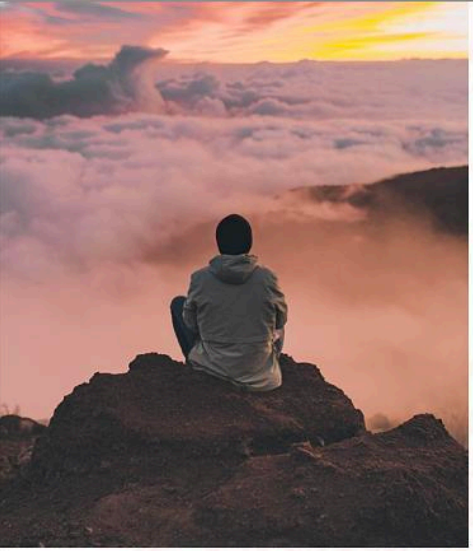
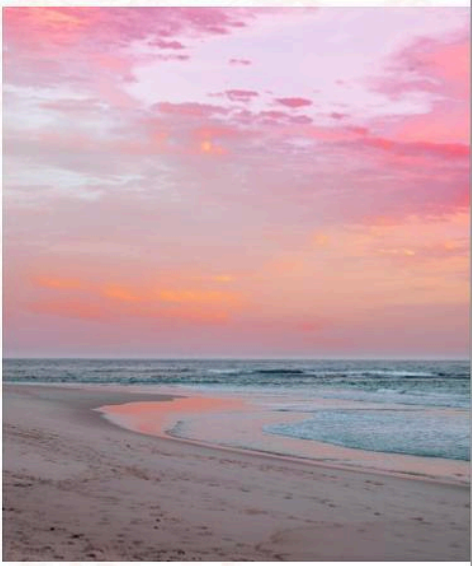


MEDITATIONS

To Ground In

THE NEW EARTH

Guided Scripts to Awaken the Heart and Expand Consciousness.



BY REBEKAH JOY LUHRS

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Meditations to Ground in the New Earth

Guided Scripts to Awaken the Heart and Expand Consciousness

Nighthawk Publishing

First published by Nighthawk Publishing 2024

First edition

This book was professionally typeset on Reedsy.
Find out more at reedsy.com

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Introduction

Since I was young, I felt a shift would happen within my lifetime. My imagination was limited to thoughts of apocalypse, social collapse, and war. I was unwilling to live in a state of fear, so, I tucked those feelings into the pockets of my subconscious. I held each moment as a precious gift unable to shake the truth I felt within me, feeling in my bones that my reality was only temporary.

When I was introduced to the idea of the New Earth, I felt my entire being release in an exhale. *This is the shift I have been feeling!*

What is the New Earth?

The concept of the New Earth exists in almost all cultures and religions. It has been referred to as a collective awakening, and referenced in of the biblical book of Revelations. It shares similar attributes with the concepts of ascension, attaining enlightenment, a transition from a three-dimensional existence to a fifth dimensional one, and the an evolution of consciousness, among others.

In all of these concepts, individuals and humanity as a whole

are evolving towards a higher state of consciousness. As a collective we are moving from a consciousness based on fear to one based on love, shifting from a lower vibrational reality rooted in apprehension and control, to a higher vibrational one, founded in love, liberation and unity.

What does the shift feel like?

As you listen to your inner guidance and tune into the energies of the earth, you may feel the effects of this transition. Subtle as they may be, you may feel:

- A need to limit external inputs, like news and social media.
- A strong desire to be around people who are uplifting / making healthy choices.
- A desire to eating lighter, more nutrient dense foods.
- An urge to grow your own food and be in more natural environments.
- A desire to engage in heart expanding activities like dancing, and being creative
- A need to go inwards and spend time in meditation, prayer or reflection.
- A desire to reconnect with your inner child, playfulness and joy.
- A need to reorganize priorities

Creating Our Reality

As we embrace our interconnectedness, we see that our thoughts, words, and actions have a ripple effect that flows far beyond ourselves. Letting go of old patterns and beliefs opens space for new ways of thinking, being, and relating to one another. We create our reality with each thought we entertain, each emotion we allow to rise with in us, and with each belief we choose to reinforce. Our beliefs are reflected in how we speak to ourselves, how we interact with others, and how we choose to be in relationship with the earth. As products of our cultural upbringing, we were taught to focus on the lack of resources, rather than the abundance. We were taught to prove our worth by standing out and being in competition with our brother, rather than standing by his side and lifting him up to stand next to us. Our parents, teachers, and authority figures, with no ill will of their own, enforced our domestication through existing systems of indoctrination and control.

But these old systems, beliefs and paradigms are shifting. As the earth shifts and sheds new light on the true nature of our existence, we see that we are the change we have been waiting for. As the earth moves through her vibrational shift, she opens a gateway for us to remember who we are and why we are here. As our collective awareness grows, we see that now we can let go of what no longer serves us so we can consciously co-create the reality we are worthy of.

Your Purpose

You are a seed of the divine, a pure manifestation of love. You are the light that illuminates the path for generations to come and you are here to spread joy like wildfire through the ranks of humanity. As you open your eyes to this truth, remember that fear, doubt, guilt, and obligation are choices. You know it is time to break free of the constraints others have placed on you. It is time to deconstruct the beliefs you have been taught. As you turn inward, connect to the knowing that resides inside of you, your unique connection to the source of existence: that still small voice inside, always guiding you.

Growing a Collective Vision

As our collective awareness grows, momentum continues to build. More and more people come together as co-creators each day, shaping the future of our planet and a collective vision for unity. As individuals, we can support this shift by elevating our vibration, our interactions with others and our relationship to our surroundings. The more we intentionally call in the future we desire, the sooner it will unfold into existence. Some of the ways to do this is through visualization, manifestation, prayer, and meditation.

I am so grateful that you have found your way to these pages and I look forward to the journey ahead!

Rebekah Joy

How to Use this Book

The Birth of These Scripts

Over the past few years, I have received many guided meditations that support the expansion of our collective evolution. I have used these in my personal meditation practices and in group offerings such as yoga classes, women's circles, and in sweat lodge. These scripts accelerate our transition into the New Earth through visualizations and manifestation, raising our frequency and vibration, building a collective vision for the future.

How To Use These Scripts

These transcripts are for your personal practice or for group practices. They are intended to be read allowed by a facilitator or listened to. If you are interested in following along on your own, you can record yourself reading the script aloud and then follow along, listening to your own voice. If you prefer, you can purchase the audio version of the book an listen to my voice as I guide you through the meditations.

Use of Music: When I offer these meditations, I typically

do so in silence so that listeners can drop in fully without distraction. That said, I have also on occasion offered these meditations in conjunction with sound healing sessions. If you feel called to bring in music, I recommend using calm and tranquil instrumental music.

Approximate Time: For each meditation, an estimated length of time is offered. Based on the speed and delivery of the facilitator, this time may vary.

Preparation: Under "Preparation" in each meditation, I offer suggestions for postures, locations and props. Feel free to modify as you feel fit.

Use of Periods: When reading aloud, a period is used to not only signifies the end of a sentence, but is also used to encourage a 3-5 second pause before beginning the next sentence.

Use of Commas: When reading aloud, a comma is used to encourage a 2-3 second pause before continuing.

Brackets []: Text in brackets are unspoken notes for the reader. For example, when [Two full breaths] appears in the script, it is an indication for the facilitator to pause and take two full breaths (or however many are noted) before continuing. During these unspoken spaces, I encourage the reader to make their breath audible to (1) guide participants to continue breathing intentionally and (2) to inform the listener that they have space and time to settle.

Note on Intention

The intention of this publication is to share meditation scripts to support those who are already familiar with this work. There are many who have dedicated their lives to exploring and defining the specifics of the New Earth. Eckhart Tolle and Delores Cannon, among hundreds of other spiritual teachers, and channelers have been sharing their understanding of the New Earth for decades. There are also an abundance of mediums, astrologers, and channelers sharing about the transition of the New Earth and shifting from 3D to 5D, in publications, podcasts, social media platforms, and YouTube videos, videos on social media. For those interested in exploring further, I will share some resources in the section "Further Reading and Additional Resources on the New Earth."

1

Rooting to Mother Earth

Chakras: Root, Sacral, Solar Plexus
Approximate Time: 8-10 minutes
Preparation: In a chair or on the floor, find a comfortable seated position with bare feet on the ground.

"Close your eyes and feel your spine lengthen as you inhale. On the exhale, bring your awareness to the skin and bones holding you. Inhale through the nose, feel the chest expand and open. As you exhale, settle into the stability of your body. **[Two full breaths]**

Feel the foundation of your legs and feet. Notice the softness as they touch the floor. As you settle into this softness, notice a small taproot growing from the bottom of your feet into the earth. Watch as smaller roots grow out and fan like a web below your feet. **[Two full breaths]**

Allow your roots to go deeper and deeper into the rich soil. Feel how the earth rises to meet you, notice how she cradles each tentacle in her cool touch. **[Two full breaths]**

As your roots continue to go deeper into the earth, feel the nourishment of the nutrients the earth provides. Soak them in, draw them up through your taproot. **[Two full breaths]**

Feel the energy climb up your legs, flooding through your body. **[Two full breaths]**

As it enters your root chakra, at the base of your spine, feel stability, strength, and vitality flowing up from the earth. Feel these roots anchor you firmly to the ground. **[Two full breaths]**

As it flows to the navel, and enters the sacral chakra, notice how safe and supported you are. **[Two full breaths]**

Feel the energy rise to the upper abdomen, energy now flooding through your solar plexus. Notice a renewed inner strength radiating from your center. **[Two full breaths]**

Take a few breaths connecting with these three energy centers. Continue to draw in energy through your roots. Feel the earth amplify and support you. **[Four full breaths]**

Bring your awareness back to your feet, following the roots down through the ground. As you follow your root, send gratitude back to the earth. Acknowledge her and thank her for supporting your every step. **[Two full breaths]**

Take a deep breath in and sweep your hands into the sky like the branches of a tree. Bring your palms together and allow them to float down to the heart center. Gently press your hands together in gratitude as you simultaneously press your feet onto the earth. **[Two full breaths]**

Slowly open your eyes, taking a few moments to soak in your surroundings. When you are ready, feel the connection at your feet.

As you go about your day, continue to visualize your roots growing into the ground, feel yourself continuously supported and nurtured by the earth."

2

Manifesting Abundance for All Beings

Chakra: Sacral
Approximate Time: 5-8 minutes
Preparation: Settle into a comfortable seated or lying position. If seated on the floor, use a pillow or cushion to elevate the hips.

"Close your eyes and tune in to your breath. Allow the chest to rise and fall in its natural rhythm. Follow the air as it enters through the nose and fills the belly. On the inhale feel yourself become taller, chest opening. On the exhale feel your body relax and become heavy. **[Two full breaths]**

Imagine that you are standing on the threshold of the most beautiful garden. It expands out as far as your eyes can see. Beds of vibrantly colored vegetables. Orchards of fruit trees flowing over hillsides. Endless rows of corn trellised with beans and woven with squash. Berry bushes and nut trees so ripe the fruit

falls to the ground. **[Two full breaths]**

On the edges of the garden, a vibrant stream is fed by fresh mountain springs. Beyond this garden, a forest rises on mountain sides, trees reaching into the purest, clean air, touching the edges of the sky as it expands in soft pinks and blues above. **[Two full breaths]**

As you look closer notice the garden being tended. Men and women, young children and elders, people of all colors and backgrounds, together bathing in the abundance. They take only what they need and there is more than enough to sustain all beings. **[Two full breaths]**

Taking a bird's eye view, notice this is one of millions of gardens. As you soar above, explore the earth's abundance pouring out of every crevice of her body. **[Two full breaths]**

On the next inhale, come back to the threshold of the garden. As you land on the ground, feel your feet softly touch the earth. Settle back into your body. Feeling your connection to the earth, and the air around you. Offer gratitude for the abundance in the garden of *your* life. **[Two full breaths]**

What fruits do you water? What relationships do you tend? **[Two full breaths]**

Come back to the breath. Feel the abundance flow in and through you. **[Two full breaths]**

Take a deep breath in, bring your hands to heart-center, offering

gratitude to the earth on the exhale. **[Two full breaths]**

[If laying down, guide participants to seated (**Two full breaths)**]

When you are ready, open your eyes. Take a moment to acknowledge and absorb the abundance that surrounds you. **[Two full breaths]**

As you move through your day, bring your awareness to the abundance that flows in your life. Call it in, and continuously offer gratitude for the earth and all she provides."

3

Building Your Energy Field

Chakras: All
Approximate Time: 5-8 minutes
Preparation: Find a quiet and comfortable space where you can sit or lie down without distractions.

"Close your eyes and take a deep breath in. Feel the belly and the chest rise. As you exhale, feel your body become heavy and settle. Allow the breath to continue naturally, inhaling deeply and exhaling through the nose. **[Two full breaths]**

Bring your awareness to the edges of your skin. On the exhale feel the space that surrounds your body. What sensations arise? Do you feel cool or warm? Is there a sense of tingling or softness? **[Two full breaths]**

As you focus on the space surrounding your skin, visualize a field

or aura around your entire body. Maybe this field is made up of shimmering light, or maybe it feels like heat radiating from your skin. **[Two full breaths]**

Bring your attention to the edges of this field. What houses the exterior? Is it light or energy? Or is it more physical, like a membrane or a bubble? **[One full breath]**

How far does this field expand from your physical body? Three inches? Three feet **[One full breath]**

Visualize this field getting stronger, brighter, larger. **[One full breath]**

As you connect to this energy field around your body, are there any colors present? Do any thoughts or people effortlessly come to mind? Simply bring your awareness to them. **[Two full breaths]**

Feel this field or aura encompassing you. Feel it holding you. Feel the physicality of its existence against your skin. **[Two full breaths]**

Recognize that this field is always around you. You can activate it just by bringing your awareness to it. You can use this field to establish boundaries, to guard your energy, and to support your emotional and physical bodies.

Gently bring your awareness back to your physical body. Notice your breath entering and exiting your lungs, allowing your body to rest in the container of your energetic field. Allow your breath

to flow naturally.

[If laying down, guide participants to seated]

When you are ready, you can open your eyes.

With your eyes open, see if you can still connect to the field of energy that surrounds you. As often as you can, bring your awareness back to the sensations you experienced in this meditation. The more you bring awareness to your field, the stronger it will become."

4

Activating the Light Body

Chakra: Crown
Approximate Time: 8-10 minutes
Preparation: Find a comfortable posture either lying or seated.

"Close your eyes and take a deep breath in through the nose. Allow your shoulders to naturally rise and the belly to expand. Exhale through the mouth. On the next breath in, feel your spine become long and your chest open. Allow your chin to be parallel to the floor as the belly fills.

Exhaling through the mouth, feel your shoulders soften and your jaw become light. On the next inhale, allow the breath to move through your entire body. Imagine your the air in your lungs expanding to the edges of your skin, filling your bones, muscles and organs with life force. Exhaling through the mouth, release any heaviness or tension. Take a few more breaths on

your own. Feel into where you can soften a little more. **[Two full breaths]**

On the next breath in, visualize a radiant white light, flooding into your body from your crown chakra. Feel it get brighter as you inhale. As you exhale through the nose, feel the light expand to fill your entire body. Feel this light envelope and hold you, pouring down like a fountain from the top of your head. Take a few more breaths, watching the light brighten on the inhale and expand on the exhale. **[Two full breaths]**

Bring your awareness to the edges of your skin, white light pulsing from the inside. Watch it expand beyond your skin, illuminating your entire physical body. **[One full breath]**

Feel your connection to the source of this light, honor and acknowledge the divine connection that is seated within you, always. **[One full breath]**

Continuing to breathe in and out through the nose, scan your body for any areas of discomfort, heaviness or imbalance. Focus that light on those areas, inviting the radiance of your crown to alleviate and clear what is needed. **[Five to ten full breaths]**

Bring your awareness back to the expansion and contraction of your lungs, the rise and fall of your belly. Take a moment to offer gratitude for your physical body, for its strength and resilience, for the way it carries and supports you on your journey. **[Two full breaths]**

Watch the light continue to brighten on the inhale and expand

on the exhale. **[Two full breaths]**

Feel it's warmth flowing through you from the top of your head. Offer gratitude for this light and for your constant connection to it. **[Two full breaths]**

On the next inhale bring the hands to the heart center in gratitude. **[Two full breaths]**

[If laying down, guide participants to seated**[(Two full breaths)**]

When you are ready, gently open your eyes and integrate back into your surroundings.

As you move about your day, continue to bring awareness to your light body. Visualize it surrounding you and feel how it is constantly supporting you."

5

Tune into Your Inner Guidance

Chakra: Heart
Approximate Time: 12-15 minutes
Preparation: Find a quiet and comfortable space where you can sit without distractions. Have a journal, or a pen and paper close by.

"Close your eyes and take a few deep breaths. On the inhale, allow your spine to lengthen. On the exhale, soften the shoulders and jaw. **[Two full breaths]**

As you bring your awareness to the center of your chest, feel your heart chakra expand. With each inhale, feel it get brighter, and with each exhale, allow it to get warmer. **[Two full breaths]**

As you focus on this energy center, watch it fill your entire body with its vibrant warmth. Allow a sense of calm to cover you like a

blanket. Allow peace to cradle and rock you. **[Two full breaths]**

Connect to the part of yourself that is anchored in your heart center. The part that is rooted in love, that is in constant connection with spirit and creator. Bask in the divine wisdom that moves in and through you. **[Two full breaths]**

As you connect with this deepest knowing, think of a question or issue you would like guidance on. Maybe something that's been nagging on your mind or weighing on your heart. **[Four full breaths]**

When you have a question formed, ask it to your inner guidance with intention and clarity. You can do this either in your heart or aloud. Allow the space of your heart to hold this question. Know that your inner guidance will support you in the ways you need. **[Four full breaths]**

As you continue to breathe deeply, see yourself open a channel of communication with your inner guidance. Visualize this channel as a clear pathway of light, connecting your heart to the source of universal wisdom. **[Two full breaths]**

Listen closely for any thoughts, feelings, or sensations that arise within you. Pay attention to any subtle shifts or intuitive imprints that come up. **[Six full breaths]**

Surrender to the wisdom of your heart, allow your intuition to speak to you. **[Four full breaths]**

Use the next few breaths to reflect on any insights that came

through. How do these support your highest and best good? How can you best apply and integrate the guidance you've received? **[Four full breaths]**

Place your hands face down on your heart. Send the deepest gratitude to your connection to source, and to your inner guidance. Know that at any time you can tune into this support system. **[Two full breaths]**

When you feel fully integrated, bring your awareness back to your physical body. Gently rub your hands on your heart center, offering gratitude once again for your connection. **[Four full breaths]**

[If laying down, slowly guide participants to seated (**Three full breaths)**]

Take a few moments to process and absorb.

Know that at any point you can drop into your heart and tune into your inner guidance. Allow for moments of stillness and silence throughout your day so that you can be present for anything that may want to come through.

When you're ready slowly open your eyes.

6

Releasing What No Longer Serves

Chakra: Heart
Approximate Time: 10 - 15 Minutes
Preparation: Find a comfortable seated position on the floor. Use a blanket or cushion to elevate the hips.

[Note: Part 1 and Part 2 are meant to be used back to back. Part 2 can be used as an additional, stand-alone meditation.]

Part 1: Healing with the Heart

"Close your eyes, resting the palms face down on your knees or thighs. Take a full breath in through the nose, releasing it through the mouth. Continue to breath like this. Allow your thoughts to settle and your mind to be present.

In this stillness, connect with your emotional body, with your gut. Is there a thought, a behavior or a belief that you want to shift? Maybe a negative thought pattern you want to release or a habit you want to break. Possibly a belief that no longer aligns with your authentic self or negative words you say to yourself subconsciously?

Identify what you want to shift. Allow this thought, habit, pattern or feeling rise to the surface as you breath in through the nose and out through the mouth. **[Two full breaths]**

As you breathe in through the nose, continue to exhale through the mouth. Visualize what you want to shift turn into dark clouds surrounding you. With the next few breaths, feel their heaviness weighing you down, clouding the vibrancy of your heart, and casting a shadow over your true nature.

Allow what you want to shift to come to the surface and acknowledge it. Visualize how it exists in your emotional and energetic body.

Now firmly and with compassion, address what you want to shift directly. Let it know it is longer needed on your journey. Thank it for walking with you for the time it has. Let it know that you see it and acknowledge it. As it takes form in these clouds, offer it gratitude for serving its purpose, for being with you, and for teaching you the lessons you needed to learn. **[Two full breaths]**

Speak to what you want to shift, either out loud or silently say, *You no longer serve me.* **[Pause]** *I release you.* **[Pause]** *Thank you.*

[Pause] *May you be free to transform and serve a higher vibration.*

Feel the light at your heart awaken. Feel its brightness beaming through, so bright it pushes these clouds out of your energetic and physical body. With each exhale, watch this thought, belief or behavior exit with your breath. With the brightness of your heart, send it on its way with love and gratitude. As you breath, watch the dark clouds clear in the skies of your heart. Watch them fully dissolve.

Surrender to the process. Continue to release with the breath and clear with the heart. Feel the clouds clear completely. Connect with your inner guidance and ask it to help you. **[Two full breaths – or until complete]**

Once everything has cleared, bring your awareness to the vibrancy of your heart center. Notice the light at your chest burning even brighter, like the sun in a cloudless sky. Feel that healing light emanate through your entire body filling each cell and every fiber of your being. In the next few breaths, feel it clear away any residual energy, or traces of imbalance. **[Two full breaths]**

Sense the healing and transformation. Feel a lightness overcome you. Settle into the knowing that you are whole and complete. Know that through your divine connection to source energy, you have the ability to heal yourself.

Bring your awareness back to the breath. Feeling the chest rise on the inhale, now exhale through your nose."

Part 2: Energy Healing and Clearing

"Breathe in and out through your nose. Bring your hands in front of you, palm to palm. Rub them together quickly, creating heat between them.

After a few seconds, separate them just slightly, feel the energy from your heart center emanating between your palms. Invite this energy to heal and clear as it passes over your body.

Start by bringing your hands to your face.

Softly caress up towards the top of the head.

Slowly slide the hands down the back of the head and sides of the neck.

Come across the tops of the shoulders.

Slide your hands down, crossing them at your chest,

Gliding down your arms and forearms.

Cross them again over the belly, and slide them down the sides of the body.

Gently sweep across the lower back and sacrum.

Continue to slide slowly over the hips and down the legs.

Over the Knees and across the shins and feet and toes.

Sweep the feet off three times, releasing any residual or excess energy.

[Option to repeat two more times, for a total of three sweeps down the body]

When you are complete, bring the hands to the prayer mudra at your heart center. Settle into the spaciousness of your body. Offer gratitude for your unique connection to source and for your willingness to do this work.

When you are ready, softly open your eyes.

Carry this lightness with you throughout the day, honoring the clearing and healing. When unwanted thoughts or patterns come up, gently bring your awareness to them. Remind them that they are no longer needed. Continue to use this meditation as a tool to work with other energies and imbalances as they arise."

7

Cutting the Cords of Limitation

Chakras: Heart, Throat
Approximate Time: 15 – 45 minutes
Preparation: Find a comfortable seated or lying position where you will not be interrupted.

[Note: If doing this one on one or alone, create a space where the participant can process out loud and speak directly to these attachments. Use your intuition to facilitate timing. More may be necessary to allow for participants processing.]

"Once you are comfortable, close your eyes. Breath in through the nose, feeling the chest and belly expand. Exhaling through the nose, feel the belly deflate completely, like a balloon. Continue to breath in this manner, allowing your jaw to relax, and your sit bones to ground into the earth.

Bring your awareness to an unhealthy attachment you hold. Is there a need for validation from another, possibly a partner, a friend, or a family member? Is there a physical possession you can't imagine living without, something of sentimental value, an electronic device, or vehicle? Maybe there is a status you claim as your identity, a job, a role, or social standing. In the next few breaths, sit with any feelings of resistance, fear, or discomfort that come up as you bring an attachment into your awareness. **[Two full breaths]**

Once you chose an attachment to release, inhale, and imagine your body filling with a sense of wholeness. Feel the light at your heart center expand and envelope you. Reach out and connect with your most inner self, with your spirit, that part of you that exists beyond the constructs of this physical reality. Be held by this sense of wholeness.

As you exhale, allow the feelings of discomfort and resistance come to the surface. Bring the attachment you want to release to the forefront of your thoughts, wrapping it in the expanse of your heart. Acknowledge its presence without judgment or resistance.

Take a few moments to really see what this attachment is to you. Visualize it clearly in your mind's eye. How does it make you feel? What emotions come up? Why do you keep holding on to it? Why do you feel you need it? Does it serve your highest good? Is it necessary?

Visualize the energetic strands coming from this attachment, notice that they anchor to your energetic body. Where on your

body do they connect? How many are there? What do they look like? What are they made of? Feel the physicality of these strands or cords. Feel their energy weaving into you and feel the energy they siphon from you.

Do you want to release this attachment? Do you want to sever the energetic strands that connect you?

All of the beautiful ways this connection has served you will still be present. The love, joy, and beauty that unites you will continue to exist. You are simply releasing the aspects that no longer serve your highest vibration, the ones that distract you from your true path and purpose in this lifetime.

You are releasing the aspects of this relationship that limit you and hold you back. You are clearing the energetic connecting that joins you and this person, idea, or energy. In doing so, you both become independent of one another, autonomous and free beings.

If you are ready to release this attachment, address the image in your mind's eye. Engage it, speak to it as if it were present before you.

Bring your awareness to all of the ways it makes you feel. Acknowledge how this attachment has served you. What attributes come to mind? Do it make you feel secure, comfortable, elevated, grateful, joyful, seen, appreciated,..? Explore the full range of feelings that arise. **[Optional space to speak out loud. *As these come up, speak each one aloud*]**

Now, take a moment to acknowledge all of the ways this attachment limits you. What attributes come to mind? Do you feel held back, stagnant. Do you feel fear, sadness, anger, obligation. Do you feel controlled, confused, or judged? Explore the full range of feelings that arise. **[Optional space to speak out loud. *As these come up, speak each one aloud*]**

Invite the white light of your heart chakra to expand around this attachment, allow it to surround the cords that connect you. See the pure white light fill the space, illuminating you both.

Now, address the attachment directly. Allow any emotions to come to the surface and be expressed. Tell it why it no longer serves you, why you need to separate yourself from it. Be as specific and as clear as you can. Tell it you are ready to cut the energetic strands that connect you.

If you choose to sever this connection, speak to it. Tell it you are ready to cut this cord. **[Optional space to speak out loud. *Speak to it aloud*]**

Feel the light of your heart chakra getting brighter. As you inhale, visualize this light, filling the space and illuminating the chords that connect you. As you exhale, allow this light to deepen.

On the next inhale, make your intention to sever the cords using the pure, clear light of your heart chakra. On the exhale visualize this light as it bursts so brightly it incinerates the cords like the blade of sword. Watch it slash through the cords that connect you both.

As you inhale, watch as these cut cords wither and dissolve. Exhaling through the mouth, releasing them with the breath. Continue to breath in and out in this way, using the light of the heart chakra to clear any residual energy. **[Two full breaths]**

Inhaling, watch as the cut cords detach and dissolve. Exhaling though the mouth, visualize them leaving the body with the breath. **[Pause and/or repeat line until you feel all has been cleared]**

As you inhale, offer gratitude for the journey you shared with your previous attachment. Say *thank you* and send it on its way. Exhale through your mouth, pushing it all out. Say goodbye as you visualize it leaving your energetic body, wishing only for its highest and best good.

Come back to your heart center. Feel the spaciousness and clarity that reside here. Notice a lightness, a renewed sense of freedom. Know that you have everything you need inside of you. You are whole. You are enough. You are a reflection of the divine, free to create and live the life you choose.

For as long as you need, breath into this space, feel the light in your heart center hold and amplify you. Notice how your body feels. Notice any shifts in your thoughts or emotions.

When you feel complete, gently bring your awareness back to your breath. Inhale and exhale deeply. Feel the rise and fall of the body.

[If laying down, slowly guide participants to seated]

Bring your hands to your heart center in the prayer mudra, honoring the way you showed up for yourself today.

As you open your eyes, carry that lightness and renewed sense of freedom with you. Know that in each moment you have everything you need inside of you.

Know you can return to this meditation as a tool to sever other attachments you wish to release."

8

Awakening the Celestial Body

Chakra: Solar Plexus
Approximate Time:
Preparation: Find a place, preferably outside, where you can sit facing the sun and absorb its warmth. To whatever degree is comfortable, allow the sun to touch your skin. Remove any hats or sunglasses.

"Close your eyes, leaning your face towards the sun. Feel the warmth overcome your entire body. Whether sitting on the ground, in a chair, or laying on the bare earth, connect with the heat of the sun. Feel its energy soaking into each pore of your body. **[Two full breaths]**

Surrender to the warmth fully. Feel the vastness of the energy on your face, on your eyelids and on your arms and chest. **[Two full breaths]**

Feel the rays caress your abdomen, your hips and your thighs. **[Two full breaths]**

Feel it flood across your knees and shins, on the tops of your feet and hands. **[Two full breaths]**

Allow it to soak in every pore of your body, fueling you with life force. **[Two full breaths]**

Become aware of every surface the sun is touching: Every Flower and blade of grass; Every human and every animal; Every child playing outside. Watch as it lights up the sides of mountains, and shimmers over rivers and streams. **[Two full breaths]**

With each inhale, draw in the energy of the sun, allow it to nourish and rejuvenate your physical, emotional, and spiritual bodies. Feel its energy infusing every cell of your body with vitality and life force. Invite in and receive energy that serves your highest vibration. **[Two full breaths]**

As you absorb this radiance, connect to the energy center inside of you at the solar plexus, the upper abdomen. Notice how this vibrating orange center mirrors the vibrancy of the sun. Feel it fill you like a bright yellow flame. **[Two full breaths]**

Allow this light to expand outward, merging with the energy of the sun. Feel your energy bodies meet, supporting one another, as you honor the relationships of both giving and receiving. **[Two full breaths]**

Acknowledged the life-giving being that is the source of life of

all on our planet, who reaches its rays to the furthest edges of our solar system. Feel a deep sense of connection and reverence for the sun. **[Two full breaths]**

For as long as it serves you, linger in this connection and communion with the sun. Allow its healing energy to fill and clear every cell in your body. **[Two full breaths]**

When you feel complete, drop your chin to your chest and very slowly allow the light to flood back into your eyes.

As you move through your day, continue to invite the energy of the sun to support you and radiate through you. Expand this light out and be it for others as you go to work, run errands, or visit with friends and family."

9

Connecting with the Space

Chakras: All
Approximate Time:
Preparation: Find a comfortable seated position.
If possible, find a place outside with minimal distractions.

"Close your eyes and then open them one tenth of the way. Begin to breathe deeply in and out through your nose. Feel your body to relax, as it is fully supported by the spine. Draw the shoulders back, allowing the chest to open. Let your mind settle into the spaciousness around you. **[Two full breaths]**

Bring your awareness to the space around you. What objects, or structures are closest to you? Feel into the vastness that stands between you and those forms. **[Two full breaths]**

Begin to feel into the energy that makes up this space. What

qualities come to mind? What vibration does it hold? **[Two full breaths]**

As light slightly trickles in through your eyelids, allow your inner energy to connect with the external energy of this space. **[Two full breaths]**

As you tune into the spaciousness around you, try to identify where you end and where this space begins. **[Two full breaths]**

Now, shift your focus inward, returning to your breath. As you breathe in through the nose, connect with the life force or prana that enters with each breath. **[Two full breaths]**

On the next inhale, draw spaciousness and expansion into your entire being. Fill every cell of your body with the abundant energy lingering in the space around you. With each exhale, allow yourself to expand and dissolve deeper into this space. **[Two full breaths]**

Feeling yourself merging into the space within and around you. Notice that there is no separation between your and the space. Allow yourself to dissolve further, becoming one with it. **[Two full breaths]**

Relinquish your sense of self. Release the boundaries of your physical body and expand your awareness to encompass the entire space around you. **[Two full breaths]**

Feel yourself becoming the space itself. Expand into the vastness and limitlessness that resides here, with no beginning and no

end. **[Two full breaths]**

If thoughts, sensations, or emotions arise, allow them to also dissolve within this spacious awareness. Watch them pass like clouds passing through the sky. **[Two full breaths]**

Allow yourself to rest in the boundlessness of space, free of thought, and free of time. Simply be. **[Two full breaths]**

Feel yourself expand into and become one with the space as it holds the earth, galaxy, universe, and multiverse. Feel its magnitude, its limitlessness, and endless potential. **[Two full breaths]**

On your next breath, bring your awareness back to yourself. Feel your sit bones on the earth and reach out once again to meet the space around you. What is your relationship to this space? How is it intertwined with your true nature? **[Two full breaths]**

Offer a moment of gratitude for your deepened relationship with space. **[Two full breaths]**

When you are ready, allow the eyes to open slowly.

Sense the spaciousness and expansiveness that exists all around you and through you. You are made up of the boundless energy of the universe, and by reaching out to the space around you, you reconnect with your true nature as space itself."

10

Weaving the Web of Collective Consciousness

Chakra: Third Eye
Approximate Time: 10-12 minutes
Preparation: Find a comfortable seated position, hands resting face up in the thighs or knees.

"Close your eyes. Allow your breath to flow in and out deeply. Feel the belly fill and the chest relax as you exhale. **[Two full breaths]**

Tune in to the sensations of your body. Feel the rhythm of your breath as it flows in and through you. Allow yourself to ground fully in the moment, present and aware. **[Two full breaths]**

Imagine that a vast web surrounds you. As you trace the lines of this web, notice that they are made up of energy. Feel how this

energy is weaving in and out of all creation. **[One full breath]**

As you look closer, you recognize that this web extends in all directions, connecting you to the consciousness of every living being on the planet. **[One full breath]**

With each breath, feel yourself connect deeper to this web. Reach out and feel how you are linked to the collective existence of all humanity. **[One full breath]**

Sense the presence of countless other beings, each weaving their own unique essence into this collective tapestry. **[One full breath]**

As you continue to breathe evenly, feel your own essence merge with the web of collective consciousness. Allow yourself to be overcome with compassion and understanding. Feel the interconnectedness of all of humanity, their joys and sorrows, their hopes and fears. **[One full breath]**

From the core of your being, pour out love and compassion to the collective. **[One full breath]**

Envision a world filled with peace and freedom for all beings. Watch as the web of consciousness glows in this vision, feel it become inseparable from its reality. **[One full breath]**

Watch the dark corners of the web become illuminated, opening a path guiding humanity towards a future of connection and understanding. **[One full breath]**

If you have a specific prayer or intention for the collective, offer it now. Maybe it is one of healing, unity, or transformation. Form this in your heart and then release it to the collective consciousness. **[Two full breaths]**

Feel your prayer or intention vibrate and expand out in the web of collective consciousness. Know that with your intention and focus, you are co-creating a future anchored in love and transformation. **[Two full breaths]**

Feel the tentacles of the web weave through your energetic body, anchoring you to collective roots. When you are ready, bring your awareness back to your physical body. Stretch out your fingers and windshield wiper your feet from side to side.

As you open your eyes, sense the connection and unity that flows in and through you, always.

Know you can return to this meditation as a tool to sever other attachments you wish to release."

11

Embracing the Starseed

Chakra: Third Eye
Approximate Time: 6 - 10 Minutes
Preparation: Find a comfortable seated or lying position on the floor.
Use a blanket or cushion to elevate the hips or knees.
A great meditation to do outside under the night sky.

"In a comfortable seated position, rest your palms face up on your knees or thighs. Allow the breath to flow naturally, lengthen the spine, and connect your sit bones on the ground.

Lean from side to side, rooting them deeper. **[Two full breaths]**

Come to center. Inhale, lengthen through the spine. Chin is parallel to the floor. Exhale, release the shoulders. Allow the inhale and exhale to be equal lengths.

Bring your attention to your third eye, the point just above your eyebrows. As you inhale, visualize a soft purple light emanating from this center.

Take the middle finger on your left hand and begin to tap this spot 8-10 times, activating your 3rd eye chakra. **[One full breath]**

Feel your inner eye, awaken. Visualize a deep purple gem seated in its center. Notice how it pulses in rhythm with the beat of your heart.

Allow the space around your 3rd eye to fill with this pulsing light. Feel it fill your head, surrounding your crown and throat chakras. **[One full breath]**

Feel it grow to encompass your entire energy body, activating your crown chakra. Expanding to encompass your throat, your heart, your solar plexus, your sacral and your root chakras.

Feel the luminous energy surround you, swirling. Watch as it forms into a cloud, holding your energetic body.

Settle into this cloud and let it hold you. Open your inner eye and notice that you see images in its folds, stories, visions, records. Scenes flashing in simulations projections. Images of your childhood. Moments when you were a teenager, , moments where a stranger felt like a long-lost friend. Maybe you witness a moment before you were born, cradled in the womb. Or moments that have yet to pass. Feel how this cloud is carrying all of these moments, holding the records of your lifetime, the imprints of your energetic body. What other images surface?

[Two full breaths]

Allow this cloud to expand with your energy body. Watch as your field grows to encompass the earth. Notice the connection you feel with everything on the planet, each animal, person, continent, element, and mineral. Feel how divinely interconnected you are with all aspects of the earth.

As your field expands, feel yourself encompass the edges of the planet, continuing to hold the atmosphere, and then reaching to encompass the stars. Feel your field expand further, embodying the entire the universe. As you hold the earth, the stars, and the cosmos in your energy field, settle into how familiar it feels, how comfortable, and how at home you are. Feel a connection to all beings, and all life forms throughout all of existence.

You are from the stars, but you have been planted on this earth for a purpose. As you hold the cosmos in your field, feel your purpose inside of you, feel your connection to divine light and limitlessness. Fill your entire being with it, allow it to radiate through the stars and through the planets. What wish or prayer do you want to release into the universe to support its expansion?

As you inhale, fill yourself with this limitlessness of existence. On the exhale feel yourself expand even further to the far reaches of the galaxy. Reaching even further to touch the edges of the multiverse.

Inhaling. Exhale, expand your light outward. Reach out and touch the creator, recognizing that he planted the seed inside

of you and it is more vibrant than the brightest sun in all of the galaxies. You have the power heal beyond time and space. You are creation itself. You are the cosmos.

As you bring your awareness back to your heart center, feel that your field is still around your physical body. Allow yourself to return back through the universe, back through the atmosphere and back to the earth. Come back to your seat and feel that sphere of light around you, emanating with the light that you are.

Settle back into your sit bones, come back to the third eye gaze, drawing eyes upward. Feel the energy field around you, acknowledge that this is your natural state of being. You are vibrant, you are joy, you are light, and you are here to emanate that joy and light with every step you take on the earth, with every person you pass on the street, with each person you interact with. With each action you take, you are spreading this light; you are filling the earth with this light, just by being who you are.

Inhaling a little deeper, exhaling gently. Bring the awareness to the edges of your skin, your inner gaze at the third eye. Emanating the purple light, still surrounding your body.

As you feel this container hold you, honor that this is your natural state of being, that you can come back to this moment at any time and tap into the essence of you and what you have come to this earth to do.

Bring your hands to heart center. Begin to create heat by rubbing

the hands together. Faster and faster.

Slowly bring them apart, feeling the energy generating between the palms. Take the palms and hover over both your eyes and the third eye. Feel the heat and energy radiate in through your eyes and up into your third eye, hands tingling with energy.

[If laying down, guide participants to seated]

Bring the hands palm to palm at the heart center, rocking side to side, once again feeling the sit bones grounding.

When you feel fully integrated, open your eyes. See if you can still connect to the purple light around you. You are the light you have been seeking. You are the light you have been waiting for."

12

Conclusion

The Path Ahead

I hope these meditations and activations, continue to support your journey. May you revisit them to ground, or to reconnect with your true essence. If you are feeling disconnected, use them to tap into the web on collective consciousness and expand into the light body that you are. May they assist you in clearing and transforming what does not serve your highest path. Use them to bask in the cosmos, or connect to the ever-present abundance of the earth. Wherever you need support, settle into their words and allow them to hold you.

Most of all, may they be a reminder that *you* hold the truths of the universe inside of you. *You* have the power to create the life you want and in doing so you fuel the collective vision for this new earth. You are so special and so important. Just by being yourself, you are illuminating the way for others. Thank you for walking this path.

May the light of your heart guide the road ahead.

Meditation as a Daily Practice

If I could go back and tell my younger self one gleaning piece of wisdom from my adulthood, it would be to meditate daily. My meditation journey began unexpectedly in 2006 while I was studying for a semester at Yonsei University in South Korea. A friend of mine Ji Hyang brought me to a temple where I met Meo Kyung Sunim, a Buddhist monk. He introduced me to a mindfulness practice and for the months to come I would visit the temple and practice regularly. In the decades that followed, I continued to explore meditation though various groups and thought my yoga practice. I met moments of ethereal connection, spaciousness, and deep transformation.

In 2020 I made the commitment to start a daily 15 minute meditation practice. For the first few weeks it was an internal battle between my will and my spirit. My mind was not interested in surrendering to the stillness. It seemed that every moment I had to redirect it, pull it back from the ledge of impeding responsibility, and settle it down from the desperate need to check off items from my to-do list. As observed my mind reeling like a caged animal unable to settle, I was both uncomfortable and shocked.

If I couldn't allow my mind to settle for just 15 minutes in the morning, what was it doing the rest of the day? Who was running the show? Was I really this disconnected from my internal narrative?

As the weeks continued, my practice became softer and created a gateway for me connect with deeper parts of myself. My mind became an ally as I explored the spaciousness of my internal existence. Eventually I noticed how this ability to be present spilled into all crevices of my life. I became more patient, more understanding. I created time for the activities and relationships that gave me joy. I watched as the edges of my anxiety dissolved and stress became a warning system, rather than a constant state of being.

As I sit here I can't help but wonder who I would be if I chose to start this daily practice a decade earlier. And in this same breath I am filled with so much gratitude for the journey just as it is. We can't go back, but we can make choices today that propel into the person we know we can be.

If this resonates with you, I invite you to consider and commit to a daily meditation practice of your own. You have all of the answers inside of you, the solutions to all of your problems. Simply sit quietly with yourself and connect with the deep well of knowing within.

I know it is a huge commitment. But I promise that whatever you put in you will reap back tenfold.

Meditation for Transformation: A Six Week Guide to a Daily Practice

Because of the transformation I have experienced in my own life, I feel that meditation is one of the most precious gifts I have to share with others. Inadvertently, I share my personal journey with friends in long e-mails, around campfires, and over glasses of wine. I share lists of supportive reading material, pages of resources, and links to YouTube videos. I buy extra copies of books so I can give them to others. I incorporate guided meditation practices into my yoga and massage offerings, ceremonies, and women's gatherings. I love to spark up conversations with others because I am inspired by their experiences and enjoy exploring the inadvertent synchronicities that arise.

Now I am taking it a step further and writing the book I wish existed a decade ago. By sharing over 15 years of resources and experience, I hope others feel supported and guided to start their own daily practice. For those like me who need structure and accountability, this resource is just what you've been waiting for!

Though still in progress, my goal is to birth it into the world in early 2025. Keep your eyes out. It's coming soon!

Stay Connected

I would love to hear from you and stay connected on the journey ahead! Here are some ways we can stay in touch:

- **Website**: Visit my website www.rebekahluhrs.com where I share all things JOY-ful. It's all or nothing, so you get my Songwriting, AcroYoga, NightHawk Stonewear, and information on my publication all on one place.
- **Newsletter/Blog**: While you are here, use the form to sign up for my newsletter where I share updates, and inspiration

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Further Reading and Additional Resources

Recommended Books and Authors

A New Earth: Awakening to Your Life's Purpose, Eckhart Tolle

In A New Earth, Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence.

The Three Waves of Volunteers and the New Earth, Delores Cannon

Dolores in her hypnosis work has discovered three waves of these volunteers. Some have come direct from the "Source" and have never lived in any type of physical body before. Others have lived as space beings on other planets or other dimensions. Because all memory is erased upon entry to the Earth dimension, they do not remember their assignment. Thus these beautiful souls have a difficult time adjusting to our chaotic world. These souls have a vital role to play

as they help all of the rest of us ascend to the New Earth.

Breaking the Habit of being Yourself, Dr. Joe Dispenza

In Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One, Dr Joe bridges the gap between the sciences of quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible. Not only will you be given the necessary knowledge to change any aspect of yourself, but you will be taught the step-by-step tools to apply what you learn to make measurable changes in any area of your life.

(Where Tolle comes from a spiritual perspective on transformation, Dispenza offers a scientific/neuroscience standpoint).

Awakening the Heart of Humanity, Ashmi Pathela

This is a journey into remembering who you are and why you're here. This book is a capsule, capturing the energy of this unprecedented time of global awakening... a tribute, honoring the tremendous strength and beauty of the human spirit... and an activation for the soul, as we create the golden age of the New Earth. With words and art that speak to your soul, these pages hold a vision for humanity's ascension and the key to awakening your heart to all the magic that you are.

Recommended Videos

Transformation: An Audience with Dolores Cannon

Available: On Amazon

Description: 2012 was heralded as a momentous spiritual

turning point in our species' development. In this audience from that pivotal year and one of the very last she gave before her passing in 2014, grand matriarch of metaphysics and past-life regression Dolores Cannon, in her own inimitable, kind, mirthful way, explains life and death, reincarnation and manifestation and the meaning of existence itself.

"It's Already BEGUN! STUNNING Message for Humanity's SURVIVAL on NEW EARTH!" with Matias De Stefano
Available on YouTube.

Other New Earth Influencers

Pam Gregory: A UK based astrologer publishing regular astrological updates in regards to human evolution. She offers a weekly meditation, Opportunity for Collective Co-Creation, for people can come together collectively on a weekly basis for just 15 minutes to accelerate the arrival of New Earth. "We are welcoming in an expanded consciousness of love".
Platform: YouTube
Recommend video: "Opportunity for Collective Co-Creation."

Ella Ringrose: Offers live streams on shifting humanity into the New Earth.
Platform: YouTube
Recommend the video: "A New Earth is COMING! Prepare Yourself for 2024."

Abraham Hicks: A well-known name in the world of manifesta-

tion and spirituality. The entity known as Abraham-Hicks is a group consciousness from the non-physical dimension. This group of non-physical entities communicates through Esther Hicks. They offer many books and videos on manifestation, the Law of Attraction and tools for shifting into a higher vibrational states.

Platform: YouTube

Recommended Podcasts

- Deja Blu [Youtube]
- The Emerald [Spotify and Apple]
- Next Level Soul [YouTube]

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About the Author

Over the years, Rebekah Joy has explored various styles of meditation with a number of teachers and communities. In 2020, she committed to a daily meditation practice, an experience that has completely transformed her life. Eager to support others on their personal journey, she is in the process of developing tools and resources to empower others.

In addition to her writing endeavors, Rebekah Joy is an AcroYoga and Thai Massage instructor. She is also a conscious singer/songwriter, a community facilitator, a timber framer, a beekeeper, and outdoor enthusiast.

Based in Wartburg, TN, and Asheville, NC, she lives off grid on a 42 acre homestead where she holds space for community and hosts private women's gatherings.

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