because the energies are doing their work regardless. This meditation is a beautiful accompaniment to the symbol work and you may wish to do this meditation once or more during the four days that you are actively working with Blushiam.



PART C: ANIAM:

Place the symbol Aniam (below) into the Throat Chakra as you wish and then open up to receiving these energies for 15 minutes. This process only needs to be done once per day, for four consecutive days. With this complete, please rest for eleven days before beginning Layer Four.



Note that by placing the symbol into the Throat Chakra, in this instance, it is not being specifically intended for the 'throat' area, but instead this is more of a central position between the higher chakras i.e. the energies can spread up to the Third Eye and Crown Chakras, and down to the heart and Solar Plexus Chakras.

As you receive these energies, in this case for 15 minutes, the energies are going to where they are needed for your individual healing requirements. This then helps to clear away more darkness and helps to guide you to where you need to be during the days of healing and energetic release which tend to happen during these practices.

The message that we received with this symbol is that it is *“the final phase of restoration”*.

◆ The Leading Light Meditation:

During these Aniam energies, the [“Leading Light Meditation”](#) was received. It was advised by the Guides to do this meditation once or more throughout your Aniam symbol practice days.

This meditation again brings with it divine healing energies that are used to help clear away impurities and then 'upgrade' each of our chakras, one by one. It seems that whatever the Aniam symbol works to clear is then replaced with the new energies in this deeply healing meditation.



3. FINAL COMMENTS:

Another layer finished and another sincere congratulations from us for a further layer of deep and intense purification!

And with this, we have now hit the half way point of Monimo Light - wonderful!

We do hope that you have enjoyed the addition of the audio meditations. These certainly add a further dimension to the work being undertaken and are a beautiful offering to us all from the Monimo Guides. We are deeply grateful to have received these!

Looking forwards then to Layer Four - Suricee, we continue to work through the same format for healing and growth. There will be another meditation being added here (in Part C) to help guide us towards releasing more impurity from within as we move closer towards our infinite and divine self. This meditation is The Blue Horizon Meditation and again we would recommend that you check that you can download / play it (from the [Monimo Light Meditations](#) webpage) before commencing the Layer Four energies.

Moving into Layer Four the Monimo Light energies are now really beginning to compound within your energy field and as such there may be a lot of deep healing going on. If you wish to, it may help to revisit [The Healing Crisis](#) and [Am I Making Progress?](#) information FAQ's on the Love Inspiration website.

For Marty and Gerry, as they were moving through these higher layers of Monimo Light, they felt like we were being squeezed on all levels. Financially they were struggling a lot and there were many kinds of angry, sad and other challenging emotions as they really were faced with much insecurity and difficulty in their life.

They had no idea about what their future had in store for them and they seemed to go through a whole suite of day to day 'roughness' in their energies. One can only assume that this purification was in line with their intention but if any of this sounds familiar to you, please know that this means that you are doing everything right!

Please hang in there and know that there is so much love & divine support showering down on you as you move through these energies!

With much love & light,

**LOVE INSPIRATION &
MAITRI FOUNDATION**



Welcome to
**Monimo
Light**



Layer Four:
Suricee



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CHAPTER FOUR: MONIMO LIGHT

LAYER FOUR: SURICEE

WELCOME TO LAYER FOUR!

Welcome to this new layer, Suricee, and to the second half of Monimo Light! The Guide's have described this second half (layers 4, 5 & 6) as "breaking new ground" and have provided us with the following introduction:



"The world is awash with energies, both unkind and kind. Help yourselves to understand more about who you are and how this fits with the integral picture of the connected universe. Through the eyes of mankind we see much destruction, much pain and much loss of hope. Grief and suffering is rife. In the connected universe we open more into the arms of each other - this brings harmony, less wealth and more love. These final three layers of the Monimo Light connect us more to the one-source, the ever increasing and paramount nature of all being.

Reaching this place, this divine place (i.e. the closing of layer 3 and the symbol of the halfway mark in the Monimo Light layers), you are now embarking on a whole new system of energy exchanges for the benefit of all. The energies you have been working with thus far have been if you like "monotone". The energies you will be receiving moving forwards through layers 4, 5 & 6 will be a combination of dual and tri-tones.

The technicalities are not so important however it may be helpful to understand that the energies you will be receiving are more complex than before.

The light that joins two is now well grounded within your energy and will begin to expand through these next levels. There will be a progressive joining of many integral pathways and you will begin to see the results and rewards of your hard work.

Go into these next levels with determination, for you will again be tested, trialled and “taunted” as you call it. These are not however “magic tricks” that we use to toil with your mind or “break your spirit” as you may believe, the energy frequencies you are working with simply stir deep darkness within. In order for there to be light, more and more light, these deep darkneses are to be erased.

You shall see yourself “in a new light” (pun intended). You are reaching your goals; your deepened perseverance is to be commended. Many will not walk this pathway as far as you have reached and although this saddens us, we are delighted to be bringing these deeply healing energies to your Earth through the mediumship and patience of Love Inspiration.

With deep gratitude.”

~ Arhon



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1. INTRODUCTION TO LAYER FOUR - SURICEE:

The Layer Four format is again very similar to previous levels, with one new meditation being introduced to you during part C. We wish you well on your Layer Four and Blue Horizon journey!

Meditation:

Welcome! The meditation to be used in this layer is:

The Blue Horizon Meditation - Layer Four- Part C

As mentioned in Layer Three, you may wish to access this meditation in advance to be sure you can play / download it before it is required. You can find the meditation on the [Monimo Light Meditations](http://www.monimolight.com/meditations) webpage. On this webpage you can either listen to it directly online, or download it.

Please be sure to follow along with the meditation instructions in Part C so that the meditation can bring the appropriate healing to you at the appropriate time. We hope that it helps you to shine your nourishing Blue Horizon light for the benefit of all!

[Note: this meditation is also available transcribed in [Appendix 4](#)]

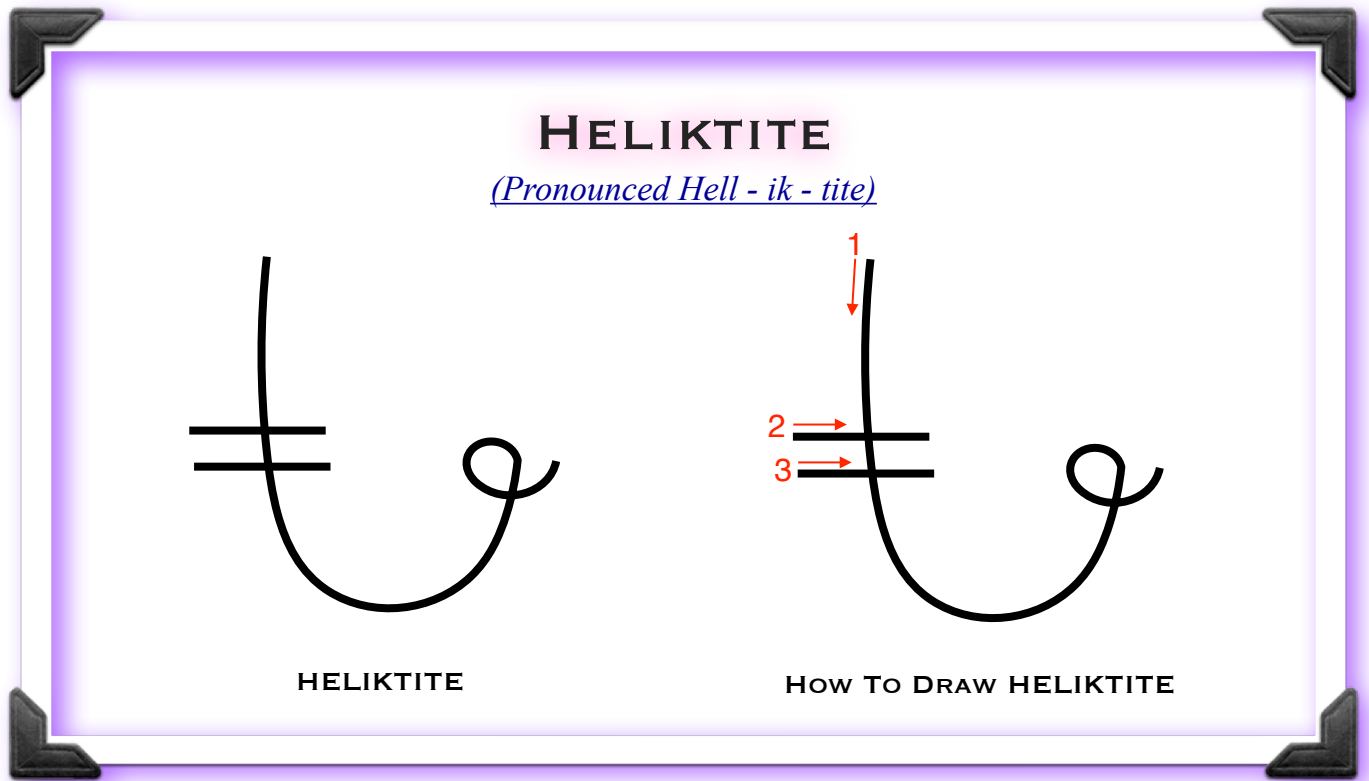
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2. LAYER FOUR - SURICEE:

Layer Four: SURICEE		
Day	Part	Symbol
1	PART A - Heliktite	Heliktite
2		Heliktite
3		Heliktite
4		Heliktite
5		Rest
6		Rest
7		Rest
8	PART B - Briliktite	Briliktite
9		Briliktite
10		Briliktite
11		Briliktite
12		Rest
13		Rest
14		Rest
15	PART C - Ioniktite	Ioniktite
16		Ioniktite
17		Ioniktite
18		Ioniktite
19		Rest
20		Rest
21		Rest
11 days rest (Days 22 - 32)		

PART A: HELIKTITE:

Place the symbol Heliktite (below) into the Crown Chakra as you wish and then open and receive these energies for 22 minutes or until you feel the energies drop off. You only need to complete this once each day for four consecutive days and then rest for three days before beginning Part B.



The Heliktite energies seem to flow in through our Crown Chakra and gain 'momentum' or 'expand' their way down throughout the chakra system into our Base Chakra. Here is what the Guide Arhon had to say about this symbol:

"The matrimonial blessing of wisdom, health and restoration. This symbol will aid in releasing blemishes of old and present "illnesses" and other deeply stagnant energy mashes within your body. Physical purification may be intense; we recommend the consumption of copious volumes of purified water along with many fresh fruits and vegetables to help in the purification process. Here you may find that raw foods are more beneficial or more helpful than cooked. Trust what your body tells you.

The limiting of sugar and other refined substances such as gluten, chemicals, preservatives etc. may also be beneficial.

Heliktite is a strongly anchoring symbol. You will be working with your Root Chakra predominantly - clearing many physical blockages in this zone."



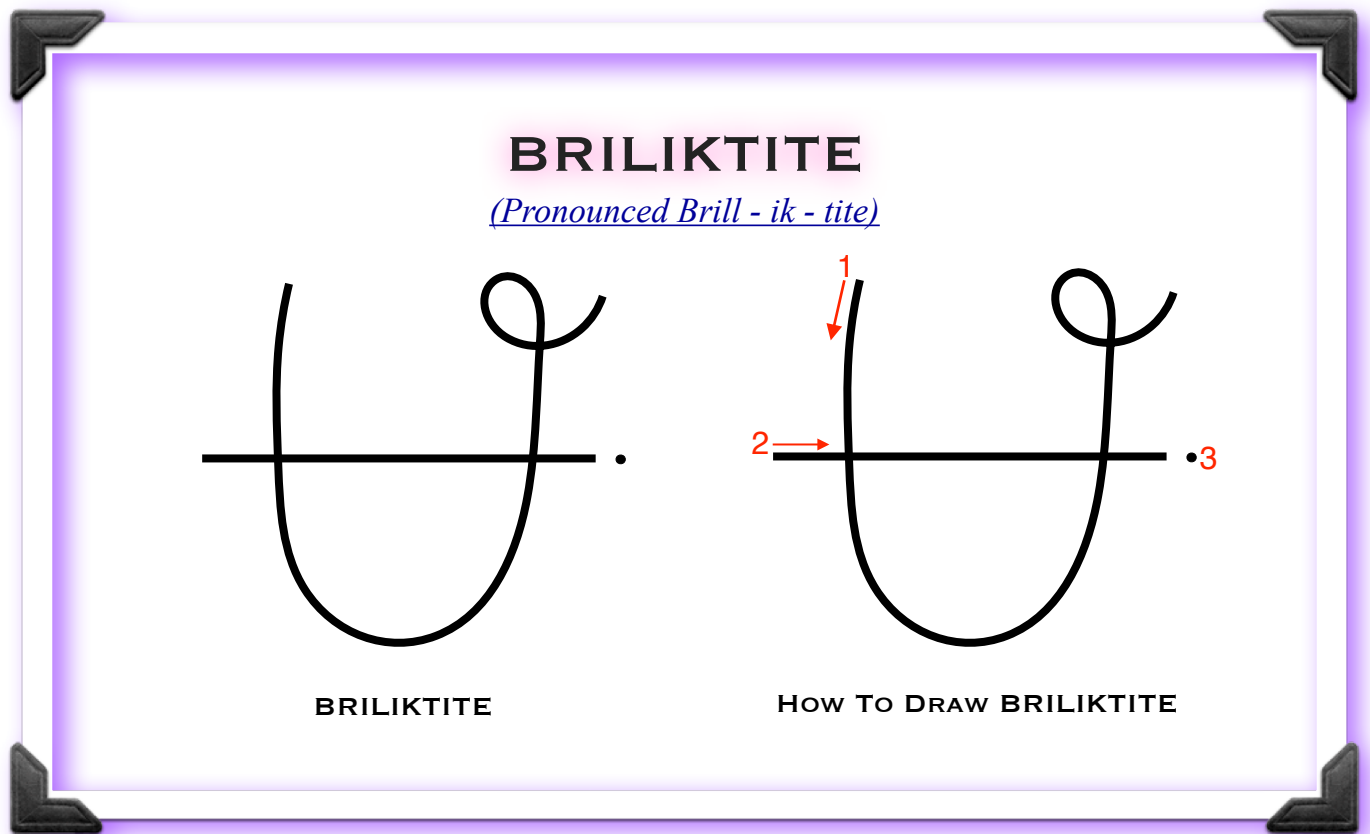
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PART B: BRILIKTITE:

Place the symbol Briliktite (below) into the Heart Chakra and then open and receive these energies for 13 minutes or until you feel the energies drop off. You only need to complete this once per day for four consecutive days and then rest for three days before beginning Part C.

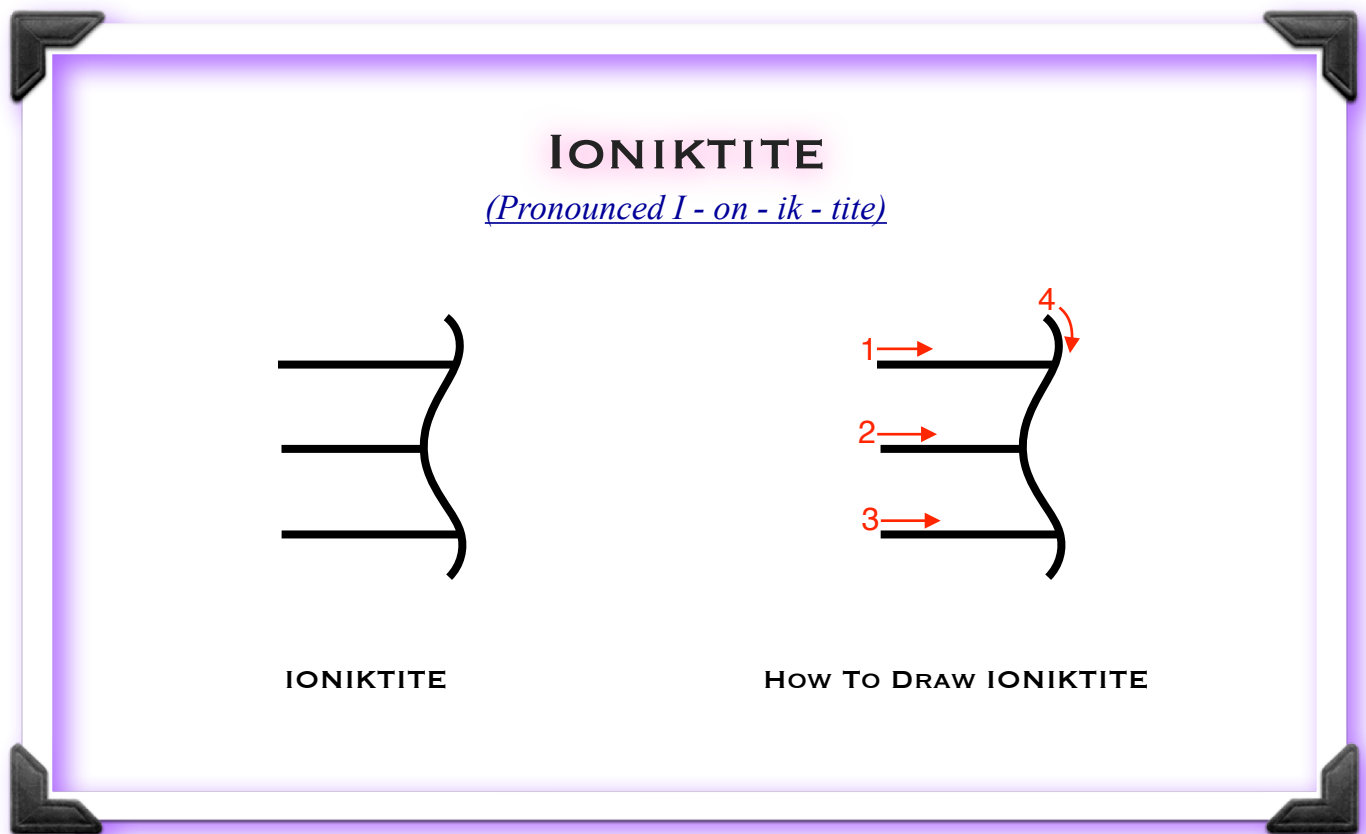
The information that came with this symbol is that it brings “peace and more understanding”.



PART C: IONIKTITE:

Place the symbol Ioniktite (below) into the Crown Chakra as you wish and then open and receive these energies for 13 minutes. This process differs from previous symbols in that it needs to be done **three times** per day, for four consecutive days. After you complete this practice, please rest for eleven days to allow the energies to settle before beginning Layer Five.

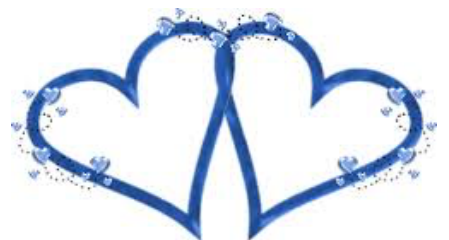
The message that came with this symbol was “pledging the allegiance to the three doorways: hope, trust and faith.” May your doorways be opened to a renewed sense of hope, trust and faith in your life!



◆ The Blue Horizon Meditation:

[“The Blue Horizon Meditation”](#) was ‘downloaded’ at this Ioniktite level and it was advised to complete this meditation on day four of your Ioniktite symbol practice.

Although we were not entirely informed of what this meditation does, the words in the meditation explain the blue horizon light as being deeply nourishing for the soul. There is certainly something warming about merging with this blue light energy and after completing the meditation, Gerry noticed that when giving hands-on-healing, the same blue light flowed from her palms. This indicated to her that the blue light that we merge with in the meditation indeed stays with us and will be intertwined with our own energies to help both ourselves and others. Wonderful!



3. ADDITIONAL INSIGHTS:

As Marty and Gerry themselves were moving through this healing Layer Four, they began to understand more about the Monimo Light being “the light that joins two”. This is the process of unification at a newer, more deeper level, as we start to explore more about the bonds between ourselves and others (friends, family, community); between ourselves and Mother Earth (sustainable living, protecting the environment, reducing our waste etc); and between ourselves and our animal friends (protecting and helping them, exploring vegetarian and vegan options etc).



The light that joins two doesn't simply refer to the joining of 'two' specific things, but more so refers to the joining of many things - the actual practice of unifying and joining - anything and everything - to help make our Universe a better place to be. It's about uniting people, uniting talents, uniting skills and helping each other with love so that our Earth can be a more harmonious, healthy, sustainable and wonderfully caring and kind place to be.

Whether it be through social media avenues, local community gatherings or national / worldwide events, there are now many ways to help make a difference by joining and unifying with others. In Love Scroll Twenty-One (one of the set given at this level), we received the words:

“Bring forward your talents and gifts.
For you were given them for a reason. They are here to help too.”

So how can we use a talent or gift that we have to help others? How can we unite people through the use of our talent or gift? Another message in Love Scroll Twenty Two says:

“Without the help of others you cannot achieve your destiny.
Be brave and help those around you.”

We are now beginning to understand more and more - and at a much deeper level, that these words are indeed very true. We are *meant* to unite and help each other - that is the pathway. And the words 'be brave' are also paramount here, because it *does* take courage to reach out to others and to do what you can to help them.

In a world where people seem to be constantly “taking” from each other, it can often be difficult to want to help someone without them being weary. And this is where the idea of joyous perseverance kicks in; sometimes it is not as easy as we think to help others but please keep on trying for the sake of all beings! From Love Scroll Twenty we received these words:

“Without will, there is no way. You will be guided, but you must provide the will.”

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We understand now, more than ever, that our world is changing right before our very eyes, through love and loving kindness. And we all have our part to play! More wonderful words from the Love Scrolls Twenty One & Twenty:

“Without constraint, open your heart to a peaceful and loving world. One which is changing before your very eyes; let it, be a part of it and grow with it.”

“Restoration of full, comprehensive ‘peace on earth’ will be a sight to behold.
Will you be a part of the revolution?”

Through the very deep healing and purification that has gone on through these Monimo Light levels, we reach a higher vibration and gain more understanding that connecting with others and uniting others is a beautiful ‘requirement’ for our Universe to be a better place. And at this level, we hold a vast amount of love and compassion which helps us to help others, without it ‘feeling’ like a requirement. The more we do to help others, the more it becomes a part of us and the less brave we will need to be. For when we vibrate from a pure love space, anything is possible. And all unification begins with US. It begins with the small changes we make in our own lives, for the betterment of all.

From Love Scroll Twenty-Two, we receive these words:

“Find the focus to **NEED** unification in your life. There is no better way to spiritually metamorphocise than to create the need.”

And finally,

“ Instil in your heart that love unifies all.”

Any change that we make through love helps us to heal and helps all beings. Love indeed unifies all. What changes are you making through love, to help the entire love consciousness grow?

We have included these insights for you here in an attempt to bring these love scrolls to life. These comments are some of the insights that have come to the surface for Marty and Gerry during these last weeks and months and we hope that they have helped you in some small way for your pathway forwards.

Ultimately, we each make our own choices, what to read, what to watch on TV, what to do with our lives. Please choose wisely for the benefit of all!



4. FINAL COMMENTS:

So this brings us to yet another finale for yet another layer in this Monimo Light series! Layer 5 - Pluricee, sees us moving towards the point of breaking our egoic tendencies in what continues to be a very real and genuine transformation in our energy towards The New Consciousness.

Only two more layers now to complete before we are ready to become a Unified Pathway To Light Master. We sincerely hope to see you again in the next layer for more healing, love & purification!

Finally, it is the intention of these Unified Pathway To Light energies to benefit all beings to be free from suffering; to live a life of happiness, truth and peace. It is with this intention that we have been asked to make these teachings available in order to benefit all - and that money should not be a restriction. As always, we offer all our teachings at Love Inspiration freely and with love!

May your understanding of one-ness radiate outwards into this world so that we may all understand the immense love and peace that comes from the unification frequency!

With deep unified blessings,

**LOVE INSPIRATION &
MAITRI FOUNDATION**



Welcome to
**Monimo
Light**



Layer Five:
Pluricee



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CHAPTER FOUR: MONIMO LIGHT LAYER FIVE: PLURICEE

WELCOME TO LAYER FIVE!

We again welcome you with love to this new layer and let us start with this introductory message received from Divine Goddess Xichi:

.....

“Welcome to Layer Five. It is with our deepest and most humble thanks that we welcome you to this new layer of the Monimo Light. We are sure that by now you realise that very few will ever reach this level of transcendence and understanding for the collective benefit of all. Your perseverance and will to help others is truly shining through at this level.

This fifth layer will bring continued understanding and the elements of one's life will continue to unfold as the healing dives deeper and heavier into past life traumas that are affecting the soul's incarnation in this time. You will be asked to expose more of your being - your actual true and divine being, in order to combat the sicknesses inside the mind that cause the deflated delusions of who you are.

There are no rights or wrongs in our makeup, for you are indeed a divine and remarkable soul, however there are ways to collaborate the love consciousness which continue to evolve our presence, our divine presence, for the benefit of all.



Moving into this fifth layer of realisation will bring many opportunities for your love to unite and free others. Freedom from the confines of the deluded and suffering mind caused by ego and self-loathing will be addressed in this special layer. For once one's own limitations and boundaries are soothed and healed, the impact for the collective love consciousness is expansive. Our separation from one another leads to the decay of our being. The unification of our love brings the joy and humility that this existence is based upon.

Enjoy the freedom of love and share it with others, for this is indeed the sacrificial pathway to the collective consciousness. We bow down to you and the few others who will make it this far. Your journey and your sacrifices are not going unnoticed.

We have also now activated the Love Scrolls 26 - 31 for your use at layers 5 & 6. Use of them daily either through repetition, chanting or in prayer will be beneficial for you at this time , especially throughout Layer 5 parts A & B. Give yourself a wider platform of understanding and wisdom by reciting these often - for they hold the key during this transitional period.

With love and guidance we wish you well on your healing journey forward. With a stronger 'being' you will emerge an angel of Love, a guardian and helper of mankind into The New Love Consciousness. We thankyou for your continued efforts - on behalf of all."

~ Xichi



.....

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1. INTRODUCTION TO LAYER FIVE - PLURICEE:

The layer five format is again very similar to previous layers and in Pluricee, we have received two meditations which will be used during part A and part C.

Meditations:

Welcome! There are two meditations that are to be used in this layer:

The Orange Truth Meditation - Layer Five- Part A

The Fusion Meditation - Layer Five- Part C

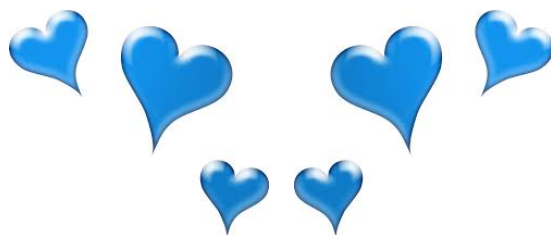
As mentioned in Layer Two, you may wish to access these meditations in advance to be sure you can play / download them before they are required. You can find the meditations on the [Monimo Light Meditations](#) webpage. On this webpage you can either listen to them directly online, or download them.

Please be sure to follow along with the meditation instructions in each section so that each meditation can bring the appropriate healing to you at the appropriate time. We hope that these meditations help you to further benefit all!

[Note: these meditations are also available transcribed in [Appendix 4](#)]

In addition to this, you will have noticed from the introductory paragraphs that six new love scrolls have been activated for you at this layer. The information received here is quite significant as it introduces the idea that the love scrolls have been 'activated' for us at each step of our way. Wonderful!

From our understanding, these scrolls bring healing, purification and love into our life and perhaps this is a part of the reason why the Guides have suggested to read through or recite these guidelines regularly. For Marty and Gerry, these beautiful words and deeply inspiring teachings have helped to stimulate and transform their consciousness and we hope that these scrolls can help this world in the most beautiful way imaginable! Please enjoy the new love scrolls 26 - 31 in [Appendix 3](#).



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2. LAYER FIVE - PLURICEE:

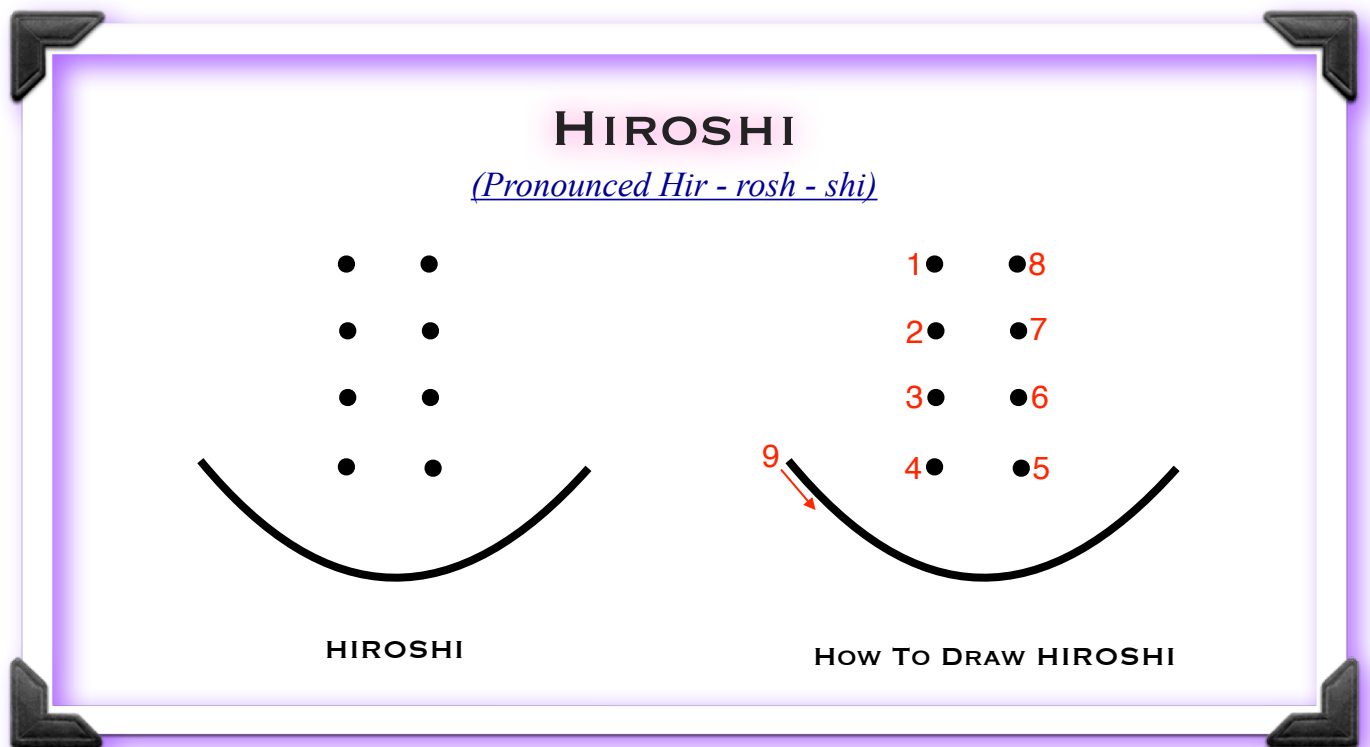
Layer Five: PLURICEE		
Day	Part	Symbol
1	PART A - Hiroshi	Hiroshi
2		Hiroshi
3		Hiroshi
4		Hiroshi
5		Hiroshi
6		Rest
7		Rest
8	PART B - Bikrishi	Bikrishi
9		Bikrishi
10		Bikrishi
11		Bikrishi
12		Bikrishi
13		Rest
14		Rest
15	PART C - Urashi	Urashi
16		Urashi
17		Urashi
18		Urashi
19		Urashi
20		Rest
21		Rest
11 days rest (Days 22 - 32)		

PART A: HIROSHI:

Please note that the layer 5 symbols are to be used for FIVE consecutive days instead of four. There is then two days rest in-between parts (instead of three), so still a total of seven days per part.

For Hiroshi (symbol below), please place the symbol into your Solar Plexus Chakra as you wish and then open up to receiving these energies for 12 minutes or until you feel the energies drop off. You only need to complete this practice once per day for **five** consecutive days. After this, please rest for **two** days before beginning Part B.

When you are drawing this symbol, please note that the ordering of the dots has been passed on as being significant. Please draw this symbol in line with the numbered order that you see in the below diagram (i.e. in a u-shape).



The message with this symbol was "Opening further and deeper to The New Love Consciousness."

◆ The Orange Truth Meditation:

In addition to this, on days 6 and 7 the Guides have suggested that you complete ["The Orange Truth Meditation"](#). This meditation is only to be done **after** the completion of the Hiroshi symbol practice so on either (or preferably both) of your rest days, we recommended doing this meditation.

This meditation helps to connect us further to our divine truth and we also receive some healing from the Angels and Light-Beings to do with our divine truth. The colour orange in this meditation relates to our Sacral Chakra so after the meditation you may feel energy stirring in this emotional chakra area. You also get the chance to ask questions about your divine truth during this meditation if you wish and perhaps receive any subtle information from your Guides as you require it.

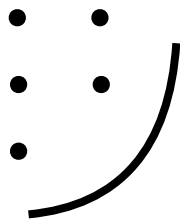


PART B: BIKRISHI:

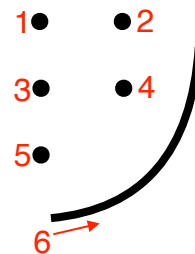
Please place the symbol Bikrishi (below) into the Heart Chakra and then open up to receiving these energies for 12-15 minutes or until you feel the energies drop off. You only need to do this practice once per day for *five* consecutive days. Then please rest for *two* days before beginning Part C.

BIKRISHI

(Pronounced Bik - rish - shi)



BIKRISHI



HOW TO DRAW BIKRISHI

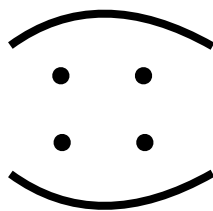


PART C: URASHI:

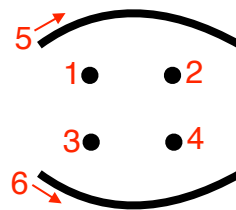
Please place the symbol Urashi (below) into your Third Eye Chakra and then open up and receive the energies for 13-18 minutes or until you feel the energies drop off. Please do this once per day for *five* consecutive days and then please rest for a minimum of eleven days before beginning Layer Six.

URASHI

(Pronounced Yur - ush - shi)



URASHI



HOW TO DRAW URASHI

◆ The Fusion Meditation:

During this Part C, we also received [“The Fusion Meditation”](#) which helps us to release, surrender and forgive those perceived darkest parts of our being. This meditation will help you at this stage of your healing and we suggest that you complete this meditation (if you can) on each of your five symbol practice days.

This meditation is designed to help the subconscious layers let go of the egoic controls whilst from an emotional standpoint, the lime green energies will help you release and surrender to your higher purpose. We hope that you enjoy receiving these energies!



At this Urashi - Part C level of healing, the following words from the Guides were received:

“By the time you have reached this level, your ego will be in quite astonishing pain. Look out for it’s egoic tendencies and especially the egoic clinging, for it will be screaming and manipulating anything it can to try to stay in control of your life. At this point the old consciousness is really beginning to die off, and with it, so too are the old engrained egoic controls that have served your past with pain.

Once the ego has reduced it’s ‘cling’, there is less suffering for all.

The death of the ego may be a deeply spiritual and/or painful process to go through. Your thoughts and actions may become more disillusioned than ever before as the ego reaches it breaking point. Some things will be easier than others to let go off, so be aware of what you are holding onto (what the ego is trying to hold onto), for having this ability to understand that your ego is holding on, will help you to release it’s grip. Understanding and knowledge is power at this time when your ego is doing everything it can to fight you in your surrender.

The ego controls us by helping us to stay living in fear and shame and guilt. It helps us to keep our ‘guilty pleasures’ hidden away and frowned upon so that we fear even the slightest bit of light getting to them. We live in fear that someone will discover the dark truths about ourself and it is this that we relentlessly punish ourselves for - over and over.

The emotions of fear, guilt and shame are so deeply engrained in the human psyche that often the pain of bringing these to the surface can be uncomfortable and can cause habitual patterns, especially addictions to rise to the surface.

The closer we feel the light coming to our darkest areas, the more our ego tries to shut us down. These ‘weaknesses’ are our egoic mind’s centre of control - and without these it has nothing to grip onto. Again, the egoic consciousness will bring about anything and everything it can to manifest the fear / anger / hurt it requires to keep your darkness locked away, in order to keep it’s control.

For too long you have kept your hurts at bay, hidden them under broken wings and kept deep, deep guilt and shame bound within your most precious parts of your being. And now these most precious parts are ready to see the light, ready to be free and enjoy the love that they deserve. Bring them to the surface with love and anchor them in the light of love, for this is where they now belong. As a part of the beloved YOU.”



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3. FINAL COMMENTS:

So this brings us to the end of another layer as we prepare to move into this final level of Monimo Light. We hope that the information received by the Guides during this level has given you some deeper insights into how these energies are affecting your life and particularly your ego.

We understand that this information may need to be re-read, digested or perhaps contemplated on more deeply and we encourage you to do this if you need to, prior to moving forwards into the final layer of Monimo Light.

We are very excited that you are almost there and we really look forward to seeing you in Layer Six - Mallicee. At the final level, we receive a beautiful blessing which helps to become an 'amplifier' of love energy for the benefit of all. Please note that layer six does not have any audio meditations.

You are almost there and you are almost ready to receive the blessings to become a Unified Pathway To Light Master!

You are a very important source of light in this world - please share your ideas, love & messages of hope with others, for the benefit of all!



With much love & Monimo light,

**LOVE INSPIRATION &
MAITRI FOUNDATION**

Welcome to
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Layer Six:
Mallicee



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CHAPTER FOUR: MONIMO LIGHT LAYER SIX: MALLICEE

WELCOME TO THE FINAL LAYER - LAYER SIX!

With warm love and Monimo light, we welcome you to this final layer - Mallicee! To begin with, please enjoy this message from the Guides:

*“Welcome to the Biomm Centegryl from which you will receive the final
Monimo Light layer 6 energy frequencies.*

You have travelled far through the energetic scale of quantum frequencies to date. This is a commendable success for both your people and your galaxial cosmos in its entirety. For many years these frequencies have been awaiting activation from light beings such as yourselves and we are honoured and almightily pleased to be decoding these for you now.

For those that reach this level, the healing deepens to an almighty level. All darkness that resides within casts shadows on the human psyche. You have worked hard to remove the debris and now it is time to remove the shadows and the effects of the shadowing. A plant that is shadowed by a larger tree does not reach its full growth potential when compared to a plant grown in full and direct sunlight (love).

In order for you to activate and sustain the energy expansion of pure and divine love, you must be fed or nourished with the nutrients that were insufficient due to the shadowing effects. Like fertiliser to a depleted garden, the layer 6 healing energies will help to nourish and fortify the potential for purity within.

Although there are three separate parts to this layer of energies, they will run simultaneously. You will be again using three symbols, each of which has the divine ability to restore energetic deficiencies within.

These symbols are deeply unique in that they can only be called upon and activated by and for the same person. You are therefore making a conscious commitment to changing, purifying and healing yourself from within, rather than an external party using the frequencies on you. In simple terms these symbols cannot be used on other people - we hope that this makes trivial sense.

The key here to change into a fully developed new love consciousness is that you are the determining factor. This means that you must decide consciously for yourself, that you wish to commit fully to the changes ahead.

As always, you will be guided one step at a time, but for those who do not hold the highest intention to benefit all, the transition will be delayed until the appropriate intention is set.

Please note that this intention comes from the heart and words-on-play are not seen as a truly centred intention.

(This means you must really believe in your intention to benefit all and not just 'say the words' - the energies can tell the difference!)

You have received many frequencies up until this point and you have persevered, wrongly or rightly (as you perceive it), towards the unanimous goal of unity. Changes cause shifts. Shifts cause consciousness to evolve. You are making the right decision to be where you are at this time and your beautiful decision helps all.

Deep traumas may require deep remedies for healing at this final layer. You have the strength, the power and the wisdom to overcome all darknesses within you. Do not let the pilot light die out. You will be tested and re-tested numerous times but your consciousness will evolve quickly in order for you to be free from these deep sufferings. Know that although the "going is tough" we are always with you, sending love, light and healing frequencies.

You have been chosen to open this doorway. Do so with love and you shall reap the energetic reverberations of past karmic merit and conditioning."

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1. INTRODUCTION TO LAYER SIX:

Before we introduce the more practical aspects of this final layer, let us quickly pause here for a moment and digest some of the comments which have been made in the introduction - for there is something very significant being outlined by the Guides that we wish to reiterate.

In particular, we wish to focus on what was said about 'holding the highest intention' and this direct connection between our intention to benefit all and moving forwards into The New Consciousness. This is the first time that we have actually heard this spoken of in such direct terms and it is for this reason that we wish to highlight it to you as being quite a crucial point.

It is our understanding that these Unified Pathway To Light energies do indeed help us to expand our love vibration to a point where it is possible to hold these kinds of 'highest intentions' from deep within our hearts. Throughout these teachings we have tried to encourage the expansion of your intention and also an increase in working with these 'benefitting all' intentions.

The healing work and most importantly the healing / attuning energies themselves have been the significant factor here in helping us to evolve towards altruistic thinking and for those of you who feel like you still have more work to do in this area, we refer you here to our video lesson on altruism and altruistic thinking to perhaps help you put some finishing touches on your practice.

[Please click here to watch this short 20 minute video](#) about how you can create more altruistic thinking in your life. As always, we offer this information to you with much love and with the intention that it helps you on your pathway forwards, for the benefit of all.

Ok so moving forwards then into this new layer and the format for these symbol practices are slightly different than those in previous layers. To start with, the symbol practices are done over slightly different time periods and how we work with the symbols is also slightly different.

In addition to this, there are no meditations required during this final layer. May you enjoy these final energies and the blessings that are bestowed on you at the conclusion of this healing work!



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2. LAYER SIX: MALLICEE:

Again, please note the differing time periods and symbol sequences in Layer Six as outlined below.

Layer Six: MALLICEE		
Day	Part	Symbol
1	PART A - Gelome, Penome, Quiome	Gelome, Penome, Quiome
2		Gelome, Penome, Quiome
3		Gelome, Penome, Quiome
4		Gelome, Penome, Quiome
5		Gelome, Penome, Quiome
6		Gelome, Penome, Quiome
7	PART B - Quiome, Penome, Gelome	Quiome, Penome, Gelome
8		Quiome, Penome, Gelome
9		Quiome, Penome, Gelome
10		Quiome, Penome, Gelome
11		Quiome, Penome, Gelome
12		Quiome, Penome, Gelome
13	PART C - Quantiome	Quantiome
14		Quantiome
15		Quantiome
14 days rest (Days 16 - 29)		

PART A: GELOME, PENOME, QUIOME:

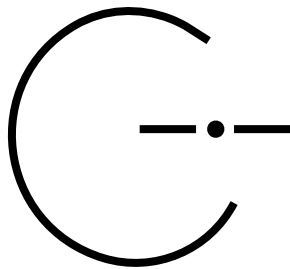
As we've already mentioned, these layer 6 symbols are used in a slightly different way to the previous levels and you will notice here that each of the three parts has different instructions for use. We suggest that you read the information associated with each Part carefully before beginning.

In Part A, (days 1- 6) we work with the three symbols (drawn below) for six consecutive days as follows:

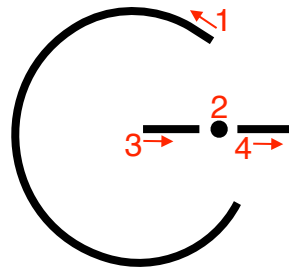
- Morning - Place 'Gelome' into your Heart Chakra and receive these energies for 8 - 12 minutes.
- Lunch - Place 'Penome' into your Third Eye Chakra and receive these energies for 17 - 18 minutes
- Evening - Place 'Quiome' into your Crown Chakra and receive these energies for 13 - 18 minutes.

SYMBOL 1: GELOME

(Pronounced Jel - ome)



GELOME



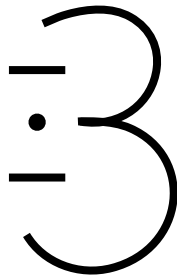
HOW TO DRAW GELOME

Instructions for use: Place symbol into Heart Chakra for 8-12 minutes

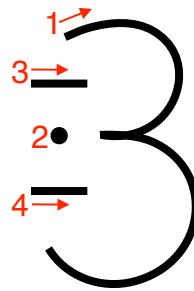


SYMBOL 2: PENOME

(Pronounced Pen - ome)



PENOME

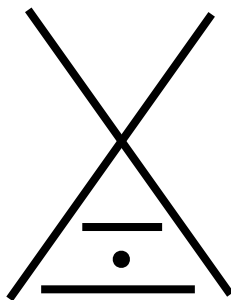


HOW TO DRAW PENOME

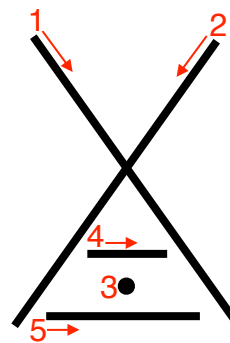
Instructions for use: Place symbol into Third Eye Chakra for 17-18 minutes

SYMBOL 3: QUIOME

(Pronounced Kwee - ome)



QUIOME



HOW TO DRAW QUIOME

Instructions for use: Place symbol into Crown Chakra for 13-18 minutes

More on Part A:

*** In Part A of this final layer of the Monimo Light, we are being asked to re-examine our intention and our goals for this lifetime. Please look deeply into your heart during this time to understand what your own deepest aspirations are.



What is your goal for this life? What do you truly want to achieve? Are your current intentions and actions in line with your deepest aspiration? Or are they different? Are you focusing on a goal or intention that is smaller than it could be?

Is your intention to become a Buddha / God / enlightened / pure white light for the absolute benefit of all? Or is your intention to build a house near the ocean with enough financial security to stop working full time?

Is your intention one which is helpful for others? How can you promote, unify, connect or help others? What are your skills, interests or gifts and how can you use these to benefit all?

What Marty and Gerry learned after only a couple of days of this layer 6 symbol practice was that their intention had somewhat become muddled with their physical needs and wants. What they then needed to do was to go back to their ultimate intention of benefitting all - and focus on that, rather than the physicality's of their life.

The physical aspects of life are of course still there - and they always will be; it's just that the focus is shifting back to the *intention*. At this level of healing, it is understood, or perhaps re-understood, that the physical aspects of life will always unfold from our intention - not the other way around.

Remember this part of the message from the Guides in the introduction to layer six:



"The key here to the change into a fully developed new love consciousness is that you are the determining factor. This means that you must decide consciously for yourself that you wish to commit fully to the changes ahead.

As always, you will be guided one step at a time, but for those who do not hold the highest intention to benefit all, the transition will be delayed until the appropriate intention is set. Please note that this intention comes from the heart and words-on-play are not seen as a truly centred intention."

And finally, let us remind you again that the Love Scrolls will also help you to bring more love & light into your intentions. These may be of benefit to you as you re-examine your intentions!

PART B: QUIOME, PENOME, GELOME:

In Part B, we use the same three symbols from Part A for the next six consecutive days (i.e. days 7-12) however this time they are in the reverse order:

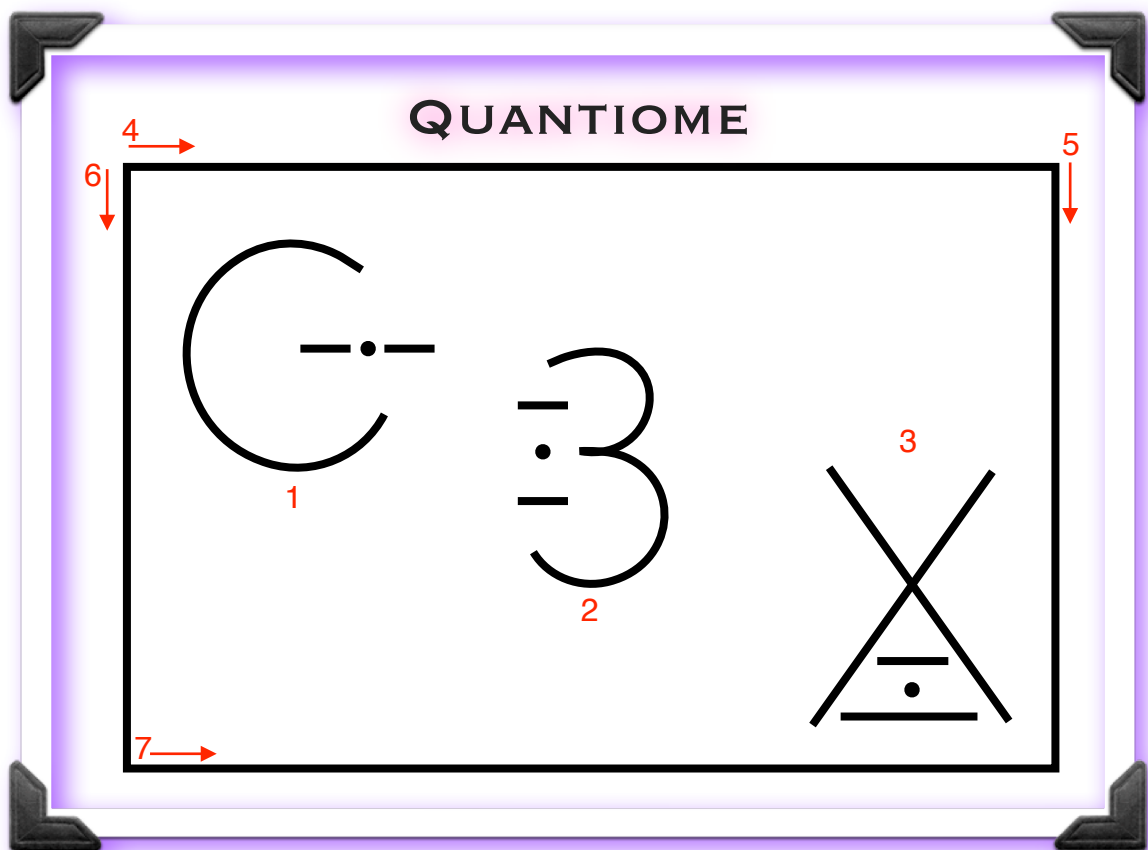
- Morning - Place 'Quiome' into your Crown Chakra and receive these energies for 13 - 18 minutes.
- Lunch - Place 'Penome' into your Third Eye Chakra and receive these energies for 17 - 18 minutes
- Evening - Place 'Gelome' into your Heart Chakra and receive these energies for 8 - 12 minutes.

PART C: QUANTIOME:

In Part C we again use all three symbols however this time they are placed inside a square, creating a new symbol called Quantiome ([pronounced Kwon - tee - ome](#)). Please place the symbol Quantiome into the Crown Chakra and then open up to receive these energies for 17 - 33 minutes. This practice needs to be completed once each day for three consecutive days i.e. days 13 - 16.

The Guides have suggested that during this 17 - 33 minute 'receiving' period, we try and cultivate or work on our intention to try and make this something that comes from our hearts and something that benefits the infinite / collective consciousness. This again ties into these introductory comments about the importance of re-examining our intentions at this final layer in preparations for more fully transitioning into this new vibration of love & one-ness.

Please also note that when drawing this new symbol, we draw out the individual symbols first and then draw the square around them before placing this into our Crown Chakra (as indicated by the red arrows in the below diagram).



3. ADDITIONAL BESTOWED BLESSINGS:

During the first two days, the symbol practice for Quantiome can be very intensive with the energies flowing into the body at a super fast rate - like a big gush of wind. It almost seems as if the 12 days of individual practice in Parts A and B are a build-up or gentle entrance to the Quantiome practice, one which may have otherwise been too intense for our energies to bear if we were to launch straight into it without the 'pre-practice'.

On the third and final day of the Quantiome symbol practice, a wonderful & amazing blessing is bestowed upon us in what seems to be the finale for these Monimo Light teachings. And it is during this beautiful blossoming of energy, that we receive the Maitrijusha symbol as it is embedded into our energies so that we can now become an 'amplifier' for these energies.



This was seen by Gerry on the third day of doing the symbol practice with Quantiome (about half way through the practice) - she saw a large Maitrijusha symbol come into her Crown Chakra from the right side.

It merged splendidly with the Quantiome energies, as if the Quantiome energies were the vehicular carriage for bringing Maitrijusha into her body. This process took a few minutes after which a huge Maitrijusha symbol (the size of her whole body), was embedded within her. This was an incredible experience.

Soon after this, Gerry saw four additional symbols fly from 'the aether' into the centre of her embedded Maitrijusha symbol, one after the other. Gerry understood that these were the four symbols (to be) given in the Unified Pathway To Light Master Level.

It was as if they (the four symbols) were seeds that had been planted, lying dormant - awaiting watering, or activation which happens during the Unified Pathway To Light Master Level. For those of you who are wishing to continue into these Master Level teachings (which we highly recommend), you will gain additional perspective about these Master Level energies and how they can be used to bring about a very dramatic amount of healing for those around you.

It is here that our fruit can now ripen as we gain the ability to heal those around us with an efficiency unlike anything we have ever seen before. Again, we learn more about these new energies in the Master Level so for now, these energies are lying dormant within us, awaiting the activation from the Master Level attunements and energies.

The diagram below depicts this information and helps to show that the Maitrijusha symbol centre (the part that amplifies any and all energies) is right on the Heart Chakra, with the Master Level symbol 'seeds' inside.

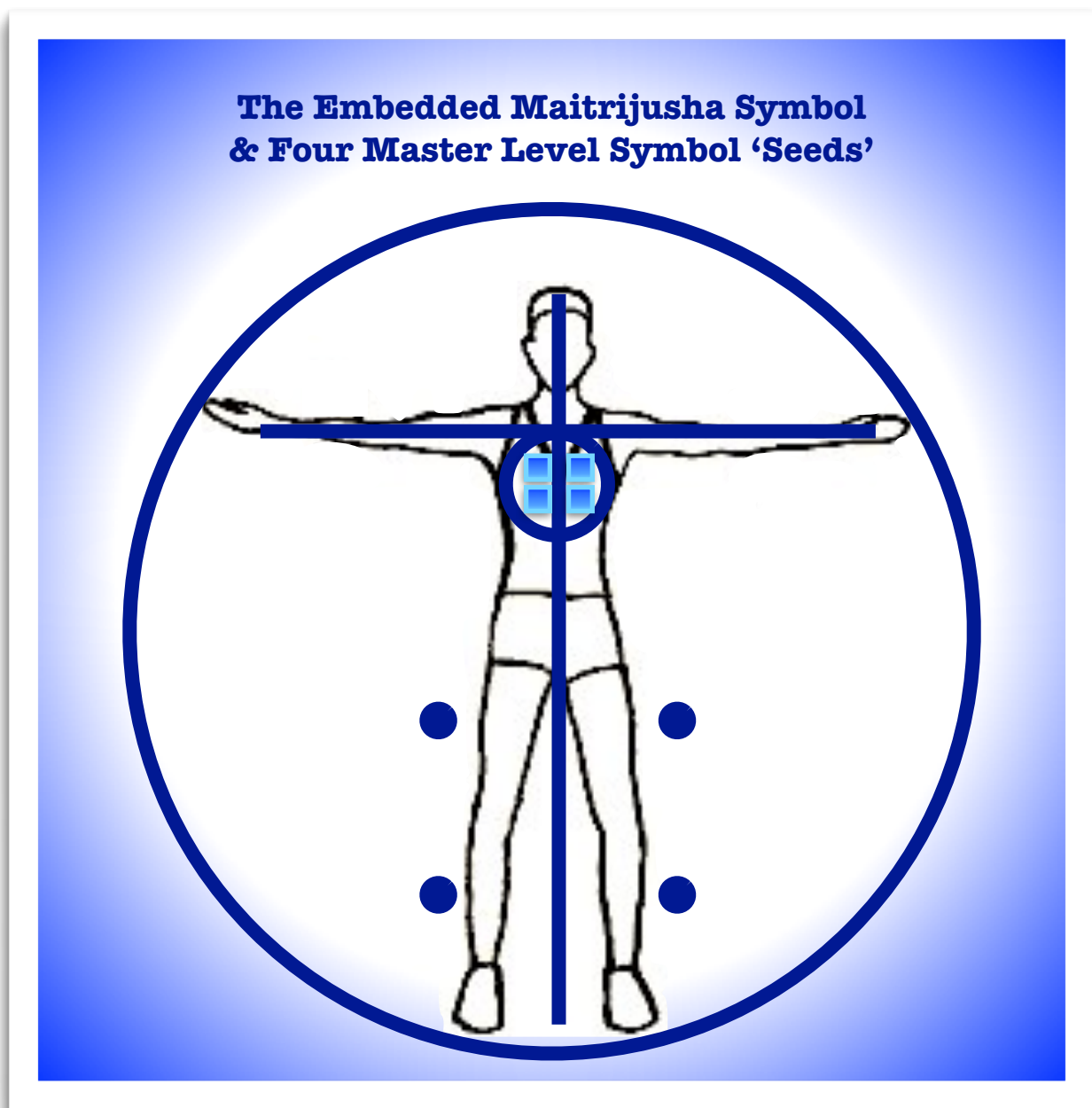
THE UNIFIED PATHWAY TO LIGHT

VOLUME 4 - MONIMO LIGHT

As Gerry understood it, this means that on completion of The Unified Pathway To Light, Volumes 1 - 4, we now become the Maitrijusha amplifier of energies *ourselves*. We have now reached a point on our pathway where any healing energies that we receive in either meditation or healing will be amplified significantly by these embedded Maitrijusha energies.

In our practice with Maitrijusha previously, we have learnt that this symbol acts as an amplifier and that we can put symbols inside it to help amplify those energies. Well now, ***we ourselves ARE the amplifier!*** Whatever energies you now call on, invoke or bring into your consciousness at any stage will now be amplified or strengthened for the benefit of all!

This really is an incredible gift to be offered with more to come in each of our Master Levels!



THE UNIFIED PATHWAY TO LIGHT

VOLUME 4 - MONIMO LIGHT

4. FINAL COMMENTS:

We wish to pass on our sincerest and deepest congratulations for all of your healing work through this Monimo Light series and we hope that you are aware of how significant it is to reach this vibrational level of healing and of purity!

Over these many months you have now reached the point where you have become a very pure and expanded healing channel and no doubt your intentions have been widened significantly through these various growth phases.

This is now a wonderful foundation to move into the Master Levels noting that this will help you to bring these many Unified Pathway To Light energies to those around you in very simple and easy ways. The Master Level also really helps to encapsulate and consolidate all of the energies to date.

For those wishing to continue even further into the Master Teacher Level, this level will also provide you with a very basic 5 - 10 minute attunement technique so that you can attune any or all of these volumes for others. In this way, we sincerely hope that this system will start to spread and blossom to where it is needed in this world!

When you feel ready for this next step please [download the Master Levels ebook](#) from our website. You will see that this contains both the Master Level and the optional Master Teacher Level also. The Master Level energies can be received after only 3 days after completing the Monimo Light! (i.e. after having completed your final Mallicee 14 rest days (days 16-29), you then begin the Master Level with 3 rest days - and on day 4 you begin the symbol practice).

Once you have completed your Master Level, you may then choose whether you wish to do the Master Teacher Level (which requires an additional attunement), or continue straight on into [The Unified Pathway To Transcending The Light](#); the sequel to The Unified Pathway To Light. There is more information about this in the Master Level ebook to help you decide the best next steps for you!

As we've said throughout your Ascension Pathway to date, there has been so much hard work done by you, so much darkness faced, released and let go of and to conclude these teachings, we again wish to share our deepest and humblest gratitude with you again for doing all of this personal healing work for the infinite benefit of all!

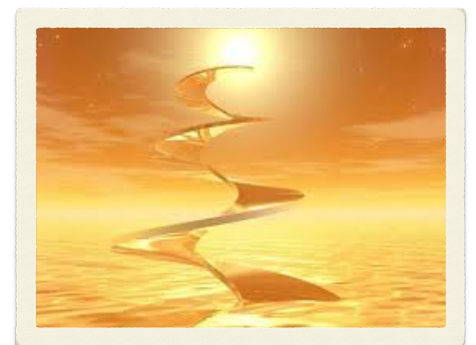
If you would like a certificate for completing The Unified Pathway To Light - Volume 4, please click on the link to be taken to our website where you can [download a certificate for this course](#) in PDF format. Simply print it out and fill it in as you wish. Congratulations!

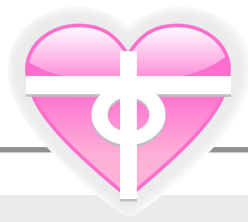
And finally, if you are reading this, then you are truly a rare and blessed person. Please, please, please share these energies with others noting that the Master Level and Master Teacher Level will help you to do this very easily and very simply!

May we all find our way towards the light!

With love inspired blessings,

**LOVE INSPIRATION &
MAITRI FOUNDATION**





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Welcome to
Monimo Light



Appendices



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APPENDIX 1
THE SCROLLS OF
THE NEW LOVE CONSCIOUSNESS (14 - 19)

FOURTEEN

- ❖ Choose your enemies well, for they serve to ensure that you grow far further than your friends will take you.
- ❖ Behind each un-compassionate action or word is a wound waiting to be healed. Use this to shine light on your pathway instead of using it to hurt others or yourself.
- ❖ Bleaching your memory banks can be a painful process; unleashing past hurts, wounds and wrong doings, but know that in this bleaching or opening process, you are reliving the hurts for a reason. To heal them.
- ❖ Widen your depth of understanding for those around you. Look at each individual around you as a 4-dimensional being - not at face value. We all have hopes and dreams and ailments. Be compassionate and forgiving.
- ❖ Open and embark on your journey with kind thoughts for others. Anything else seeks to damage yourself and the collective 'being'.
- ❖ With light always comes dark. Know this.



FOURTEEN (cont'd)

❖ *Be open to change. Forgive and let go.*

But remember to love in the process otherwise the merit is not obtained.

❖ *Breathing in happiness does not mean you will find it. Breathing out anger does not mean you will lose it. Open your heart to the shift in vibration that is coming - and free yourself from the torments of "happiness" and "misery".*

❖ *Be at one with all kinds of creatures, big and small, developed or not.*

For we are in this together.

❖ *The Unification Of All is paramount in this next transitional shift. Surrender to the unification and release your egoic fight, nothing is ever as difficult as it appears through the egoic consciousness filter.*



LOVE INSPIRATION
THE THIRTEEN SCROLLS OF
THE NEW LOVE CONSCIOUSNESS

FIFTEEN

- ❖ A new start is just around the corner. *BELIEVE*. In all.
- ❖ One or two mistakes are always apparent, three or four are going to close doors, five or six will knock on the door to forgiveness, eight - ten open the doors to healing and 100+ mean that you have lived, enjoyed and experienced life. Do not regret mistakes - simply let them help guide you forwards.
- ❖ We are not all separate. Really. It is only the barrier of the mind that brings division.
- ❖ Unification brings happiness. Remember this. Deeply.
- ❖ Without doubt, shine your light. Without love, shine your pain. Both are healing.
- ❖ Pain unites us and connects us. Feel the pain. Feel the connection. Then feel the compassion and love that the pain 'gift' offers.
- ❖ Portugal, Uruguay, Romania. Unite all countries, all religions, all sects. Learn to understand and have compassion for your fellow brothers. They too are a part of your being.
- ❖ Not every door must be opened. You have the choice to decide your own karmic circumstances.



SIXTEEN

❖ *Without a doubt, you will make it if you keep going.
Perseverance is key.*

❖ *Prominence and good will are not objectionable qualities. Using them to segregate yourself from others is. Behold the difference.*

❖ *Right and wrong are two sides of the same coin. Neither can exist without the other.
(i.e. if you remove the need to be right, no-one is ever wrong).*

❖ *Parasitic tendencies are held by those who seek justice or revenge. Again, separating the ego from the self can render parasites unable to feed.*

❖ *Bleed your pain for it will be healed. Not through remedy or cure, but by unification.
You are beginning to understand the significance of unification.*

❖ *Sun and moon are counter-balancers of energetic tides. As is love and unification. Use one in the light and the other in the dark. They both endear faith.*



SEVENTEEN

- ❖ *The righteous mind is full of imbalances, pre-cursors and mis-demeanours. Balance the ego with peace, brought about by love.*
- ❖ *Open many doorways until you find what the heart seeks. Some doors are dark to show you what you do not require in your life. Close them with love, say goodbye and open a new one. This causes growth and healing even if painful.*
- ❖ *Why are there no enemies in 'heaven'? Because those with ego are still incarnated and fighting battles that the heart cannot be a part of. Strong words for those of little faith.*
- ❖ *Being one with thyself is also being one with thy neighbour. Being one with thy neighbour is therefore also being one with thyself.*
- ❖ *Brilliance shines brightly. One brilliant being shines. Two brilliant beings radiate. A collective of brilliant beings unifies, builds and grows far beyond the understanding of that which you currently know. Do not underestimate the importance of unification in helping ALL to reach their destination.*
- ❖ *Four placings are given in a race. First, Second, Third & Fourth. Yet no placing is given to those who help each other to cross the finish line last. Unification brings joy that no first place can instil.*
- ❖ *Of all the pathways, unification brings healing to the surface faster, more completely and more fully than any other. It is the fastest way to bring healing for yourself and others. Connect! Love! Unify!*



EIGHTEEN

❖ *Without first place everyone is equal.
Think about this for a while and contemplate.*

❖ *Being 'green' brings unification with the earth.
Very important for your own evolution and for that of ALL.*

❖ *Small changes make big energetic adjustments. Do not underestimate your potential to
change the world. For it is already happening.*

❖ *Without glue, things fall apart. Be the glue that unites and connects. Yes!*

❖ *Apologise often for this creates the pathway to unity.*



LOVE INSPIRATION
THE THIRTEEN SCROLLS OF
THE NEW LOVE CONSCIOUSNESS

NINETEEN

❖ The birth of a child brings many responsibilities. Make it your place to pass on the theories of unification, for children taught young will be the leaders of tomorrows peaceful and harmonic society.

❖ Blue light brings many frequencies. Green light brings others. All colours bring frequencies. Yet the love and light of pure effervescence can only come through the unification of all colours. You started as pure white light.

It is now time to unite and return 'home'.

❖ Beneath all societies are ways and means of completing tasks in daily life due to past influences of their society. Do not blame them for this. Understand and have compassion for each society holds many gifts to the key of unification.

❖ Around many hearts lie a ring of despair and destruction.
Do not punish the self any longer, please.

❖ Beneath many hurts lie an insecurity that is waiting to be felt.
Unification brings healing to even the deepest wounds.
Do not be afraid to connect at this level, for the benefit of all.

❖ Whilst there are many pathways, there is only one unified pathway.

❖ Enlighten those around you for you shall be their saviour through unification. But you must make the first move. The Universe listens to those who set clear intentions - make them for the benefit of all.

❖ Love and light are two radiating factors in the unification equation. Use them.





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APPENDIX 2
THE SCROLLS OF
THE NEW LOVE CONSCIOUSNESS (20 - 25)

LOVE INSPIRATION
THE THIRTEEN SCROLLS OF
THE NEW LOVE CONSCIOUSNESS

TWENTY

- ❖ *At eighteen you are wondering what your life will be. At 48 you are wondering where your life has gone. By 98 what conscious beliefs will you have manifested in line with your true potential? You still have time to change now.*
- ❖ *Opening all of your beliefs to criticism does not bring equality. Opening your beliefs to the understanding of others, with love, brings unification.*
- ❖ *Without will, there is no way. You will be guided, but you must provide the will.*
- ❖ *Restoration of full, comprehensive 'peace on earth' will be a sight to behold.
Will you be a part of the revolution?*
- ❖ *Peace, love and unification are pre-cursors to re-meeting the "white light" from which you came. Open each doorway with kindness and respect in order to make your way.*
- ❖ *Too many lives have been lost due to conflict, war, sabotage and pain. Do not let this cycle continue, please. Remain hopeful and use your light to manifest change.*



TWENTY-ONE

- ❖ *Instil in your heart that love unifies all.*
- ❖ *Without constraint, open your heart to a peaceful and loving world. One which is changing before your very eyes; let it, be a part of it and grow with it.*
- ❖ *All in all you are a light being. Remember this. Darkness does not 'become thee'.*
- ❖ *By being your true un-egoed self, you are helping the world to achieve a higher homeostasis of love and well-being. Continue your healing for the benefit of all.*
- ❖ *Without balance, your energies and those around you are affected. Restore your balance daily by doing the things you know help (both yourself and others).*
- ❖ *Refrain from challenging others with your ego. This only serves to create right and wrong and the demise of the love consciousness.*
- ❖ *Bring forward your talents and gifts. For you were given them for a reason. They are here to help too.*
- ❖ *Bring the finale of peace and unification into your collective consciousness today. Now more than ever the earth, her inhabitants and all beings are relying on the changes you make.*



TWENTY-TWO

- ❖ *Without the help of others you cannot achieve your destiny.
Be brave and help those around you.*
- ❖ *Light your pilot light of unification and keep it going. Always.*
- ❖ *Befriend those who you would not normally. For they will indeed hold gifts for your spiritual evolution that you cannot continue on without.*
- ❖ *Find the focus to **NEED** unification in your life. There is no better way to spiritually metamorphocise than to create the need.*
- ❖ *Bring hope back. It was never lost, just hidden under the ailments you call wounds.*
- ❖ *Find your peace through balance. Work and play are not opposite sides of the same coin. They can be intertwined! (For the betterment of all).*
- ❖ *Shallow forgiveness does not bring light. Open forgiveness, with sincere intention, despite the hurt, will bring the freedom you seek.*
- ❖ *Without pain there would not be growth or the need for unification. See it as a gift.*



TWENTY-THREE

❖ The plight of many is to be the king of greed, building a tower of material-ness to try to reach the “kingdom of heaven”. Know however that no matter how many chairs and ladders you pile sky high, you will never reach the light of being this way. Build your ladders internally through your heart space to find and discover all that you need.

❖ Without focus, life is lost. With too much focus, life is lost.
Again, find balance and work with it.

❖ Unite all through the aspects of your ‘being’. Your qualities are things that others admire and they can be of help too. Use them!

❖ Bringing in all the elements of happiness, peace, love, cherishment and hope will not bring you a complete pathway. Sharing these elements with others will.

❖ Without reason do not consolidate your fears with others. Bring light and hope, not fear and darkness to the table.

❖ Love will always dissolve ego. Try it and persevere with it. Always.



TWENTY-FOUR

❖ Not everyone will be able to achieve the things they desire. This is a part of the way life “crumbles”. Do not despair at this fact, simply understand that your wellbeing is determined through karmic completion and will not be adjudicated by material founded thoughts or processes.

❖ Nomination of goodwill and charity will always purify the soul.
Spreading love through charity, projects, health and good-heartedness
are qualitatable and tangible benefits.

❖ Be not afraid to step forward. The door is always open.

❖ Without love there is no hope of unification.
Be the love and the hope that your earth requires.

❖ Accelerating towards The New Love Consciousness and the “collective being” is the ‘golden pathway’. It is not difficult, yet will provide its challenges. Do not give up!



TWENTY-FIVE

❖ Although all beings seem to require a substantial income. This is not the case. Being benevolent will always bring you what you need (not that which you desire).

❖ Without reason, follow your heart. Do not be blind-folded by those who seek material wealth or satisfaction.

❖ Bring more faith back into your life.
Find this by connecting to and unifying with others. Really.

❖ Some times things in life just ARE difficult. This is not to anger you, but to push you into the new growth phase of your being. You cannot grow by continuing to do "the same". This is simple fact.

❖ We are all here to be united and forgiven, to be loved and to heal. Remember this when you meet others, for they too have something to offer to your healing pathway and vice versa.

❖ Restriction causes energy blockages, pain, suffering and unrest.
Do not restrict yourself or those around you - for without boundaries the pathway is much easier to find.





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APPENDIX 3
THE SCROLLS OF
THE NEW LOVE CONSCIOUSNESS (26 -31)

TWENTY-SIX

- ❖ *Through realm after realm there is always a definitive need for peace. Everywhere, in every person, in every place and in every animal there is always room for more peace to flourish. Plant the seed and help it grow. For the absolute and infinite benefit of all.*
- ❖ *Names and places are but energetic frequencies. Truth and wisdom consolidate basic energetic frequencies into those that are powerful enough to transform your life. Bring more truth and wisdom to the table and let it grow.*
- ❖ *Needing to escape is a common recurrence in many earthly lives. Know that this is a part of the healing journey and that you will find a place where no escape is needed, if you persevere. Staying put is a sure way to endure more suffering.*
- ❖ *Help others. Really, it is that simple.*
- ❖ *Behold the gift of life. It is worth cherishing, not destroying.*



LOVE INSPIRATION
THE THIRTEEN SCROLLS OF
THE NEW LOVE CONSCIOUSNESS

TWENTY-SEVEN

- ❖ Open to all the energetic frequencies of the love light consciousness. There are many, many beings who are here to support you on your journey. Yet you must enable them.
- ❖ Without bringing more peace, your earth will not maintain any balance. Without balance, the scale tips one way or the other. This is your choice.
- ❖ Bring hope to those around you and to those who you have not yet met, through meditation and energy sharing. It is not a prerequisite to be an enhanced or determined meditator, merely bring what you have, through meditation, for the benefit of all.
- ❖ Ice-cream is a treasured sweet, yet it brings disharmony to the animal world from which it is produced. See your treasured sweet and raise the bar, literally. You have the choice to consume what you wish. Do not let marketing or laziness get in the way of true direction.
- ❖ Moments of gold are showered upon you daily, just by walking your pathway to The New Love Consciousness. Do not underestimate how much love you are receiving on a daily basis.
- ❖ There are always more days in the year. Your to-do list can be relaxed in order to help others. You are not a robot - continue your healing through helping others and grow!
- ❖ There may not be many times that you are offered the chance to grow and heal, so take each and every opportunity that you receive as a very special gift. What you do not use will not be recyclable.



TWENTY-EIGHT

- ❖ *Freedom comes from truth at heart. Be truthful to your heart always.*
- ❖ *Reconciliation is a beautiful bridge to oneness. Make it a priority.*
- ❖ *Each realm of energies has its difficulties. The Earth realm has many. Know that each and every small change or part you play in healing, is paramount for the survival of the collective.*
- ❖ *Sometimes there are ways that seem too difficult or challenging. Take them anyway, for they will bring the most reward.*
- ❖ *Open always to the being that is love. It lives inside you and speaks through your heart.*
- ❖ *With all faith comes hope. With all hope comes love. And with all love comes unity. Success!*
- ❖ *Breathing in the collective consciousness will help you to assimilate your life path with your current energies - and then help them to grow. Repeating the scrolls will benefit your consciousness and the consciousness of others.*



TWENTY-NINE

- ❖ *Something inside is always yearning for change. Listen, for it knows the way.*
- ❖ *Being open to change and facilitating change are two very different objectives. Do not be afraid to implement the changes you wish for, firstly in yourself, then in the collective 'world'.*
- ❖ *Be not afraid to speak your energetic truth.
Sometimes it may shock you with how profound it is!*
- ❖ *Without the fuel of hatred, love is the tree that is ready to blossom. Be the fuel of love instead, for its benefit far outweighs anything in comparison.*
- ❖ *Opening to the frequency of the collective love consciousness will allow changes within you that you never imagined possible. Seek true teachings and follow the integrative nature of one-ness for it will bring you the redemption you seek.*
- ❖ *With one-ness at the forefront, you will receive that which you desire.*
- ❖ *By being true to the unification within, you will never go without.*



LOVE INSPIRATION
THE THIRTEEN SCROLLS OF
THE NEW LOVE CONSCIOUSNESS

THIRTY

❖ Pathways are not always as they seem. Sometimes a rickety bridge, although not stable, is better than drowning in a torrent of flooded water.

❖ Unite the collective love consciousness by seeking your truth - and then delivering it to others. Connection through teaching is paramount.

❖ Without knowing it, you have already superseded many expectations on your healing journey. We are not book-keepers in this lifetime.
We are peacemakers and lovers.

❖ Some things in your duality will always bring misunderstanding. When confused, do not inflict more mis-understanding. Simply let each come to their own conclusion - for that is best for them at that time. They will seek higher and higher truths as they progress.

❖ With all the love in your heart and with the best intention to benefit all, you will still hit 'hurdles'. This IS a part of the process, it is not that you are doing something wrong - it is in fact that you are doing everything RIGHT.

❖ Becoming one with yourself is a mind-blowing task if you let your ego go to work at trying to understand it.
Use your heart instead, for it knows the way INSTINCTIVELY.

❖ We have all travelled on roads less pleasurable.
Remind yourself of this when the road gets tough. And remember there is always someone behind you who could do with your help or compassion.

❖ Await the unfoldment of The New Love Consciousness in its entirety. For it will be a peaceful and loving change to the struggle you are now undergoing.



LOVE INSPIRATION
THE THIRTEEN SCROLLS OF
THE NEW LOVE CONSCIOUSNESS

THIRTY-ONE

❖ Seventeen scrolls ago you were a beginner on this journey. Now you are embarking on world-changing phenomena. Do not forget how powerful you are - and how powerful your influence can be (for right or wrong).

❖ As some people walk this pathway to light, others will also walk their pathway to dark. This is simply how the life struggle is currently unfolding.
Help where you can with deep compassion.

❖ Sometimes we all see the world from different angles. This is not because one is right and one is wrong, it is because together we see the *WHOLE*.
We need each other to continue our plight.

❖ Eighteen scrolls ago you were one step more than a beginner. Now you have thirty one you are equally still one step more than a beginner. But do not let this despair you. For beginnings are where all the changes grow from.

❖ The Scrolls of The New Love Consciousness are always intended as guides or 'lights in the darkness'. They are not prescribed remedies for specific ailments nor are they 'by the book rules'. They are to stimulate the love consciousness within you to grow and expand further for the benefit of the entire collective consciousness.
Treat them as such.





Love Inspiration

Learn • Heal • Awaken

APPENDIX 4

TRANSCRIBED AUDIO MEDITATIONS

TRANSCRIBED AUDIO MEDITATIONS:

On the following pages you will find the transcriptions for the following audio meditations:

(All of these meditations are available to listen to, or download, on the [Monimo Light Meditations](http://www.LoveInspiration.org.nz) webpage.)

- 1. Obstacle Removing Meditation (~35mins) - Page 94
- 2. Rejuvenation Meditation (~32 mins) - Page 98
- 3. Leading Light Meditation (~47 mins) - Page 102
- 4. The Blue Horizon Meditation (~27 mins) - Page 108
- 5. The Orange Truth Meditation (~37 mins) - Page 111
- 6. The Fusion Meditation (~37 mins) - Page 115

1. OBSTACLE REMOVING MEDITATION:

Audio Meditation: available to listen to, or download, on the [Monimo Light Meditations](https://www.monimolight.com/meditations/) webpage.

Length of Audio Meditation: - approximately 35 minutes

[Gong sounds]

Welcome to the obstacle removing meditation.

This meditation is divinely brought through to help us to clear energy blockages and obstacles that sit in our pathway of life flow.

You may use this meditation where you have an understanding of blockages within your life, where you have an understanding of obstacles that sit in your pathway, or you may simply open up to the divine energies and uncover and heal the blockages and obstacles that are now ready to be removed.

To begin with, please ensure that you are in a space that is comfortable, relaxing, where you will be undisturbed for the duration of the meditation. You may wish to either sit or lie down for this meditation, whichever is most comfortable for you.

There is nothing that you need to do other than relax, open and surrender to the energies that will be coming to you during this meditation to help you on your pathway forward.

We begin with opening the meditation by calling upon the energies required to help us here on this day. We open to you Mother/Father Universe, blessed Gods, Angels, Beings, Deities, Gurus, Great Ones. We ask you to come forward and help us here today with the healing of removing obstacles.

We ask you to bless us and to send us the energies needed in order for us to open and expand our life force energy for our own highest good and for the collective benefit of all.

We also especially call upon Ganesh, the Hindu Deity, who is sent to be the helper of removing obstacles in one's life.

Ganesh, we open especially to you on this day and to your energies in helping make things happen.

So let us begin the meditation, firstly, by ensuring that you are comfortable, relaxed and simply by opening our consciousness to the breath energy that flows through us by focusing on our breathing.

And taking three nice long deep breaths: in and out ... in and out ... in and out.

And as we do this, we now start to feel the magic happen. We begin visualising ourselves walking along a beautiful sandy beach. Feel the sand beneath your toes, beneath your feet. Feel the waves splashing against your ankles. Feel the tide rolling in. Breathe in the deep sea air. Feel the sun upon your face as you walk slowly and gently, undisturbed and completely relaxed. Joyously and peacefully, walking along the beach.

Moving forwards and enjoying the salty air, you now visualise a doorway in front of you. You are happy that it is there. Stepping forward to this doorway, you turn the door handle and go inside. In front of you are stairways leading down. You begin the descent down the stairs. The room is dark but you know your way here. Everything feels safe, calm and relaxed.

As you reach the bottom of the stairs, you again feel cold, damp sand under your feet. And walking forwards, you see a warm glow of light up ahead. Moving forwards, you begin to see the outline of what looks like a beautiful grassy native-forestry area. And as you walk closer, you begin to see a beautiful waterfall.

Moving forwards, you are now moving onto the lovely grass and the moss that is under your feet. As you climb slowly onto a small rise at the base of the waterfall, you look upwards and see the top of the waterfall where the water is flowing and dropping beautifully in front of you.

You hear the birds chirping in the native forest around you. This is a beautiful and breathtaking place to be. You find yourself a lovely spot at the bottom of the waterfall and you sit cross-legged in front of it, soaking up its energies and enjoying the stillness of everything around you. You then soon begin to understand that this waterfall is your life force energy. It is the flow of your energy, the flow of your oneness, the flow of everything that you are.

Looking to your right, you notice a small sign that points with an arrow to the top of the waterfall via a beautiful track. You walk over to the sign and begin your way along the track and up to the top of the waterfall. The track is small and narrow but is beautiful and peaceful, surrounded in all of this forest and bush, the birds singing around you.

Walking for just a few minutes, you finally find yourself at the top where the bush clears out into a beautiful river. Walking just a few metres down, you reach the edge of the waterfall where there is a rock, a lovely flat rock that you are able to sit on. From here you are able to survey your kingdom, your energy, for miles. You feel the power of the water, the sound of it crashing and thundering, and the peace and tranquillity of the bush and the birds, the trees around you.

The river in front of you flows gently and smoothly, leading to the waterfall. It is here sitting on this rock that you are now able to understand more of the energies, the obstacles, the blockages that you have in your life at this time.

Asking for help and for guidance, you look around, trying to notice any rocks or debris that are in your river's pathway. Obstacles, barriers, boulders, tree branches; anything that you see in front of you that may be stopping or changing the flow of water, the flow of life force energy in your life.

Taking your time and knowing that only the obstacles that are prepared or ready to be moved or healed will appear. You understand that this is a great gift and that you are now ready to heal and remove these obstacles – these debris, boulders or rocks that are standing in your way.

Standing up from your position on the rock, you move along the river, finding rocks or obstacles that are in your way. You may now begin with choosing one of these rocks or obstacles. You move over to this, whether it is in the middle of the stream, on the side, or right near the edge of the waterfall. You place your hands on this object and you ask, "What is this obstacle?"

If you need to know the answer, it will come. If you do not, simply surrender.

Now you are able to remove or heal this obstacle by asking for help and by asking for the ability to heal this issue. Placing your hands on this obstacle, you ask for it peacefully, lovingly and gently to be removed so that you may create a wider, more abundant flow of energy, of life force, within you for the benefit of all.

As you have your hands on this object, you begin to feel something is changing. The energies are moving and slowly, but surely, this obstacle - this rock, this branch, this stone begins to fade as you gently surrender yourself more and more, asking for help and for guidance to clear this issue.

The boulder gently begins to dissolve. You may also find that if the boulder does not dissolve, that you are strong enough to lift this boulder yourself out of the riverbed. Once you have moved this obstacle or cleared the debris, you are now able to peacefully reflect and say thank you for the help that has been received, knowing that the energies coming through this meditation, coming through you and into your life force energy, are here, helping you strongly and divinely to clear your pathway for your own highest good.

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You may now wish to choose other boulders or obstacles blocking the flow of your river. You may now take just a few minutes to do this peacefully, lovingly and gently. Again, going through the procedure, placing your hands on the object and asking, "What is this obstacle?" Again, if you need to know, you will be given the answer.

We will now give you just a few minutes to work through this process with as many obstacles, boulders or debris as you wish. Know that the energies are with you and that you are being divinely guided to heal that which requires healing at this time.

[~70 second pause]

Remember to be caring, loving and gentle with yourself as you clear away these obstacles. You are strong enough - and you are brave enough to heal and remove these blockages in your life.

If you find an obstacle that is particularly stubborn, remember that by opening yourself and surrendering, you will be able to receive more energy in order to help you remove this obstacle.

[~20 second pause]

You may also wish to be creative in the ways that the obstacle is cleared. Perhaps your stone turns to sand. Perhaps it is merely the effort of pushing it off the edge of the waterfall. Perhaps you use other means to clear or move the obstacles. Go with what you feel and remember again to be gentle and loving with yourself.

[~2 minute pause]

And when you have done so, find yourself a nice comfortable position on the edge of the river, overlooking the waterfall. And give yourself some time to reflect on the energies you have moved, the boulders you have shifted, and watch now as the river flows more freely, flows more beautifully, with less obstacles and a clearer pathway. And give yourself a big congratulations. Give thanks to those who have helped you along your pathway to this date; those who have helped you to reach this place where you have been able to clear these obstacles.

Survey your beautiful river, your beautiful life force of energy. You now understand that by removing these blockages or energies, that your river is now able to flow more strongly, more clearly and more directly towards your own life purpose. You are able to facilitate an understanding that goes much deeper than you have ever reached before.

Looking up at the sky, you now understand that more energy is able to flow down your river than ever before. As the pathway becomes clearer, as the river becomes clearer, more energy is able to flow. You now understand and appreciate this very deeply.

Taking just a few seconds to really contemplate that which you have just done, to congratulate yourself and to be at peace with this new energy flow, bearing in mind that some of the obstacles you have moved may have created dips or flows or a slight change in current of your life force energy. This means that your river may now flow slightly differently, more widely, more expansively than before. And this is a wonderful gift that you have given yourself and a wonderful gift to help all. For as our own life force energy flows stronger, so too does the love from within us, the understanding of our purpose and our ability to help all.

From here you now feel that you are ready to stand up and to walk back, down to the bottom of the waterfall. You take one final look at your river, at how clear and beautifully it is flowing. Then you begin to descend back down the beautiful pathway, surrounded by bush, the birds and the background.

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And finally reaching the signpost at the bottom of the waterfall. You then move back over to your space in front of the waterfall and position yourself again on that nice comfy spot directly in front of the waterfall.

You see now that the flow of water coming off the edge of the waterfall is now more streamlined, more clear, more beautiful and more expansive than it has been before. The flow of water coming over the edge of the waterfall is gradually increasing and will continue to increase with time. This is the result of you clearing these obstacles and of you healing these debris and of you opening to the flow, to the increased flow, of energy. You are now a much wider, much clearer channel for the life force energy to flow through you. This is a wonderful gift that you have given yourself. Well done.

Now you may wish to take just a few seconds to say goodbye to your waterfall for now, knowing that at any time you are able to return here, to return to the healing, to walk up your pathway to the top of the waterfall and to heal & remove any debris that you so wish. You give thanks for the time here, for the healing, for the energies of those who have helped you on this journey.

And when you are ready, you are able to stand up and begin walking back from where you originally came from.

[~15 second pause]

And now, you find yourself back in the darkened space, with the wet, cold sand beneath your feet. And you see that stairway in front of you, leading upwards to the doorway. Climbing the stairs and opening the doorway, you again remind yourself that you are able to return here at any time to your waterfall. But for now, you are safe and happy to be able to move forwards in your life.

Opening the doorway, you step out onto that beautiful, warm sunny beach, feeling the sand beneath your toes and your feet and the waves lapping around your ankles. You feel the sun on your face and you are happy in knowing that you are here.

And you now understand that it is time to leave and in doing so, you find that gently your energies are now coming back into the room, into your own space, and back to listening to the words of this meditation.

You slowly and gently bring yourself back to your surroundings, back to hearing any noises around you, back to feeling your body again. Perhaps wiggling your toes, moving your hands and fingers.

And, when you are ready, you may open your eyes. And finally, one last time, give thanks for everything that you have received today. We then close this meditation by giving and offering our extreme thanks for everything that has happened here on this day. And we look forward to an abundance of this life force energy flowing through us, more purely and more beautifully than ever before.

With love, we now close this meditation.

[Gong sounds]



2. REJUVENATION MEDITATION:

Audio Meditation: available to listen to, or download, on the [Monimo Light Meditations](#) webpage.

Length of Audio Meditation: - approximately 32 minutes

[Gong sounds]

Welcome to the Rejuvenation Meditation. It is with love and divine guidance that we welcome you here to this beautiful frequency.

This meditation has been divinely brought through in order to help us to restore, rejuvenate, regenerate, heal, nurture and grow our energy centres. We have been blessed to also receive the healing energies with this meditation, so please do not worry if you are having difficulty with any of the visualisation techniques throughout the meditation because the healing energies are doing their work anyway. Please know that you are loved, cherished and always divinely guided as you move throughout this meditation.

Again, with love, we welcome you here. To begin with it is important that you are in a comfortable, relaxed and gentle caring space, preferably where you will be undisturbed for the duration of meditation. You may either sit down or lie depending on whichever you feel most comfortable and most relaxed. Let us begin the meditation by using the inhalation and exhalation of energies through our breath.

Begin by taking a couple of nice long slow deep breaths to harmonise the energies within and to prepare us for our journey inwards.

[~30 second pause]

We begin by reminding ourselves that we are a sacred being and that we have been divinely guided here to this meditation as we are ready for it. It is not by coincidence that we have opened and are listening to this meditation. We have been divinely guided to bring these energies, this restoration, into our being.

Know that you are safe and that you are nurtured on this journey. As we begin by seeing or visualising ourselves standing in a beautiful forest surrounded by tall trees; a beautiful canopy. We feel the earth beneath our feet, the gentle soft grass, twigs and leaves. The bare earth beneath our feet.

As we walk gently through this beautiful forest, listening to the birds and the sounds of nature around us, the trees and the canopy creaking above us, we feel humbled, blessed to be here.

As we continue walking along the small track, through the forest and enjoying the peace and serenity, we begin to visualise a door way in front of us. This doorway is surrounded by stone, by moss and by Mother Nature herself. The energies from the trees, from the ground, from all around us, draw us in to this beautiful doorway.

As we come closer and closer, we feel the gentle energies of Mother Earth nurturing us and the doorway automatically opens as we are standing in front of it.

Gently moving ourselves inside the doorway we feel a safe and relaxing energy come over us and we find ourselves standing at the bottom of a small stairway. Grasping the handrail on both sides, we make our way slowly, slowly, up the stairway.

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10.....9.....8.....7.....6.....5.....4.....3.....2.....1.....

As we reach the top of the stairway, we find ourselves standing in the entranceway to a beautiful golden dome.

Inquisitively we walk inside the doorway of this beautiful dome and find ourselves inside a beautiful dome of energy, a beautiful garden, a beautiful surroundings.

Looking around us and walking further inside this beautiful dome, we look upwards and see the roof or the ceiling of the dome in it's beautiful golden colour.

Looking around us we see a beautiful garden. There are trees, small shrubs; this looks like a nurtured garden. This is our energy centre.

We feel a pathway beneath our feet; many small pebbles & stones - and we begin to gently and slowly walk through this beautiful garden which is our energy centre.

Looking around we see many small plants, many pot plants, many trees and we understand that this is a place that we have been before; a place that we have nurtured and grown ourselves.

Walking further and further around through this beautiful garden, we see a small yet delicate water feature. The water is spurting up the top and running down below and under a bridge.

Taking a few deep breathes we adjust our energy fully, to be present in this space. And as we do so, we begin to notice that our garden, that are energy centre, has not been as nourished and as nurtured as what it could have been.

We see there are plants that have died, we see that there are weeds that have grown. Things have become dirty; perhaps overgrown. And although our garden is still beautiful, we can feel the blockages, the energy stagnations within our energy zone.

Our water feature has become dirty and overgrown with moss and with small plants and we realise that this is indeed why we are here at this time.

Wandering further through our garden we see there are cracks in the walls. We see there are places that need fixing and that need nurturing and love.

And as we come around the corner we see a doorway that is lit up with the lights of our name. Knowing that it is time for us to move forwards, we walk through the doorway, trusting that we are being led to where it is that we need to go.

Opening the doorway, we find ourselves inside a small glass room. This room is peaceful and tranquil and there is a seat in the middle. We walk over to the seat, knowing instinctively that it is time for us to receive the healing energies that we require in our energy centres.

Sitting on this beautiful and comfortable seat we feel our energies unwinding, our body relaxing and our mind releasing, as we gently and slowly begin to fall asleep.

During the next minute or so, we will be receiving the upgrade of energies, the rejuvenation, the restoration that we require at this time.

We feel peaceful and relaxed. Surrounded in beautiful white light as we drift gently, allowing the energies to do their work.

[~10 second pause]

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We see the sparkling lights of love and divine guidance all round us during this time. Gently and slowly we feel the nurturing energies being restored within us. We feel a slight tingling of energies all over our body and we are happy and humbled to be receiving this divine energy flow. You may wish to visualise a channel of light coming down through the room and filling your entire being.

[~25 second pause]

And you are now beginning to feel the energies starting to drop off slightly. There is now less energy flowing and you feel comfortable that your healing process is beginning to slow down.

Feeling gently guided, you stand up from your beautiful, comfortable chair and you walk back through the doorway into your energy dome where you were before.

Only now you start to see that this energy transformation that has taken place has begun to nurture and to re-energise your whole energy dome.

Looking around you, you see that the plants, the trees, have now doubled in size. They are more green, more radiant and more beautiful than you have seen before.

The garden looks nurtured, looks well cared for. The weeds have been taken away and all of the small cracks in the dome have been repaired. You feel a sense of well being, a sense of growth and expansion within your energy dome. You feel peaceful yet empowered, regenerated and ready to move forwards on your pathway.

Walking along the beautiful pebbled track below you, you see that the stones are now more clear, more clean and more crisp looking.

The water feature that before was dirty and small, is now a beautiful marble creation with a large volume of water spurting out the top and running down each layer, providing the vigorous, enlightening and love filled energy flow that your energy centre requires. The water is clear, crisp, clean and serene as it flows under the foot bridge you are walking across.

As you venture forwards on your pathway, you begin to understand that your energy dome is now able to grow and to further expand. You understand that this is an organic process and that with time your energy dome will grow; will grow bigger, larger and stronger and it will then have the capacity and the ability to grow more plants, to grow more water flow, to grow more pathways, more nurturing and more love inside you.

As you take a few seconds to contemplate and reflect on this growth within you, you begin to see up ahead, your spirit guide standing in front of you. They may be clear or they may be simply a haze of energy that you know and trust.

They are opening their arms to you and explaining to you that you have done an amazing job to get to where you are today. They are letting you know that they are proud of you and that they are always with you, guiding you on your journey.

They are sending you much love, much light and much healing, knowing that you are rejuvenating from the inside. They are welcoming you to this new and higher frequency of energy; this new radiance, this new growth, this new expansion, this nurturing, this deep fulfilling nurturing that now lives within you.

With this your spirit guide now summonses you to let you know that your time here is complete for now. You are of course welcome to return here at anytime you wish, when you are ready to expand, heal and nurture your energies even further.

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But for now, you are comfortable and happy knowing and feeling that your energies are now more restored, more rejuvenated than ever before. The plants around you are greener and brighter and your pathway clearer, as you make your way out of the doorway that you originally came through.

The light begins to fade and you find yourself standing at the top of the stairway. Grasping each of the handrails on both sides, you begin your descent down the stairs.

1.....2.....3.....4.....5.....6.....7.....8.....9.....10.....

Opening the doorway in front of you, you step out onto the beautiful grassy, mossy forest where you originally began your journey.

The forest around you is sublime, peaceful and serene, and it is here that you take a few minutes to give thanks for everything that you have received in this meditation.

Feeling the soft twigs and leaves and the solid earth beneath your feet, you give thanks. You give thanks for everything that you have received and you say a special thanks to your spirit guide for them helping you on this journey.

Walking forwards and feeling filled with love, feeling rejuvenated, relaxed and also feeling empowered, you begin to feel the energies of the forest around you fading.

You know that you are safe now to return back gently into the room. Gently back to the space that you are in, listening to this meditation.

You feel the energy of your feet flat on the floor, or if you are lying down, your heels touching the floor. Feel your hands, feel your face, feel your body returning and awakening back into the conscious state. Bringing with you those feelings of rejuvenation, of nurturing, of empowerment and of a deep love. You are now ready to bring yourself fully back into this space.

And now when you are ready you may open your eyes, taking a few seconds to adjust back.

[~10 second pause]

(Finger snapping sound) On the count of 3, you will be fully back into your own present space with the healing energies fully integrated into your body.

1.....2.....3..... (finger snapping sound)

[~5 second pause]

Thank you for joining us on this meditation and we hope that you have received the love and nurturing that you require at this time. Know that the energy upgrade you have received during this meditation has been inline with your own highest good. With your own soul purpose.

We thank you for being with us here and wish you well on your journey forwards. With love and peace, we seal this meditation and these energies - and we say good bye.

[Gong sounds]



3. LEADING LIGHT MEDITATION:

Audio Meditation: available to listen to, or download, on the [Monimo Light Meditations](https://www.monimolight.com/meditations) webpage.

Length of Audio Meditation: - approximately 47 minutes

[Gong sounds]

Welcome to this Leading Light Meditation.

It is with love and with warmth that we welcome you to this beautiful meditation which has been divinely brought through in order to help purify your energy and to help upgrade each of your chakras within your energy system.

These energies that come through with this meditation have been divinely guided so that you may use them for your own highest good; for the betterment of all.

We are delighted to have you with us for this healing and meditation and we begin by ensuring that you are comfortable, relaxed and open to receiving these energies.

I am open and ready to heal,

I am open and ready to heal,

I am open and ready to heal.

And now as you find yourself relaxing, gently, whether in a sitting or lying position, adjusting your body to feel completely comfortable and relaxed. Knowing that this time, this duration of the meditation, is time just for you. Time for you to unwind and relax. And to allow the healing energies that you require to come within.

We begin by taking one long, slow deep breath.

[~15 second pause]

And by opening each of our chakras to allow the energies in.

[~10 second pause]

We dedicate the healing from this meditation on this day for the benefit of all beings to be happy and free from suffering. May we all be connected and united in the name of love.

[~10 second pause]

With peace and with understanding, we are now ready to begin the meditation.

[~20 second pause]

Feeling relaxed and comfortable, we begin to visualise ourselves standing high up in the mountains, surrounded by the beautiful snow capped peaks, by rocky ledges, feeling close to the sky, feeling the rocks beneath our feet.

We feel safe here, relaxed, and although we are at high altitude, we feel warm and comfortable.

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Looking around us, the scenery is magnificent. We have a view for 360 degrees. The sun is shining down beautifully on our face and the energy and the peacefulness of being in this mountainous area is just superb. The sound of silence is caressing and we feel at peace surrounded by the mountainous energy.

[~25 second pause]

We feel ready to take on whatever healing work is coming our way in this meditation. And as we feel open, and as we surrender to these mountainous energies, we notice that to our right there is a cave. This cave is built into a beautiful mountainous rock face and feels warm and inviting as we draw near to it.

Hearing the sounds of the birds above circling, we know that we are going in the right direction and we soon find ourselves standing in the entrance way to the cave.

Peacefully and relaxedly, we trust that we are safe here inside this cave and we begin to walk inside. There is enough light to light our way and although the cave becomes darker as we walk further inside, we feel safe and relaxed.

The ground is rocky but smooth; there are no obstacles on our pathway. As we walk further the light begins to fade even more and we become conscious of the sounds of dripping water; droplets dripping inside the cave.

Continuing to walk slowly and gently we soon find ourselves standing at the entrance to a large room, a large opening within the cave. We look around and the energies feel peaceful. We feel happy to be in this space; this wide opening within the cave.

We continue to hear the droplets of water dripping from the ceiling and as we walk into this opening, as our eyes adjust in the slight amount of light that there is, we notice a beautiful shallow pool of water at the bottom of this beautiful opening within the cave.

This area of water glows a beautiful iridescent light blue, bright shining colour and the water looks beautifully inviting. As we venture closer to this pool, we feel deeply content, deeply relaxed and we become interested in the water itself.

We bend down at the edge of the pool and scoop our hands gently into the water, feeling its energy run over our fingers and palms of our hands. This pool of water is not like any other pool of water. It feels as if it has magical qualities, as the beautiful iridescent light comes from within it, we feel that we are ready to splash our face with this beautiful water. And as we scoop the water and throw it over our face gently, it feels cool and crisp, yet nurturing and soft - and also energising.

[~15 second pause]

Soon, we feel ready and invited to step into the pool of water, so we sit down and we take off our socks and shoes.

Entering the water slowly in our bare feet we feel simply peaceful, feeling the ankle deep water, feeling the smooth rock beneath our toes - and knowing that we are indeed in a very sacred and beautiful place.

Standing in the water for just a few seconds, we begin to feel energies starting to shift and move. We feel that our impurities or that energies are starting to flow down our body, down through our legs and out through our feet.

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Any and all impurities or old energies that we do not require any longer are flowing from our body, being absorbed by this beautiful pool of water around us. The energies continue to flow and we feel humbled and blessed and grateful to know that these impurities are beginning to be removed from our energies, and are being absorbed by the magical water around our feet.

Like small sugar crystals dissolving in water, we feel these impurities leaving our body. Knowing that we have worked hard to reach this place and that we deserve the removal of these old and stagnant energies that we no longer require.

[~15 second pause]

The water feels cool and crisp around our feet and we feel content and peaceful with the flow of these old energies leaving our body, knowing that in time we will receive new energies to replace these with.

[~15 second pause]

Standing in this water and this pool of beautiful light energy we begin to notice in front of us a stone, column-like pillar appearing out of the water. We walk slowly and gently towards this concrete pillar noticing that as it rises from the water, it stops when it is as tall as the top of our head.

This pillar looks warm and comforting and we are delighted to see on the top of the pillar, a small sphere of pure white light energy hovering above the pillar. This sphere of light looks welcoming, looks energising and looks as though it is made just for us.

With divine understanding we reach our arms up to the top of this pillar, wrapping our hands around the outside of this beautiful, radiant, glowing, white ball of energy and light. And we instinctively know that this ball of energy is to go into our Crown Chakra; into the top of our head.

With this ball of energy grasped between the palms of our hands we move it slowly and gently towards the top of our head. And as the light ball of energy touches the top of our crown, it then begins to dissolve and enter in through the top of our head. And we feel a magnificent amount of energy flowing through our crown and down throughout our entire body.

This set of energies has indeed been divinely and beautifully created just for us; just for our own highest good. And as we look down around our body, we notice that our physical body is starting to glow with this same pure white light.

We begin to feel a little excited as the energy tingles and buzzes throughout our body. This is a most divine and beautiful gift that we have received. Taking just a few seconds then, to enjoy this new energy within our body.

[~35 second pause]

Soon, as this energy, this pure white divine radiance begins to fade slightly, we then notice that a second pillar of rock or stone is emerging from the pool in front of us. This pillar grows slowly and gently out of the water until it reaches the height of about our nose.

Forming on top of this beautiful pillar, we then begin to see a lovely, divine purply- violet coloured energy sphere of light beginning to form. This beautiful and divine light is now ready for us and we move our hands up to the top of the pillar. We take hold of this beautiful violet coloured light, knowing instinctively that it is to be placed into our forehead area; our Third Eye Chakra.

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Again, as this beautiful coloured energy touches our skin, the energies begin to merge and dissolve into our body. The beautiful violet-coloured energies flow down through our entire being and they form a radiant coloured energy all around us.

Enjoying the peace and tranquillity that this energy brings, we allow ourselves a few seconds to fully assimilate and integrate these energies, these violet-coloured energies into our body.

[~25 second pause]

And as these energies soon begin to fade, we notice the third pillar beginning to form in front of us. This third stone pillar rises from the water to a height that reaches the top of our shoulders and on top we see a beautiful blue coloured sphere of light beginning to grow and radiate in front of us.

Reaching out, we take hold of this beautiful blue glowing orb of light and we place it gently into our throat area. And again, as we feel these energies come to within our skin area, we feel them merge and dissolve, beautifully synchronising with the other energies in our body. And we take a few seconds to feel these divine blue energies moving and radiating throughout our whole body.

[~20 second pause]

As the fourth pillar begins to appear, slowly and gently emerging from the water, we again feel our feet touching the bottom of the pool, the water around our ankles and the continued draining of these impure energies from our body. We know that this is a sacred and blessed procedure that is happening, as we remove these impure energies from our body and we restore with new upgraded energies for each of our chakras.

We understand that each of these 'Leading Lights' that are appearing on top of the pillars are upgrades for each of our chakras, specifically tailored for our own highest good. And with this we notice our fourth stone pillar, appearing with a beautiful iridescent bright green orb or light above it. This sphere of energy is beautiful, is glowing, and feels warm to look at.

As we reach out for this sphere of light, we place it intuitively, directly, into our heart space and we feel a sense of warmth and love, as we place this beautiful green light energy into our heart space.

Again, we take a few seconds to feel these energies merging with the others and moving gently throughout our body, radiating this beautiful green light within.

[~20 second pause]

As the fifth pillar begins to emerge from the pool of water in front of us, we notice that it stops at the height of just about our stomach area. And on top, there is forming a beautiful golden sphere of light. This we know is the Leading Light for our Solar Plexus Chakra.

Reaching out for this beautiful golden sphere of light, we bring it slowly and gently into our Solar Plexus Chakra; the space where our stomach area is. As this beautiful golden energy fills and radiates our entire abdomen, we feel a sense of achievement, a sense of strength, as these energies merge and radiate within our body.

[~15 second pause]

Soon, we see the sixth pillar emerging from the water in front of us. This pillar is smaller in height than the others have been and stops growing when it reaches about our belly button area. Bending over and looking down we see a beautiful light orange-coloured glow of light on top of the pillar.

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As we have done before we intuitively reach out and pick up this beautiful light energy and we place it into our lower abdomen, just below our belly button. This is our Sacral Chakra. And as we do this, we feel the energies gently soothing and caressing this area of our body, knowing that soon these energies will merge with the rest of the energies and we will begin to radiate this beautiful light orange-coloured energy.

[~15 second pause]

As the final and seventh pillar begins to emerge from the pool of water, we notice that this pillar is the shortest of all. It rises only just up to our thigh area and on top there is a beautiful, intense, deep red coloured light, sphere or ball of energy hovering above this pillar. We bend forwards reaching down to pick up this energy and as we do so we intuitively know to place this deep red colour into our pelvic area.

As these deep red, intense energies begin to touch our body, we feel them again dissolve and merge within us. These are the energies of the upgrade for our Base Chakra and we feel the red intensity swirling ... swirling down through our legs, our feet and gently merging with the other energies we have received today.

Knowing that this is the final orb of energy we are to receive, we take just a few seconds to feel all of the energies; all of the beautiful coloured lights we have received, swirling and merging throughout our body, radiating each of the colours within us and outwards from our energy centres.

[~25 second pause]

As we take this time to become more aware and more connected to all of these energies of the Leading Lights, we soon become aware that the impurities, that the energies draining out of our feet are beginning to slow.

[~10 second pause]

We soon begin to understand that our time with these Leading Lights and with this pool of energy is coming to an end. As we step backwards away from the pillars, we are again aware of the water around our ankles and we place our hands into prayer position, bowing slightly and offering our sincere & gratuitous thanks for each of the energy upgrades that we have received during this meditation.

We open our hearts fully to the divine universe and as we are standing in our pool of water, we feel deeply humbled and grateful for each of these Leading Lights that have come into our energy today.

Feeling content and harmonious that we have offered our sincere thanks, we turn and walk out of the pool, back up onto the smooth rock. Placing our socks and shoes back on to our feet, we then make our way across the rock floor, out of the beautiful, large cave-room and find ourselves walking slowly, slowly and gently.

We again hear the dripping sounds of droplets of water and we feel ready and happy to be making our way out of this cave.

[~15 second pause]

Soon we begin to see light emerging. The cave becomes lighter and we notice that up ahead is the opening of the entrance to the cave. As we walk further, the light begins to get lighter and lighter until we find ourselves standing at the open entrance of the cave.

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[~10 second pause]

We turn once more and give our sincere thanks to the cave and for the energies that have been brought within us, and we know that it is now safe to leave our cave, knowing that we may return whenever we need, or are ready for a new upgrade of Leading Lights within our chakras.

[~10 second pause]

Stepping forwards out of the entrance of the cave we find ourselves back in that beautiful mountainous area, surrounded by the fresh mountain air, by the snow capped mountain peaks around us. We see the view for miles and miles around us and we feel the sun on our face as we embrace this beautiful mountainous region.

We breathe in the deep, crisp, clear mountain air and as we do so, we begin to feel the mountain energies fade from around us. Fading ... fading ... fading ... And we begin to bring ourselves back, slowly into the room, making ourselves feel more present in the space that we are in.

Moving our hands and our feet, moving our neck, our shoulders, our torso, we bring ourselves more presently back into the space, hearing the words of the meditation and knowing that we have received a wondrous gift on this day.

We feel light and happy. We feel energised and peaceful, as each of the Leading Lights vibrates throughout our entire being. We understand that we are at peace more so than ever before. That our energies are harmonised and that we feel more synchronised with the universe as a whole.

The vibration in each of our chakras is now a much more beautiful frequency than it was before and we feel humbled and graciously accept these new energy frequencies in our body.

Slowly and gently, as we know that this meditation is coming to an end, in our own time we begin to open our eyes and bring ourselves fully back into the room. We offer our thanks again and for one last time to show our sincere gratitude for this upgrade.

And for now, we say goodbye as these energies are finished merging with us. And we are now ready to walk forwards on our journey again. With love, Namaste.

[Gong sounds]



4. THE BLUE HORIZON MEDITATION:

Audio Meditation: available to listen to, or download, on the [Monimo Light Meditations](https://www.monimolight.com/meditations) webpage.

Length of Audio Meditation: - approximately 27 minutes

[Gong sounds]

Namaste and welcome to The Blue Horizon Meditation. This meditation has been brought through to us to help deeply nourish our energies at a soul level. We are welcomed here to this meditation by all the Guides and White Light Beings that have divinely channelled through this wonderful meditation for the benefit of all.

As always, we begin our meditation by ensuring that we are in a nice relaxed and comfortable position, in a quiet place where we will be undisturbed for the duration of the mediation.

As we start to find ourselves unwinding and relaxing, we can begin to open our consciousness, to open our heart, to the diving energies that are to flow through this meditation.

I am open and ready to receive for the benefit of all.

I am open and ready to receive with love and I give my grateful thanks for all the energies that are to come during this meditation that will help me and that will benefit all beings to be happy and free from suffering.

Watching our breath draw in slowly and gently and watching our breath exhale, we find ourselves in a deep and comfortable, relaxed state. We are happy to be here and to be receiving this divine meditation.

[~10 second pause]

As we feel ourselves sinking deeper and deeper into the relaxation state, and as we feel our heart opening more and more, we feel to begin our presence in the room fading. And we begin to visualise ourselves standing under a beautiful night sky.

It is dark all around us and we can see the beautifully lit stars and the night sky. We are standing outside where the air is crisp and clear, in an area of grassland and we are standing next to a beautiful lake.

Although it is very dark around us, the stars and the moon provide light and we are able to very dimly see a beautiful, calm and very still lake in front of us.

Standing on the edge of this lake, we feel the rocks and the grass; the lake's edge beneath our feet. This is a most beautiful and relaxing place to be. It is absolutely divinely quiet, tranquil and peaceful and we are the only ones here in this beautiful space.

Although it is dark, we feel very, very peaceful; very humbled and very safe to be here. The tranquillity is almost overwhelming. This is such a safe and sacred space. And we take a few moments to absorb the energies of this divinely beautiful and tranquil space.

[~30 second pause]

Continuing to relax and absorb the beautiful tranquil energies, we feel ourselves becoming deeply, deeply peaceful. As we enjoy the night sky surrounding us and the tranquil, calm and beautiful lake in front of us.

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The light from the stars and moon shimmers across the darkened waters and everything is still, very peaceful and very tranquil.

We feel our bodies unwinding; almost as if every cell in our body is slowing down, relaxing and merging with the beautiful energies of tranquillity around us.

As we stand quietly and in deep tranquillity on the edge of this beautiful lake, we begin to notice across the other side of the lake there is a beautiful cobalt blue colour light beginning to grow and radiate.

This light looks deeply harmonious, deeply peaceful and also intriguing for us. We feel ourselves being called towards this beautiful blue light and we start to make our way walking along the edge of the lake side towards this beautiful light.

Our journey is deeply peaceful and is deeply relaxing as we place one foot in front of the other, walking slowly around the edge of the water. There is enough light for us to see our way and we know that we are going in the right direction, following the edge of the water under the beautifully lit sky and the beautiful and tranquil and safe lake.

[~20 second pause]

Drawing nearer and nearer, the blue light becomes larger and larger until we find ourselves standing within a few meters of this divine, blue radiating energy.

As we stand in front of this beautiful blue light, we intuitively know to place our hands out in front of us; palms facing upwards. And as we stand almost mesmerised by this beautiful, big blue light energy in front of us, we begin to notice that our energy is changing.

Looking at the palms of our hands we notice small particles of this beautiful blue light beginning to dance on the top of our palms. We feel beautifully caressed and looked after, and we feel these blue energies are beginning to merge with our entire being.

Slowly and gently the energies radiate out into our body and we feel them filling and merging every single cell, every part of our energy, every piece of our being, all the way through to our soul consciousness.

Looking down at our feet we begin to see the blue energies surrounding our toes and our ankles. And the blue energies dancing around our palms, around our fingers. We feel a deep sense of pure nourishment; a sense of deep well-being being restored at a soul level, as these energies merge with our body, making us feel deeply relaxed.

Deeply humbled to be merging with such divine light. Standing for a few moments we take time to digest these energies; to really absorb them and feel their presence as they fill us with this divine light.

[~35 second pause]

We feel deeply warmed by these energies and we feel deeply loved, deeply tranquil and extraordinarily nourished by these divine blue energies.

We feel our body's filling, filling, filling with these divine energies and we feel ourselves merging, merging completely with this divine light. We are becoming one with this divine essence as it nourishes ... nourishes ... nourishes our soul being.

[~30 second pause]

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The night sky above us shines beautifully down around us. The lake beside us, so calm, and still. And our body is filled with this divine blue light nourishing our soul. What a perfect place to be.

[~20 second pause]

Soon, as our body feels entirely merged with this beautiful blue light, we understand that we have received what it is we came for. And that it is now time for us to make our way back around the lake.

Knowing that these beautiful blue energies are staying with us and are nourishing us from within, we offer our sincere thanks to this divine blue light for the gift that it has given.

We promise to use this divine blue light in the best and most loving way that we can, in order to benefit all. With love and light, we say thank you. We are deeply humbled for these energies.

And as we turn to begin walking away from the light, we have a smile on our face and a love in our heart that is deeply gratifying, that is deeply loving, and that is deeply beautiful.

Our journey back around the edge of the lake is slow and gentle. As we place one foot carefully in front of the other we become aware again of the water beside us, of the beautiful moon shining down from the deep sacred night sky.

We find the track in front of us familiar and easy to navigate. And we feel the deep tranquillity; the deep peace of being in this sacred tranquil space.

As we walk, we take a few moments to ponder, digest and reflect on the energies that are now merged with our body and of how we can use them to benefit others. For the light of The Blue Horizon has indeed given us a deeply sacred gift we are honoured to receive.

Soon, we find ourselves back at the spot where we first came from, standing in front of the lake. The stars and the moonlight, the night sky and the deep ambience and tranquillity around us.

We again offer our thanks to this beautiful space for everything that we have received since being here. And as we do so, we feel begin to feel the energies of this beautiful space start to fade around us.

Slowly and gently the night sky fades, the lake side fades and we feel ourselves coming slowly, peacefully and happily back into our space, back into the room that we are in.

Wiggling our fingers and our toes, moving our hips, our buttocks, our legs, we find ourselves coming back ... back ... back ... into the room.

And we again become aware of the words of the meditation and we feel happy, happy, happy to be deeply nourished and to be bringing these divine blue light energies fully into our life.

Taking a few moments to fully integrate back into the room, we feel divinely blessed for the gift we have received today.

[~10 second pause]

And when you are ready you may now begin to open your eyes as we end this loving meditation.

Namaste.

[Gong sounds]



5. THE ORANGE TRUTH MEDITATION:

Audio Meditation: available to listen to, or download, on the [Monimo Light Meditations](https://www.monimolight.com/meditations/) webpage.

Length of Audio Meditation: - approximately 37 minutes

[Gong sounds]

Welcome to the Orange Truth Meditation.

It is with our warmest delight that we welcome you to this divine, loving and truth-seeking meditation in order to help you move forwards on your pathway.

The Orange Truth Meditation has been divinely channelled in order for you to see, hear, feel and experience your own divine truth and to help you manifest this and bring it more concretely into your life.

You will be receiving divine energetic healing and frequencies throughout this meditation. So please ensure that you are resting in a comfortable position and that you are opening yourself up to receive these healing energies and to receive more understanding about your divine truth.

Taking a few nice, long deep breaths, to centre yourself and connect in with the energies.

Inhale ... exhale.

Inhale ... exhale.

Inhale ... and exhale.

Mother/Father Universe, Divine Gods, Goddesses and Beings, we call upon you all on this day to bring forward the healing energies and the understanding of our own divine truth in order to help us on our journey forwards. We give our deep, humble and grateful thanks for the energies that we are about to receive and we offer the merit of all of these healing frequencies for the benefit of all.

And as we open this divine meditation, we begin to feel ourselves fading from the place that we are in and we find ourselves gently and slowly drifting ... drifting ... drifting away.

And then we find ourselves standing in front of a beautiful, shining silver elevator.

The elevator doors are closed but as we stand in front of the doors, we feel a sense of peace come over us. We understand that this elevator is here to take us forwards on our journey into our own truth and we feel comfortable and ready to embark on this journey forwards.

And as we feel our energy become more settled, more centred and more peaceful, and as we are ready, the elevator doors open.

With love and graciousness, we walk inside the elevator. We turn around and the elevator doors close in front of us. There are no buttons to push in this elevator, for it is a divine elevator just for us. And gently, the elevator begins to move upwards, gently and smoothly.

We feel safe in our elevator and we are also excited and looking forward to receiving the information and the healing that we require at this time. We soon begin to feel the elevator slowing down and eventually coming to a stop. The doors then gracefully open in front of us and we find ourselves looking out into nothing but pure orange fog. There is nothing for us to see except this beautiful sparkling orange fog in front of us.

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And as we step out of the elevator, we feel the fog gently surrounding our body. Although we cannot see anything else, this beautiful orange fog feels deeply warm, divine and loving around us. And as we gently move forwards, placing one foot in front of the other, knowing that we are safe and cared for, we soon find ourselves standing in front of a beautiful, divine orange flowing stream or creek in front of us. We see nothing else around us, just the divine fog and this beautiful stream of orange flowing, velvety, divine water in front of us.

There is something quite beautiful and quite mesmerising about this stream of divine orange liquid in front of us. We kneel down beside it and feel instantly connected and divinely loved. We know that this is where we are meant to be and we are happy ... happy ... happy to be here.

As we make ourselves comfortable, kneeling or sitting beside this divine flowing water, we intuitively have the understanding that this beautiful orange flowing liquid is indeed our own divine truth. We are ready to be in front of it and we are ready to be a part of it.

We take a few moments, sitting next to our own divine truth, to connect further with its energy and its presence.

[~30 second pause]

When we feel ready, we are intuitively guided to do what feels right for us at this time. We have in front of us our divine truth flowing and we may choose to ask questions or to perhaps place our hands or our feet, our fingers or our toes – or even our face – gently into this beautiful orange liquid in order to help connect more and receive the answers and information that we require.

As we begin to do what feels right for us at this time, we find that the information and that the answers about our own truth come very easily and very naturally to us. We feel no pressure and we feel comfortable, ready and open to receive that which will help us to find out more about our own divine truth, our own divine presence.

With love we take these next few minutes to connect in further to our divine truth, doing whatever we are intuitively called to do or to ask. Blessings.

[~45 second pause]

What is my own divine truth?

[~15 second pause]

What is my own divine truth?

[~20 second pause]

What can I do in order to connect further with my own divine truth, with my own divine being?

[~25 second pause]

Please help me to connect to my truth.

[~15 second pause]

I am open and ready to connect to my divine truth for the benefit of all.

[~60 second pause]

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As the information comes to us, gently and with love, we find ourselves feeling deeply connected, deeply loved and deeply peaceful. And as we take our time to discover and connect more with our divine truth, we find ourselves ready to receive the divine healing that we require at this time.

Beside us, next to the divine flowing river of our truth, we find a small wooden cup and we take this divine cup, scoop it into our divine truth river, so that we may have a drink. Placing the cup to our lips, we begin to drink our own divine truth; this beautiful orange liquid flowing into our body.

And as we do this, we begin to find ourselves feeling deeply, deeply relaxed. And we start to move our body into a lying position next to our divine river so that we may fully relax.

Finding ourselves in a comfortable lying position, we feel ourselves becoming deeply, deeply centred in our truth. And with this we then start to feel the divine energies of the Angels and the Light Beings sending us their healing energies.

With the divine Orange Truth circulating around our entire being, we feel the faint tickle or the faint buzz of these beautiful divine energies working all over our entire being.

These light energies feel so soft and gentle as they tingle all over our whole light being. We are so deeply happy to be receiving this love and this healing. And we take a few moments to enjoy these energies while they are with us.

[~30 second pause]

We feel divinely sacred and divinely connected as these beautiful energies wash over us and heal us.

[~75 second pause]

In time, when the energies have done their work, we feel the presence beginning to fade slightly and the energies dropping off. We are deeply humbled and elated to have received this divine truth healing and our body feels light and tingly as we lay gently and comfortably beside our beautiful Orange Truth river.

[~10 second pause]

Feeling deeply connected, we move our bodies out of this lying position, back into our sitting upright position next to our small river. We feel different. We feel lighter. And we feel more clear, as if we have more understanding and more connection to our truth, to our divine truth and to our divine pathway.

With this understanding and this divine knowing, we then take a few moments to gather ourselves and to get ready to leave this beautiful divine river and make our way back to the elevator that brought us here.

With our sincerest and humblest gratitude, we offer our thanks for everything that we have received here next to our divine truth river.

We say thank you to all the Light Beings and Angels for their healing work. And we are now ready to make our way back to the elevator.

Slowly and steadily, we stand up from beside this beautiful, orange divine truth of ours and we start to make our way back through the divine orange fog until we find ourselves standing in front of the open elevator doors.

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We feel ready to leave, knowing that we may return here at any time we wish, to receive more guidance about our divine truth for the benefit of all.

Stepping inside the elevator, the doors close behind us and the lift automatically begins to float downwards. Further and further, as the elevator glides downwards ... downwards ... downwards, we feel ourselves becoming more ready to integrate back into our worlds with this new clearer understanding and deeper connection of our truth.

As we move downwards in the elevator, we understand that when it comes to a halt and the doors open, we will be stepping out back into our world, back into our life, bringing with us this new understanding.

We now feel the elevator begin to slow down, slowing ... slowing ... slowing ... and coming to a stop.

As the doors then open, we step out of the elevator and find ourselves coming back, slowly and gently into the room that we are in. We feel our energies returning fully and completely into our body. We feel ourselves connecting back in to our bodies completely, back into the room that we are in.

We feel all of the muscles in our body. We move our fingers and toes and we find ourselves fully present back in the room, knowing that this meditation is soon coming to an end. As we move our fingers and toes, we find ourselves feeling free, light and deeply connected to our own divine truth energies that we have brought back with us.

Knowing that we are safe and ready to bring these energies fully into our life, moving forward and for the benefit of all, we feel ready to finish our meditation and we may open our eyes as we feel ready. With love we thank you all for your divine help in us seeking our divine truth. We offer our love and we say goodbye.

Namaste.

[Gong sounds]



6. THE FUSION MEDITATION:

Audio Meditation: available to listen to, or download, on the [Monimo Light Meditations](https://www.monimolight.com/meditations) webpage.

Length of Audio Meditation: - approximately 37 minutes

[Gong sounds]

Namaste and welcome to The Fusion Meditation.

This meditation has been divinely brought through in order to help us to release and surrender to our higher purpose. It has been offered to help us to let go of any self damaging, egoic controls through forgiveness and love.

We wish to sincerely give thanks to those great Higher Beings who have brought through this meditation and the energies that come with it.

Let us begin by opening our hearts and our minds to the divine love consciousness that flows through the eternal universe. I open to the divine light of love. I open to the divine light of love. I open to the divine light of love and to my own soul purpose whilst here in this incarnation.

And I again offer my thanks for receiving the energies that I am about to be gifted.

I open ... I open ... I open ...

As our body begins to feel relaxed, our mind also begins to feel relaxed. Our head and shoulders are beginning to loosen. Our arms, our torso, our hips, thighs, knees, ankles and feet are all beginning to relax and to open to the divine love consciousness.

As our whole body relaxes, we begin to feel deeply, deeply tranquil and we are happy to be resting quietly in this space. We have no time constraints, no worries and no concerns and we are able to simply relax and open our hearts in order to receive.

With help from the Divine Beings we will now be beginning the meditation and They will begin sending Their energies from now....

10.....9.....8.....7.....6.....5.....4.....3.....2.....1.....

Opening ourselves deeply we begin to visualise our energies being absorbed through space and time and bringing us to a beautiful and gentle touchdown in a magnificent native forest.

Standing in amongst the bush and trees; the tall canopy swaying above us, we feel peaceful and very harmonious being in this beautiful, divine piece of Mother Nature. There are many birds around us, all with their own individual musicalities. The sun is streaming through the great canopy above and the leaves are glittering in the sunlight.

There is a peaceful harmony about this gentle place that makes us feel relaxed and welcome. And the smell of the trees; the butterflies, the bees, the birds make this a beautiful and welcoming place .

In the background we hear the sound of running water and we find ourselves ready to go to wherever we are needed within this beautiful meditation. With intuitive understanding we begin to walk forward through this beautiful forest, towards the sound of the running water.

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As we walk gently and slowly, the sound of the nearby river becomes stronger and louder. And we soon find ourselves making our way through a small clearing that leads to the most beautiful river, flowing pure, energetic and loving, crisp and crystalline water.

Standing on the edge of the river it feels deeply inviting. And we are drawn to stand in its beautiful flowing water. Removing our socks and shoes, we step into this divine flowing piece of Mother Nature. The water is cold and is flowing up to our knees, but it feels right to be here.

[~20 second pause]

The water is energising yet peaceful at the same time. And as we are standing in this beautiful river, we begin to acknowledge our journey that has brought us here to where we are in this specific time.

We acknowledge our whole life journey, from our birth in this incarnation, through our schooling, all the way through to adulthood to where we are now. And we begin to understand that it is now time for us to release and to forgive ourselves for anything....anything that we feel is appropriate at this time.

We understand that as a part of moving forwards on our journey we must clear more space within our heart in order to bring in new energies. And so we are able to do this by offering ourselves forgiveness, peace, love and release.

Taking a few moments while standing in this beautiful energy river, we ask ourselves what it is we would like to be forgiven for. And what it is we would like to release at this time.

What part of you is it that you would like to let go off? What part of your suffering would you like to release yourself from?

[~10 second pause]

I wish to forgive myself for.....

[~10 second pause]

I apologise to you, my dearest self, for any pain and suffering I have caused. And I forgive you, I release you and I set you free.

[~30 second pause]

Feel these energies being washed away as you forgive yourself - and the water flows past your feet, carrying the old energies away.

I forgive myself..... I forgive myself with love. I forgive myself

[~20 second pause]

Through all the pain that I have endured in my life. Through all the suffering, the anguish that I have endured in my life, I would now like to offer you my thanks and my love for keeping me safe to this point. I offer you my sincerest love and my sincerest forgiveness.

[~30 second pause]

As the energies continue to wash away from around us we begin to feel a sense of warmth; a sense of peace around us. A sense of knowing that we have indeed worked hard to bring this release and forgiveness into our life.

You deserve to be happy and to be free from suffering. You deserve to be happy and free from suffering.

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I deserve to be happy and free from suffering.

[~10 second pause]

As the breeze picks up through the trees above us we find ourselves aware of a green light coming from the forest across the other side of river.

Knowing that we have been cleansed, and that we have offered ourselves the forgiveness that we have needed at this time. We walk across to the other side of the river and journey the short distance to where the beautiful lime green light is coming from.

The earth feels strong and pure beneath our feet as we walk through the moss and the fern and the small shrubs. We find as we draw nearer, that this beautiful lime green light is coming from a rock.

[~10 second pause]

We kneel down next to this beautiful rock and its shimmering light energy is just magnificent. We place our arms around this beautiful rock; as if we are giving it a big hug.

This rock feels deeply divine and we feel eternally connected to our true self; to the purity of our existence.

[~10 second pause]

And as we hug this mighty, mighty divine rock we feel our energies being absorbed inside it. We feel every part of us being absorbed ... absorbed ... absorbed into the rock.

We feel such a strong, divine presence. Such peace and such love. We know that we are indeed in a sacred place.

And soon we begin to feel that our energies have been so absorbed into this beautiful rock that we are now becoming one with it. We are now deeply entwined; totally connected to this lime green energetic rock.

And we soon find ourselves inside of this beautiful rock. Looking around, inside this beautiful space, we feel calm and fully present. The lime green energies surround us with warmth, with love and with light and we feel this is a very special place indeed.

While we are here, there has something indeed been something left for us. Something to help us on our journey forward. Something to help us to fuse our light pathway.

This something may be in the form of an object, it may be a message, it may be an idea or thought that comes to mind. But while you are here in this space, inside this beautiful green rock, you will receive something or somethings that will help you on your journey forwards.

[~10 second pause]

Take a few moments to look around, to intuitively connect in, to receive your gift at this time.

[~20 second pause]

Know that you are safe - and that you are entirely ready - and that you deserve to receive this gift.

[~15 second pause]

I open to receiving my gift, in order to help me on my journey forwards, for the benefit of all. I open with love and I am ready to receive.

[~60 second pause]

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And once you have received your gift, you begin to feel at ease; comfortable and happier with your life than you have been previously. You begin to understand more about your direction and about your life in general.

And with this you begin to feel your energy starting to absorb back out of the rock, very, very slowly and peacefully. You feel ready to move out of this space and you say thank you for the gift or gifts you have received.

And soon you find yourself back, kneeling in front of the rock with your arms again wrapped around it. You feel peaceful and happy ... peaceful and happy. And as you glance across to the river that is beside you, you notice that where you had crossed previously, there is now a small footbridge.

Knowing that you have done your time and your work here in this space, you step up from the beautiful rock and make your way through the forest and over to the footbridge.

The trees around you are rustling their leaves in the wind. The river is rushing beside you. The birds are singing - and you feel deeply happy to have been brought here to do the work you needed to do and to receive what you needed .

Standing in front of the footbridge, you are aware that as you cross, you will be slowly taken back ... back ... back to where you had come from. You begin the walk across the bridge that will bring you back into the room.

10.....9.....8.....7.....6.....5.....4.....3.....2.....1.....

As you feel the energies returning into your body again, you may wish to move your body, to wiggle your toes and your hands; to move your neck and your shoulders .

You feel deeply loved and warm on your return back into the current time and place; deeply content with the energy work you have received. And you feel open and ready to really move forward with enthusiasm, with love and with new found purpose and direction.

[~10 second pause]

The warmth and the love that you are feeling are the new found aspects of your heart chakra. Pieces that have been covered by those old, unforgiven parts of your self. These pieces of your heart chakra now have love flowing into them and this will be a beautiful and wondrous experience for you moving forward.

With love and light I offer my sincere thanks for the opening of my heart space, for the forgiveness of my self, and for receiving the new love and inspiration and enthusiasm for me to move forwards in order to benefit all.

And as we bring this meditation to a close, we again offer our light for the benefit of all beings.

May all beings be happy and free from suffering. Namaste.

[Gong sounds]



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FOR THE BENEFIT OF ALL

May all be absolutely & infinitely happy and free from suffering