Lulumineuse

LIFE BÔMS



by Lulumineuse

Wellbeing mantras for the body and spirit

The advice regarding the wellness mantras provided in this book is in no way a substitute for professional medical advice.

English translation

CONTENT

CONTENT....3
Introduction....5
Instructions....6
Body Bôms....8
1) Life refill in my hair....9
2) Life refill in my stomach....10
3) Life refill in my eyes....11
4) Life refill in my liver....12
5) Life refill in my face....13
6) Life refill - The pain....14
7) Life refill - My ideal weight....15
8) Life refill in my teeth....16
9) Life refill in my carnal body....18
10) Life refill in my back....19
11) Life refill in my spine....20
12) Life refill in my coccyx....21
13) Life refill in my hands....22
14) Life refill in my ankles....23
Spirit Bôms....24
1) Love refill....25
2) Creativity refill....26
3) Inner strength refill....27
4) Serenity refill....28
5) Life refill - Angels....29
6) Life refill in my aura....30
7) Life refill in the action....31
8) Life refill in my thoughts....32
9) Life refill - Alignment....33
10) Life refill - Peace....34
11) Life refill - Harmony....35
12) Life refill - Freedom....36
13) Life refill - Compassion....37
14) Life refill - Friendship....38
15) World peace refill....39
16) The Christ-like magic of Christmas....40
17) Psychic atmosphere....41
18) Knowing how to be happy....42
19) Overcoming life's hardships....43

20) Finding Love.....44
21) Finding sleep.....45
22) Visualisation Bôm: Raising one's vibration..... 46
23) Visualisation Bôm: Rising, becoming lighter.....47
24) Visualisation Bôm: Strengthening the bond with one's soul.....48
25) Visualisation Bôm: Welcoming a luminous presence..... 49
26) Visualisation Bôm: This guide on my path..... 50
27) Visualisation Bôm: Attracting the heart of your desire..... 51
28) Visualisation Bôm: Egyptian abundance..... 52
29) Visualisation Bôm: Calming one's state of mind..... 53
30) Visualisation Bôm: Soothing a migraine.....54
31) Visualisation Bôm: Soothing a relationship..... 55
32) Visualisation Bôm: When morale is low, Love is always there..... 56

Introduction

Over 40 mantras to boost your energy

What is the magic of these bôms?

These bôms are designed to fill your cells with life.

Take a moment for yourself at any time of the day, and use a bôm suited to the moment. Reading them carefully and attentively, can re-energize the body at precise points, infusing it with specific energy, preserve inner harmony, vitality, calmness, youthfulness, connection, energy flow and much more.

Like mantras, the texts transmitted here are meant to be read as many times as you wish, until you feel the programming taking hold, infusing and diffusing throughout your being. Forget about notions of quantity and time, simply receive, feel and vibrate!

These bôms form a true library of vibratory texts to infuse, ready to use and tailored to each of your daily needs and moods.

Instructions

How does it work?

You're aware that your deep self interacts in permeability with your cells, but often lack practice and do not always know how to make purposeful use of this nourishing connection.

Speaking to your cells to act on a specific point is entirely possible. The transmission of your intentions and this information to your physical and subtle bodies, can act effectively on your own inner resistances, sometimes cultivated over years or even across several lifetimes. A bôm for the body acts like a mantra, speaking directly to your cells. It brings you back to the awareness of the organ, of its function, of its wondrous and precious existence. It invites you to deploy the organ's intrinsic capacity to regenerate itself, through the intention sent in resonance with your cells.

Each bôm helps you positively influence your vibration at specific points.

What can these Bôms do for you on a physical and etheric level?

Body and Spirit Bôms can relate to the most common ailments, such as migraines, backaches, liver or stomach issues. They offer support for your vitality, sleep quality, and psychological well-being. They can also focus on more specific states, such as flu-like symptoms or sinusitis. Some are specific to an organ or chakra, while others help you raise your vibration, work on your grounding or welcome your inner sensations.

They are like many little vials uplifting your energies, deeply revitalizing your cells, and releasing all the Light within you!

To assist you in finding the right bôm, you will find two categories:

- The Body Bôms act primarily on your physical body, such as the tailbone, ankles, liver, and stomach. They can support your healing process or strengthen your vitality.

- The Spirit Bôms are turned toward your inner self. They invite you to fill yourselves with creativity and inner strength, to regain alignment, or to soothe anxiety.

Finally, these bôms act like a magic wand: it is not the wand that is magical, but the magician who uses it to tap into their own inner magic.

Body Bôms

1) Life refill in my hair

The TAO is in my hair, the TAO is my hair, my hair is the manifestation of the TAO.

From the Source, filaments formed, growing in abundance. When the TAO is fully expressed through my hair, my hair is radiant and carries the vital force of the TAO.

Relaxation and benevolence in my thoughts allow the TAO to illuminate my hair.

In this moment, I give thanks to the TAO for making my hair vibrate through every single cell.

I free my intestines, my liver, and my kidneys of all toxins that might filter the rays of the TAO through my hair.

Through what I eat, I thank the TAO for providing me with the resources needed to build my hair, for its continuous regeneration, and for its vitality.

In this moment, I give thanks to my own Light, the TAO.

In this moment, I give thanks to this form of expression of the TAO that is my hair. Thank you to the TAO, encompassing my Self, my being, for creating my hair in its image: radiant and supple, delicate yet powerful.

If I decide to break a single strand of hair between my fingers, it will break in two; but if I hold my hair as a whole, it will remain intact. The strength of unity lives through my hair, because the TAO expresses itself through each and every strand.

2) Life refill in my stomach

Located between the oesophagus and the small intestine, my stomach is the sanctuary of transformation. On the physical plane, my stomach transforms food into liquid. On the plane of Light, it directs vital energy throughout my body and all around.

The energy of the TAO is now activating in my stomach, taking root in my solar plexus. It extends through each of my organs and limbs.

In this moment, I give thanks to the TAO for making my stomach vibrate through its role as facilitator and passageway.

When the TAO expresses itself freely through my stomach, it acts upon my thermal regulation.

My stomach also plays a role in the regulation of my own thoughts.

Just as my stomach digests food, it allows me to transmute my impure thoughts, to transform them and elevate their vibration by the light of the TAO filling each and every cell of my entire being.

I thank my stomach for cultivating balance, the balance that instills faith, self esteem and trust.

I thank my stomach for fostering all my interactions with the outside world.

For this purpose, I thank my stomach for transmuting here and now every emotion held in my belly. I thank my stomach for letting every emotion that passes through flow with ease.

My stomach is one of the fundamental guarantors of my state of mind.

When the TAO fully expresses itself in my stomach, serenity illuminates my being, openness to others is Love, openness to myself is awareness.

3) Life refill in my eyes

My eyes sacralize my relationship with time.

If I struggle to see far, I am anxious about the future; if I have trouble seeing up close, I refuse to see certain things to protect myself. If I see perfectly, I have preserved the visual acuity of my eyes.

As two precious receptors of information, I have decided deep within what they should or should not give me. As they are my tools, I have adapted them to my wishes, consciously or not, for the duration of my own liberations.

In this moment, I ask that my veils fall away. To that end, I ask that these unconscious decisions be released.

I ask with all my heart, I ask with all my inner Light that, with every second from now on, my eyes free themselves from their frozen parts and come alive once more.

I allow myself to see them as tools that can be perfected.

I cease to perceive them as dysfunctional.

I allow myself to re-educate them, to set them free, to trust them, to restart their growth.

4) Life refill in my liver

The liver is the largest gland in the human body.

This important and complex organ is governed by the solar plexus, linked to the element of fire.

The liver is faith, self-confidence.

When I have faith in myself, in life, in the Universe, in human kind, my faith, which participates in the digestion process, helps me transform matter.

It also assists with blood coagulation, helping to form small blood clots.

On a subtle level, the liver's function is therefore to help stop a haemorrhage of vital energies that have been wrongly distributed.

On a subtle level, the liver’s function is therefore to help stem a hemorrhage—the loss of vital energies wrongly dispensed.

In other words, the liver is an important organ of realization. As soon as I lack confidence in life, as soon as I worry too much about situations instead of living them with faith, I prevent my liver from properly carrying out its work of digestion.

A lack of faith directly exposes me to a lack of gratitude, to anger. And that anger, repressed for too long, leads to a liver crisis. I have then repressed this deficiency, this latent anger that has become unconscious, and this inner depression.

To balance my liver is to affirm my confidence, to radiate my faith in the magic of life. It means letting past situations teach me, and not shackle me. It means acting in good faith and expressing gratitude through my solar plexus for every situation in life.

I have faith in life.
I have faith in myself.
I have faith in Love.

5) Life refill in my face

My outer face is the reflection of my inner face.

My inner face is that of my soul.

The face of my soul depends, in every moment, upon my vibration.

The lighter my heart, the more my soul follows the path of my joy—and the more my inner face glows, illuminating my outer features with its light. My inner face is in constant flux; at times it appears shadowed, and at others, brilliant.

When it radiates, it draws in a spectrum of luminous entities, all orbiting within the same vibratory sphere.

Each of my rays attracts energies of the same colour.

It is up to me to be the painter who chooses their colours, who moves away from sombre colours to spread brighter ones, or who tests more sombre colours to capture the luminous intensity of brighter ones, which then bring contrast like moonlight illuminating the darkness of night.

My face is the translation of my inner face.

By shaping my inner face through heart awareness, I shape, transform and nourish my face.

My being is beautiful, my heart is pure, my envelope is Light.

My inner beauty permeates through my physical face.

6) Life refill - The pain

My pain is this crack in the shell that encloses my understanding.

And just as the seed of a fruit must be broken so that the heart may stand in the sun, so must I know pain.

If my heart could continue to marvel at the daily miracles of my life, my pain would seem as wonderful as my joy.

What if I accepted the seasons of my heart as I accept the seasons that pass over my fields?

What if I watched with serenity through the winters of my grief? Much of my pain is of my own choosing. It is the bitter potion with which the physician within me cures my ailing Self.

I trust this physician, so I drink his potion in peace and silence.

For his hand, though rough and heavy, is guided by the tender hand of the Invisible.

And the cup he offers me, though it burns my lips, was fashioned from that clay which the Potter wetted with His sacred tears.

7) Life refill - My ideal weight

Here and now, I trust my body to eliminate everything I hold within it, I lighten my emotional bodies of the burdens I carry, I give thanks to my physical body for the reflection it gives me.

I become aware of what it is telling me.
I no longer perceive it as a separate entity.
I make it my best friend, my precious ally.

Today and every day, I declare to my body that I love it, and through my Love, I offer it my patience, I offer it my courage, I offer it my support, so that it may take on its most harmonious form and reflect the beauty that is within me.

Today and every day, every second, I make myself my body's ally, I no longer subject it to my weaknesses, I no longer drag it into my excesses, I no longer project guilt onto it in my thoughts, I love it and support its healing, I offer it aid, and give it the time it needs.

I no longer pass judgement on my body and I watch it transform day by day.

For if faith can move mountains, faith shapes bodies, and if I put my faith at the service of my body, I give my body the power to clothe itself in Light, to nourish itself with Love, to balance itself and to become harmony manifest.

Today and every day, I make this promise to support and accompany my body in its liberations.

My ideal weight, my ideal, my heart's ideal is its goal.

That is my aim.

It is up to me not to block its path, but to help it walk in faith.

8) Life refill in my teeth

My teeth are instruments of passage deployed by the energies of my 5th chakra, the throat chakra. They act to transform matter, moving in unison with the jaw, so that it can be assimilated.

Just as I assimilate liquids or food through my mouth, I must also assimilate a wealth of information through my throat chakra. My teeth are therefore guardians. Guardians at the gateway of what I must assimilate or what I struggle to assimilate.

Thus, when my teeth cause me pain, they may reflect a difficulty in sorting through information to select the ones that will serve me. Much like when I have to make a decision.

When I feel unable to choose what is good for me, I might develop a toothache from the feeling of not being able to enjoy my life fully: in other words, to take a bite out of life.

When my throat chakra is blocked by an emotion of anger, my jaw clenches and puts pressure on my teeth. This is the rage inside echoing as a "raging" toothache.

The eight teeth on the upper right side are linked to the desire for what I wish to manifest in physical reality.

The eight teeth on the upper left side are linked to the desire to share and communicate what I carry within me.

The eight teeth on the lower right are connected to bringing something to fruition, such as work, moving home, or any other situation on a physical and material plane.

The eight teeth on the lower left side are directly linked to my emotions—to everything I carry inside, what I suppress, and what I feel. Sensitivity in these teeth can point to a sensitive topic, an emotion that has yet to be soothed.

The right side of the body is directly connected to my relationship with the masculine. Experiencing difficulties in making decisions, creating, achieving, or manifesting. This can also have a direct connection to my father figure.

The left side is connected to my relationship with the feminine. Experiencing difficulties in listening to myself, trusting myself, and not allowing myself to be influenced. This too can have a direct link to my mother figure.

In any case, the teeth express every difficulty felt by my throat chakra. When cavities form, something is gnawing at me. When they shift, something lacks stability. When the gums recede, something deep within wants to break free and be communicated.

I understand that my teeth are the embodied guardians of the sanctuary of my expression, and they will no longer hold any secrets for me.

9) Life refill in my carnal body

If I ever ask myself whether or not I should transcend physical incarnation, the TAO reminds me that the flesh is not material, but spiritual. When I attain true Spirit, my flesh is immortal. Why wish to transcend it? It is beautiful and pure; it is perfect if I allow its perfection to be seen. All I have to do is consider it as such.

Today, I thank the TAO for having formed my carnal body.

I thank Creation for giving me form.
I thank myself for embodying, here and now, an extension of Creation.
I give thanks to myself for embodying the TAO manifested through my body of flesh.

My body is the manifested sanctuary of all my other bodies.
My body is one of the manifested dwellings of the Spirit.
Every part of my body is formed by the Spirit.
My whole body resonates in tune with each of my thoughts and each of my emotions.

Here and now, I give thanks to my body for being the vial for the fragrance of all the invisible and inaudible messages that the Spirit diffuses within me.

Here and now, I become aware of every thought in order to free my body from every limitation, from all the illusions that my thoughts cultivate.

Here and now, I allow the fragrances of the Spirit to illuminate my flesh, to fill each of my organs stimulated by vital energy, every single cell of my body.

Here and now, I allow the Spirit to permeate my body and unite it with the Fire it contains.

Here and now, I allow my body to filter and transmute each energy that passes through it into pure Light, just as it did at its origin.

Here and now, I set my body free from my own thoughts, from any thoughts that do not serve to shape it in the image of my SELF.

My body is one of the manifested dwellings of the Spirit. Every part of my body is formed by the Spirit. My whole body resonates in tune with each of my thoughts and each of my emotions.

Here and now, I give thanks to my body for being the vial for the fragrances of all the invisible and inaudible messages that the Spirit diffuses within me.

10) Life refill in my back

My back is my trunk, the stem of a flower supporting its crown and leaves.

My back is the manifestation of a pillar connecting heaven and earth.

My back is the arch within me, the ‘arch ANGEL’.

My back is the symbol of my physical resilience.

My back represents my physical health.

Bending my back symbolises acceptance.

Turning my back reflects a decision to change.

My lower back is the seat of my freedom: my freedom of movement, my freedom to choose myself, my freedom to live.

My back supports my body, but it is also the support of my being.

When my back causes me pain around my waist, it is trying to remind me that I must not look for support on the outside, for that support dwells within me.

Because that support dwells within me, it is a fundamental part of who I am; thus I, more than anyone, deserve my own support.

11) Life refill in my spine

"My spine is my path to balance incarnate" Omraam Mikhaël Aïvanhov

When my head is held upright, my spine is vertical and my energy flows freely.

When I slouch, I hold back this flow. I am expressing the outcome of an unconscious struggle, of resentment, or of a need for protection from the outside world.

When sadness overwhelms me, my spine suffers. Through this lack of Love, my head tilts, my back hunches, and my spine falls out of alignment. It is the weight of daily grief and discontent.

My spine crystallises these shortcomings, but my will liberates it.

By my will, I stand tall in harmony and balance. Physically through my posture and psychically through my uprightness.

In the soothing and lightening of all that I carry needlessly, I return to my center and feel the world vibrate.

Today, I make a habit of uniting my physical balance with my inner balance.

I harmonize how I hold myself within my body and within my Spirit.

I free my organs from all discomfort and unnecessary pressure.

I am the guardian of the pillar of life that I Am.

12) Life refill in my coccyx

The coccyx is at the base of the spine and, like any base, it represents my foundations. My physical foundations are directly linked to my basic needs.

If we take the example of a house, the foundations serve to accommodate the framework, then the walls, and finally the roof. Thus, these foundations represented by the coccyx are what enable me to house my emotional state, my mind, and my spiritual plane.

The base must be solid so that the house does not collapse at the slightest gust of wind. That is why my need for security is directly linked to my coccyx. The feeling of walking on the ground is bound to the feeling of being supported. When I refuse this essential support from my environment, my tailbone aches, which can cut me off from my conscious connection to the cosmos, and from a broader, deeper trust in life.

My coccyx is my connection to the Earth, the base of my spine.

Like the roots of a tree trunk, it is my anchoring link to physical matter.

It maintains the energetic direction that evolves within my tree of life.

My coccyx is like the beak of a bird ready to take flight.

The coccyx grants me the power to connect with the world of matter without dreading it, and without feeling crushed or in danger. It is linked to survival. Within the coccyx, the entire survival of humanity since its origins, as well as all animal survival, has been encoded for thousands of years. For man has experienced many kingdoms before the human kingdom. He must then shed his animal nature to nourish the spiritual being who beholds vibrating matter.

Thoughts of gratitude and contentment nourish the coccyx.

Dizziness can stem from a loss of reference points when my material or professional situation changes. I may unconsciously accumulate blockages in the flow of energy through my first chakra, since this loss of reference points sends me directly back to the notion of survival.

13) Life refill in my hands

The hand that suffers shows me that I lack Love in what I do. My tasks are bound by duty, not by Love.

My heart chakra tells me: "These tools are the fruit of Love and they are made to transmit".

Just as with the artisan carving wood, the chef simmering a dish, or the gardener sowing seeds, hands are the tools at Love's disposal through which it takes shape.

Today, I restore my hands to their divine function. As tools of Love, they are the extension of inspiration and the longing to create, born of Love.

I ask my hands to forgive me for forcing them. I now see them as vortexes of Love, they can shape the subtle, just as they bring forth form from wood. Just as they bring forth a meal from raw ingredients. Just as they gather the fruits of the seeds they have sown and watered with Love.

My hands receive and give, my hands are the expression of a breath, one assumes the role of giving, the other that of receiving. The two are complementary.

My right hand stems from the masculine principle. My left hand stems from the feminine principle.

Together, they form a harmony, the essential balance for creation. Self-realization means allowing oneself to receive with Love and to give with Love.

But it also means infusing Love into everything we create.

And to that end, step by step, I will give thanks to my hands. I will thank myself for the Love that diffuses through them.

14) Life refill in my ankles

My ankles are the levers for my steps. They allow me to support the foot so that it can move in a swinging motion.

When my ankles cause me pain, they indicate a lack of flexibility regarding the progress of my projects or the direction I wish to take. I may experience ankle trouble whenever I try to dictate conditions for my progress and things do not unfold as I had envisioned.

On a physical level, my ankles support my ambitions. The only physiological movement of the ankle joint is the flexion and extension of the foot upon the leg.

On a mental and spiritual level, my ankles remind me to remain flexible in the face of whatever situations arise before me, to know how to take new paths, think differently, and expand my possibilities. And the same applies toward others: to remain open to advice and suggestions, to stay attentive to feedback, all while remaining flexible and connected to my own inner listening.

Here and now, I release my ankles from all accumulated pressure.

Here and now, I give them back their flexibility and their power of expansion.

Through the expansion of my own thoughts, through the softening of my rigid ideas, I return to my ankles their full role as a lever. The lever that fulfills my will to create and to move toward the new, toward my own self-realization.

If I twist my ankle, I look at which thoughts and reactions I am using to cause myself harm; I accept detours; I accept walking with faith and trust, without external reference points.

Just as they connect my legs to my feet, my ankles connect my will to my ability to move forward, to put one foot in front of the other, to propel my legs and my body, to carry me.

Spirit Bôms



1) Love refill

No one can teach me how to love. Love cannot be learned like mathematical formulas or history lessons.

What I can do, however, is recognise hatred and push it out of my way. I can see it for what it is and allow it to dissipate instead of letting it take root in my Spirit.

Like a gardener, I can meticulously choose what should take root.

If I give my problems time, I allow them to take root in my Spirit. I will later struggle to uproot them from my Spirit.

But if I do not give them time to develop, to spread their roots, then they will be unable to grow. They will have nowhere to take hold and will disappear.

Love comes naturally to the Spirit. It is not ephemeral. It is not bound to feelings.

It is absolute and brings the complete understanding of my existence.

Knowing how to love means, above all, freeing myself from what obstructs this Love.

This love is abundant all around me and within me.

This Love that fills my Spirit is my present, as soon as I give it back its rightful place and importance. As the center of my being, the center of my Universe.

2) Creativity refill

Life is an infinite process of joy.

Real life is the Source, completely independent of any psychological state or attachment whatsoever.

The flow of life is the constant repetition of the perfectly balanced moment, immersed in harmony.

As my detachment from external limitations and constraints deepens, I become able to love more and more who I am in the present moment.

This Love of the moment plunges me into my brightest form, my creative form.

For when I allow life to express itself through me, without stifling it from the outside, I become the creative movement.

I embody life itself. I am life.

Thus, whatever I create here and now, I am bathed in the extraordinary current of creativity.

I repeat this to my consciousness. My inner creative movement is the movement of life itself. Life is not a separate entity from my being.

Life is the wave into which I am invited to dive, following the current, without trying to reverse it or hold it back, without trying to master it; but rather, where I must master myself, so as not to drift to the edge or stray from its flow.

I am life as soon as I dive into the current of my own inner creativity, without fear of being carried away.

3) Inner strength refill

My inner strength begins where I observe my own weaknesses.

Each and every limitation, shortcoming, or weakness that I discover within myself bears witness to my desire to change...

The suffering and frustration I feel in the face of the imperfections I see in myself mark the birth of my inner strength.

It is proof of my willingness to change, to evolve, and to journey toward my Self.

My new perceptions, the ones I now hold of myself, must not lead to disillusionment or disappointment, but must bring to my awareness the fact that this inner strength is awakening and longs to put itself into action.

Whatever obstacles my inner power encounters along the way, it will see them only as challenges, to express itself and to nurture the joy of seeing itself in a new light.

Regardless of the obstacles it encounters along its path, it will only see challenges through which to express itself and nourish the joy of seeing itself from a new perspective.

My strength comes from my capacity to discover myself, to observe myself and to want to transform my resistance into the essence of the best in me.

My strength is born of my capacity to discover myself, to observe myself, and to want the transformation of my resistances into the essence of the very best within my Self.

4) Serenity refill

An anxious person relies too heavily on past references, focusing on what has been built up over the years.

What they have experienced, or what others have recounted experiencing, becomes fixed, like outcomes that can never change. Even more than that, this person uses their imagination to sketch the worst-case scenarios, including those that are barely probable.

Wherever I live, I am.
Wherever I think, I am.
Wherever my imagination flows, I go.
So I return here, I return to MYSELF and I bring the “image-in-air” back into the area of my heart.

I stimulate my joy, not my fear.
I swim in peace, not in the shadows..
Anxiety is no longer welcome.
My door closes when I feel it trying to invite itself in.

The present is my story.
The present is my gift.

In this moment, peace awaits me.
I make myself available to welcome it.
I dispel, here and now, any thought that might disturb it.
I dispel, here and now, any fear that attempts to creep in.

From this day forward, whenever I feel the present becoming numb or my imagination darkening, I take a deep inner breath and release my fears. I put Gold back into my thoughts, and with my heart, I guide my will.

5) Life refill - Angels

Life refill, I am life.
Angels are among us.
Angels are everywhere.
Angels are all around us.
Angels are invisible.

But angels are also visible, for they are those beings who, one day, approached physical matter so closely that they wanted to marry it, to take form within it, to support it from within, to experience it, to shape it, to mold it, to express from its core all the creation it contains.

Angels are among us, some come from a distant land, others from the morning sand, but all come from His hand. / Angels are among us, some come from afar, others from the morning star, but all come from His hand.

Angels are among us, clothed in earthly garments; here, they have sometimes forgotten how deeply they loved themselves, loved themselves enough to forge themselves, to commit, and to vibrate to the sound of matter, to harmonize and wear the colors of the Earth.

Angels are among us, angels are within us. We are those luminous angels who, by the grace of movement, let themselves be carried by the current, developing a longing to dive in for an eternity.

In both the depths of creation and the heights of the creators.

Angels are among us.
They are the balance that dwells within us.
They are the faithfulness of our hearts.
They are the glow of our souls.
They are the Light of the Spirit.
Angels are among us.

Because the “In-I’s” are everywhere.

"In-I" remains my Light.

I am Light.

Because I am.

6) Life refill in my aura

I am at the centre of my bodies of Light.

My aura surrounds me, envelops me.

It plays with its colours, it vibrates.

I visualize the colours that compose it.

I allow these colours to enter my consciousness.

I inhale and exhale deeply from my belly.

With each inhalation, I kindle and explore my aura; its Light intensifies, magnifies.

With each exhalation, I release everything that obstructs its quintessence.

It becomes brighter and brighter, more and more harmonious.

Its shape becomes harmonious, oval, smooth, and beautiful.

Its Light is both soft and intense, strong and light.

I continue to breathe gently, and step by step, my aura expands, passing through walls and stretching farther and farther. Everything it envelops, it purifies.

The more it expands, the purer, more loving, warmer, and more sparkling it becomes.

This Light that surrounds me is the expression of Love.

Forever, I take care to cultivate it.

Forever, I take care to radiate it.

7) Life refill in the action

An action is a response to an inner command.

“When I act,” I must first ask myself this question: “Where does the command come from?”

Is this action validated by my entire being? Is this action moved by my own will?

Is this action a reaction, the remnant of an emotion that cannot seem to dissipate?

Is this action right?

I can answer this question only for myself.

If my thoughts are in accord with my ideas, if my emotions do not form a thick mist, if everything is aligned and nothing resists within me, then my action follows the path of right alignment and becomes an extension of life beyond its cradle.

But even if my action is not right, even if I am not aligned, even if through my acts I take a winding road, my heart will always support me in reclaiming the most direct path. And if I choose not to listen, it will let me fail, not out of resentment, but out of Love.

For if my heart cannot make itself heard through its direct voice within me, it will speak to the Universe, and the Universe will organise itself with my heart so that it may be heard.

My heart guides me through the experiences that draw us closer together. The further I distance myself from it, the more I expose myself to experiences where my only remedy will be to turn back and speak to it.

For my heart is neither an external guide nor a shepherd; it is the force that animates me, the force of life, of creation, desiring only one thing: the harmony of my being, of my thoughts, and of my emotions, far beyond what my head seeks to impose upon me.

My heart is bright and patient, for it is confident, it knows that all things lead to the Light, and that even in the shadow of my thoughts, its discreet voice can bring forth beauty.

8) Life refill in my thoughts

My thoughts create change. I am capable of mentally altering my vibration. This is something I do constantly. But once I become aware of it, I can perceive and use my thoughts as a valuable tool, a guardian of my vibration, a vector for my evolution.

Thoughts are a vibrational gift whose role is to maintain an intimate bond with the energies of my subtle bodies, which are linked to all of Creation.

Thought must journey with its counterpart, silence, for thought is born of silence.

If silence is experienced as anguish, then thought takes on that same hue, becoming heavy to compensate for the lack felt. If silence is experienced as a serene moment, then thought is serene and light.

As I balance my thoughts, I balance the entirety of the energies that compose my vibration.

The more I respect silence, the more my thoughts grow still. The more my thoughts grow still, the more silence envelops me.

The harmony of my body is less and less disturbed. Silence contains the beautiful music that preserves it.

My thoughts only form out of necessity. And if they come uninvited, it is for me not to grant them the importance they claim for themselves.

It is for me to honor the silence.

9) Life refill - Alignment

I am a physical being evolving in a spiritual dimension, my balance is the path of Love.

My arms meet at my heart, they’re the extension of my thought directed towards Love.

My legs synchronise to move me forward.

All my organs are connected to one another by the work of Love.

I am the unified polarities.

I bind my ideas to my thoughts, I bind my heart to my head.

I am Balance.

I am Justness.

I cultivate the middle way.

My soul shows me the way. I purify my lower states of being. I give thanks for my elevation.

10) Life refill - Peace

Patience is the science of peace.

Everything that appears dissonant is the fruit of a perfection that has been divided. From a divided perfection, duality is born, but from duality, the manifest arises; thus, the short is born from the long, the light from the heavy, the fast from the slow.

In this moment, all is peaceful, for peace exists in every part of duality.

In this moment, the peace of the instant dwells within me. Ready to be infused by my will alone.

This resource is inexhaustible; it is available at all hours of the day and night, a guarantor of my well-being and evolution. This resource is also a great power, a power born of Love.

For thanks to it, emotions are stilled, thoughts are softened, and tensions dissipate, in a way that is entirely invisible, yet infinitely luminous, radiating through each of my cells, in every one of my organs, from my densest body to the most subtle, wedding them in the Love of the moment, where nothing lasts, yet everything is permanent.

The peace of the instant dwells within me.

And it radiates by my will alone. I allow myself to feel it; I let it flow. I do not hold it back; I let it envelop me.

I need not fear it, but love it for what it is. Peace is a gift I am capable of giving myself.

11) Life refill - Harmony

A lack of peace disrupts harmony. Only inner harmony guarantees peace.

Only disharmony disturbs peace and can cause illness. At times, it has taken more than one lifetime for this disharmony to manifest within our bodies.

That is why, every second, I prepare my future.

What feeling dwells within me? What thought governs my mood?

Who holds the reins of my being? Am I capable of mastering how I welcome what flows through me?

Only my experiences can answer these questions, for they are what put me to the test. Through them, I learn to choose between harmony and disharmony.

Finding excuses for all my ailments, or welcoming more Love within me to restore peace. I must begin this inner process, and this work takes years and lifetimes to become visible on the outside.

But each small victory is one more step toward original Love. The Source that dwells within me and shall never run dry.

12) Life refill - Freedom

I feel those moments of Truth where the imprint of freedom glides within me like a revelation.

I am this current of life, free to choose itself.

My heart expands, my consciousness comes alive, and my soul smiles. I cultivate the wisdom that leads me to the sanctuary of my freedom.

The home of my eternity.

I am free within myself, and I allow myself to believe in this Truth that calls to me, even if I do not understand it. It is so vast and so beautiful.

When I seek to know or understand more, when I resist or when I pray, when I am afraid or when I deny myself, I am playing with the current of life that I am.

I free myself from my illusions by letting the ray of Truth pass through me. The links of my ignorance do not form my chains; they emit a call.

I rise in the all-powerful radiance of Truth, which instantly places me upon the summits of the moment, where eternity resonates in my heart as a present.

I strive, free from myself, my doubts, and my fears; I rise above my obstacles in the breath of the moment.

Rightness envelops me, free of all sentiment; silence welcomes me, freedom is at work.

"I Am" the current of life, free of itself.

I am free.

I am.

13) Life refill - Compassion

My Love stretches beyond every border, beyond all judgment, beyond form and matter.

I view every brother and every sister as a soul upon its own unique path.

I see through the eyes of the Father and Mother of all life on Earth.

I embody the expression of Love beyond affections and feelings. Beyond thoughts and pretence.

I see the current of life expressing itself through a multitude of individualities, like flowers in a spring field, each leaves its own unique fragrance within me.

I am free in my affinities, but also free to love without measure.

I contemplate every being as a fragment of life whose journey and appearance do not define the Love they carry and must release.

I rise and open myself to the awareness of the experience. Compassion releases me from my own blinders.

I am the Light that can guide; I am the Light that can be guided.

Compassion is the intelligence of my heart. My soul's reminder toward my brothers and sisters.

Compassion elevates me into the eternal and returns me home to my own heaven.

14) Life refill - Friendship

My friend is a reflection of my needs.

The ones I sometimes place outside of myself, those I think I cannot find within.

When I am weary, my friend is the part of me that I fail to hear.

And what is a friend, if not a part of myself that I long to reclaim?

What is a friend if not an echo of what I emit? And if this friend deceives me, then I have deceived myself.

True friendship fears no separation, for it cannot be possessed.

Friendship is the key to a shared moment, a thought infused, an idea planted.

Never must I fear losing a friend, for absence too will teach me.

Friendship must not be a burden to the Spirit, but an invitation to explore it more deeply.

I give what I Am.

If I am true to myself, then I am true to my friend.

I give my friend my Light, without my voids.

And if they do the same, those moments become true presents.

The friendship I cultivate is the movement of my soul as it seeks to elevate and love itself.

I am my own eternal friend.

15) World peace refill

Peace in the world comes from the promise of an inner peace.

If I want to establish peace in the world, and if every soul is a world, then every soul must learn to establish peace in its own world.

I am the peace of my world.

And I am the peace of the world.

I do not wait for world peace as a solution.

I am the echo of world peace, I am its expression.

I choose what I am.

I choose noise or silence.

I choose harmony or impatience.

I am the peace I seek in the world.

My frequency is the peace of the world.

What is world peace if not a world filled with souls bathing in the stillness of their own Light?

My Light is my paradise, my Eden. The world of peace is the Light I embody on Earth.

16) The Christ-like magic of Christmas

Do we truly know what emanates from the magic of Christmas?

We celebrate Christmas because of the birth of Christ. While many reduce this to the birth of Jesus without understanding the full symbolism of the nativity scene, and others reduce it further to the arrival of Santa Claus, very few recognize the profound symbolism of the birth of the Christ within.

For Christmas is, above all, the symbol of the second birth, the great divine birth.

We all celebrate the day of our arrival on Earth, that first day of physical materialization, the day when we inhale, inspiring ourselves as we use our lungs for the very first time. That materialized pump born of our solar heart.

But how many of us celebrate our second birth, our Christic birth?

It is the day when the Christic Light descends into us and we reawaken. We awaken to our deep reality, that grand beginning, that first day of conscious journeying, this great birth.

That is why, within the collective unconscious, Christmas is above all a moment imbued with a special, magical, and profound dimension, moving us to strengthen our bonds and spend time with family and those we love.

But awakened beings will sometimes have more difficulty with this period, not feeling the depth in the same way. They would like more authenticity, higher understanding, and transparency, but one cannot ask a child to be born faster, and the same is true for the second birth.

Yet awakened beings will sometimes find this period more challenging, for they do not feel its depth in the same way. They long for greater authenticity, higher perspective, and transparency, but one cannot ask a child to be born any faster, and the same holds true for the second birth.

So I wish you all a marvelous Spirit of Christmas. May it spread its magic into the depths of everyone, whether consciously or not, aiding as many as possible through your marvelous radiance.

17) Psychic atmosphere

Purity comes from thoughts.

Like the seeds I have sown, the fruits of my thoughts are the result of what my being has vibrated.

I cling to nothing, I give my psyche free rein to elevate me.

Without trying to control it, I offer it the warm breath emanating from my heart.

I nourish myself with this warmth, just as I nourish my body with flavours.

I am the gardener of my psyche.

I am the guarantor of my garden.

The sun, the soil, and the rain are the allies of my blossoming.

Every difficulty is an opportunity to make my peace with myself.

Every movement of my psyche can harmonize with a higher current of thought.

I can guide myself as the star guides the shepherd. I embody and allow benevolent waves to flow through me.

I keep deviant waves at bay and let them burn themselves out.

I am my path.

I am my Light. My psyche is the reflection of my beauty. My soul knows the truth.

18) Knowing how to be happy

What is happiness, if not an expression of Love?

And if I seek happiness, where else could I find it but within my own Source of Love?

And if I wish to be an expression of happiness, what am I waiting for to embody this flow?

If I place my happiness on the outside, how can my inner self drink its fill?

I am the Source of my own happiness.

I am the state of consciousness that allows me to attain it.

I'm the vibration that can lift me there.

I'm the instrument that provides the keys.

Happiness is a vast expanse of consciousness that I have come to explore on earth, within the realm of matter.

Through trials, I refine myself and open to its dimension, to its infinity.

My only condition for happiness is my own vibration.

My present is my gift of exploration.

Happiness arises from my own perception.

I am the happiness I seek.

19) Overcoming life's hardships

I'm living through a hardship that provides me proof of what I seek through it.

The current of life that I am allows me to form challenges to overcome.

Not to mistreat me, but always to sublimate me.

Every ordeal unlocks within me the promise of a new resource to explore.

Of a new perception to embody, of a new breath to find.

I am the various currents of life’s expression, learning itself.

I walk the diverse paths of my inner states, rediscovering the wisdom of my soul.

I practise and I study myself.

I am a student of life.

I navigate without knowing, clashing with the waves, grasping the oars, but I sometimes let myself sink to the bottom of the water, for from the depths of this vast ocean, it is my own darkness that I am traversing, and it is my own Light that enables me to explore it without losing my way.

Because I know that every hardship is a door.

Every difficulty is an initiation. Every initiation is a new beginning. An opportunity to Love once more.

To love more.

20) Finding Love

The Particle of Love that I am may desire companionship for the experiences it has to live.

In a physical world where polarities shape reality, this quest is an inner calling for a return to unity.

But while I am incarnated, even though one polarity is manifest and the other lies dormant, they assuredly exist in union within my very being.

This is why I must, above all else, feel whole just by being myself. Nevertheless, in the experience of life, a soul may accompany me on my journey. A soul whose vibration will shed light on parts of myself, reconciling them or pointing out things I kept hidden.

The same is true for this soul who accompanies me, and who embodies both polarities. The divine principle, the great intelligence, would never separate these polarities to cause suffering. It has carefully brought them together within all things, all beings, so that they may be whole just as they are.

As the same is true for the soul who accompanies me, and who also holds these two polarities present within them. Never would the Great Principle, the Great Intelligence, have separated two polarities to cause suffering.

It has taken care to carefully place them together in all things, in every being, so that they may be whole just as they are.

Therefore, finding Love means finding myself, and once the Love within accompanies me, I am free to chart my course with a life partner.

21) Finding sleep

There is a fundamental passage within mankind. This passage takes place every day of one's life, when the time for rest arrives. The sacred passage lies between wakefulness and slumber.

Here and now, I prepare to cross this passage. To cross it in alignment with my own Light, I place here and now everything that preoccupies me, everything that disturbs the rest of my thoughts, into the hands of the luminous beings who surround me.

Here and now, I ask with gratitude that these luminous beings inspire me toward the realization, the repair, and the solution for all that troubles me, throughout this night of sleep.

At the moment of falling asleep, I become conscious of death, for every evening I die, and every morning I am born anew. Thus, each morning makes me a new being, imbued with all the energy of the Earth and the Cosmos. An energy entrusted to me for an entire day, which I must use with self-respect and gratitude toward the whole that animates me.

This evening, I stand ready to embark on this sacred journey back to the Source.

This evening, I give thanks and prepare to leave my body in the best conditions, surrounded and loved by the Universe.

This evening, I give thanks to my Light so that it may guide me, accompany me toward my destiny.

Tomorrow morning, I'll return to my body, filled with grace and Light, share these rays throughout my day, illuminate my physical body with all the eternal energy infused during the night, diffused throughout the day, through my thoughts, my actions and my intentions.

I thank all the luminous beings who surround me for accompanying me with benevolence during this sacred journey of return to the Source.

22) Visualisation Bôm: Raising one's vibration

I set aside the appearance of my physical body for a time. And I feel the essence, the very essence of my being. To do this, I become aware that as soon as I inhale, I am inhaling myself, and as soon as I exhale, I am exhaling myself. My essence is therefore contained within this void that is full.

The essence of my being is everywhere. It cannot be dissociated from the essence of the Universe; the essence of my being is Love. This Love that gives me life as I inhale and as I exhale. This Love, which came to experience itself, has divided into a tiny fraction containing all universal intelligence: this is my soul.

I imagine this invisible Love becoming an iridescent cloud, sparkling with Light. This cloud is splendid! It is Love concentrated around a center. This center is the point on which I position myself when I want to rebalance myself internally.

I visualize this shimmering cloud. I feel this cloud, its strength, its candor, its power. It possesses a magnificent power of attraction! It is a universal gateway.

Soon, the contours of this cloud are outlined in several superimposed layers of density. The first layer is almost transparent, but I feel it. I feel this divine manna contract. Then, each subsequent layer takes shape and becomes a little denser.

It is Love passing through the planes of density to give me substance.

Soon, the invisible particles of Love slow down so much that they become matter.

Love comes to forge my physical temple, the one that allows me to experience manifested creation.

All these bodies vibrate. I feel them to be the representation of pure Love that has taken shape, that has drawn itself. I feel my universal and divine nature.

I am Love, who has slipped on its cloak to savor the joys of the spectacle of Life.

23) Visualisation Bôm: Rising, becoming lighter

I am ready to board a train, heading toward the sun. I have large suitcases with me, my clothes, my papers, my belongings, my memories.

I struggle to heave all this luggage onto the train. I have a small cabin. I wish I could lie down for a bit, but the big suitcase is taking up too much room. It's not a big deal, I'll try to make do. The cabin's too small, but that's not my fault.

As the train progresses, an announcement echoes on board:

"We are approaching the first stage on the journey toward the sun. Please lighten your load by disposing of the superfluous."

I open my suitcase and resolve to keep only what might be useful. Yet, I hold onto the things that are dear to my heart. The surplus is collected by the onboard staff and used as fuel to power the locomotive. I now have a little more room to stretch my legs.

I doze off for a while when, suddenly, a new announcement is heard: "We are approaching the second stage on the journey toward the sun. Please unburden yourself of what no longer is."

I proceed to open my suitcase. It's full of obsolete, burdensome documents. I hand them over to the crew. They burn them. A feeling of freedom washes over my entire being.

I can now continue my journey in complete lightness.

24) Visualisation Bôm: Strengthening the bond with one's soul

An immense Light dazzles me. This Light, white, powerful and gentle at the same time, so vibrant, holds the entire symphony of the world. It cannot be measured. It cannot be contained. It is infinite, it is eternal.

A link is formed, like a cord that connects the mother and the child; this link is a soul being born. This Light has woven this vine, and now this vine can descend into the depths of matter. Adorning itself with a robe formed of amalgamated Light, vibrating so slowly that it seems to freeze. In the depths of matter, this link begins its journey.

The soul takes the appearance of each kingdom, learning from each experience. From the depths of density, each experience brings it a little closer to its originality.

When one day it adorns itself with a human body, several times, following its own path. But now matter gives it more and more tools, and sometimes the soul seems to forget itself. It even forgets its own existence, slumbering in a kind of convalescence.

But my soul never ceases to transmit this original Light, from which the rainbow is formed. For the Light to explore matter, a body of flesh and a soul that makes the connection were needed. Connected to my solar centre, it is the one that guides me beyond the tools of matter, like the one named grey matter.

It is the vine of Light that feeds me with universal Love. And we are children connected to the same mother.

25) Visualisation Bôm: Welcoming a luminous presence

I am deeply settled, regardless of my position.
I convince myself and I now decide that everything is well.

Everything is in harmony.
I breathe gently, I feel my body, the air that surrounds me, the space around me.

I sense this fullness of Love that reigns everywhere.

Soon, I feel a luminous presence.
This presence has benefits for my inner feelings. It soothes me. It calls to me.

I feel this presence within my cells. It is very subtle.
I thank it internally for this sensation.

I can visualise this presence in the form of energy, or even give it a face.
I can now transmit the intentions of Love, Peace, and Joy to it.

This presence responds to my intentions and amplifies everything I transmit to it.
It is an extremely benevolent presence that comes from the high subtle planes.

It allows me to connect with the most beautiful within me, and I give it grace, I thank it with all my heart, for I understand its role and it is marvelous.

I can speak to it, I can entrust it with everything that troubles me, and I can benefit from its solar, celestial, absolutely magnificent emanation.

This presence can accompany me whenever I feel the need.
But to feel it, I know I must first be in an inner state that elevates me up to it.

I thank this presence.

26) Visualisation Bôm: This guide on my path

I am home when my guide knocks at the door.

My inner child is happy to welcome them.

This Love is immense and mutual; everything is amplified by their presence.

We settle down, look at each other, and talk.

We expect nothing in return and we feel at ease.

Anecdotes arise in response to deep questions.

Nothing is superficial; everything dwells in the depths of the heart.

This guide is a part of me. Their word originates from the Source within me.

This guide on my path may not look the part, yet in the air, they radiate.

I do not expect to see it in their clothing, their appearance, or their image.

But if I know how to look, I will see Light there.

If I know how to observe, I will see this guide appear in the guise of a man, a woman, a flower, or a bee.

Yes, even bees guide us.

What knocks at my door is providence speaking to my heaven.

27) Visualisation Bôm: Attracting the home of your desire

I am in an entryway. I cannot truly see this entryway, but I feel a familiar energy. I am at home, or in my future home, it matters little, for in this present projection, I am truly at home.

I push open a door, or something like it, Light rushes in, and I begin to distinguish what resembles the interior of a home. It is radiant with light, filled with an atmosphere that particularly pleases me.

The decor and the arrangement of the furniture are crafted with care, tailored to my tastes. I find the colors I love on cushions, throws, and perhaps framed pictures; I even recognize certain familiar keepsakes.

In the kitchen, I touch the tableware, the plates, the dishes... they are all in harmony with my desires, simply myself. I catch a familiar scent; it awakens within me a feeling of gentleness, comfort, and well-being.

I feel peaceful in this place; it is truly conducive to inner calm. I gently step toward the window; I can see outside, it is a beautiful day. What a marvel this home is; everything in it is made to measure for me, in harmony with my deepest desires. And the grounds share in this same harmony.

I take a deep breath.

I allow my subtle body to rise high above the house. Far up in the sky, the home appears so small. I venture further still, into the silence of space. Where the Universe first began to trace my meeting with this home. I see its sparks; it is the Universe synchronizing with my desires, those with deep-reaching roots.

I can now free myself from the questions that weigh me down, everything is taken care of. It is up to me to remain in alignment with my desires and watch the magic unfold.

28) Visualisation Bôm: Egyptian abundance

I'm in the desert.

What a sun! Not a tree to block its scorching rays. I receive the full abundance of the sun. Here it is, seeping into the pores of my skin. Its subtle rays come to nourish my cells. I am bathed in the abundance of its rays.

Thanks to the oxygen that surrounds me, I can breathe all the air I need to fill my lungs. I'm bathed in an abundance of oxygen.

And this sand. Millions of grains of sand beneath my feet. The dunes stretch as far as the eye can see.

What an abundance of space! My vision reaches the horizon. I can admire a large part of everything that surrounds me.

And I, in this desert, am the animated life, I am the sun, the air, the sand, and the water. All these elements combined. To harmonise, these elements have attracted each other and come to an agreement. Now, it's up to me to ensure they cooperate.

My thought embraces my emotion, elevates me in my inspiration. From the ground, I rise into my own sky, navigating my emotions and taking advantage of the favourable winds, those of my inspired thoughts.

Yes, I am abundance and coherence. What I desire I attract, but what I fail to harmonise within myself, I keep at bay. If I place desire as far as the horizon, I cannot touch it. If I already place it within myself, I can feel it.

I am now the very Source of attraction. I have no will to attract, for I am the will itself.

Abundance always follows harmony. And harmony always begins with my own temple.

29) Visualisation Bôm: Calming one’s state of mind

The inner storm rages, emotions run through me, thoughts scatter, images sometimes flash by, this air current whirls in all directions and all meaning is lost, the breath is weary, the ideas sometimes dark or tinged with sadness.

In the forest, the trees are jostled by the gusts. The birds have found shelter and the clouds blanket the atmosphere in a long grey cloak...

Sadness, discouragement, swirling questions... The leaves fly, and soon the rain comes to stream down into the earth, weaving its way between the roots and the stones.

In no time... The noise of the storm begins to fade away, until it becomes serene and a few sunbeams warm the exhausted trees. A birdsong celebrates the return of serenity, and the forest gives thanks for the water brought by the wind.

Strengthened by this battle with the elements, it welcomes them as gifts.

The elements within my emotions and thoughts can sometimes offer resistance, but that is what shapes the path ahead. For if the wind didn't offer resistance to the sail, how would the boat sail? And if the ground didn't offer resistance to my steps, how would I move forward?

To move forward in the stream of life, the water must offer resistance to the body, that is how it learns how to swim.

30) Visualisation Bôm: Soothing a migraine

The migraine, or when ‘hatred migrates’, is a discomfort linked to my capacity to be, this being within me that clashes with my self.

I now visualise all the self-reproaching thoughts I have when I don't react as I would like in certain situations.

I also visualise those situations.

I imagine reclaiming my power and wisdom, I am free to be and embody whoever I wish.

Here and now, I stop blaming myself, I am where I belong and I am legitimate, I'm a beautiful person and I accept the other without making myself suffer.

Here and now, I transform this non-Love, this migraine, into a seed of Love for myself. I become a plant, a tree and I sow, I love myself so I sow and I spread my seeds far and wide.

I become aware of my desires. I shift my focus away from what I no longer want.

I reconnect with my creation, with my creative worth.

Here and now, I transform this non-Love, this migraine, into a seed of Love for myself. I become a plant, a tree and I sow, I love myself so I sow and I spread my seeds far and wide.

I become aware of my desires. I let go of what I no longer want. I reconnect with my creation, with my creative worth.

31) Visualisation Bôm: Soothing a relationship

I am a transparent crystal table, a large rounded table. Around this table, guests come to sit. I know these people for various reasons. Some are very dear to me. Others have marked my life. Others have made me suffer. Others have abandoned me or caused me to live a painful memory..

Some people who will cross paths with me in the future are now gathering around this table. But from where I stand, the future and the past are on the same plane.

I already know these people who are yet to enter my life.
I may forget them upon meeting them, but right now I remember.
No one says a word.

Suddenly, a great, intense Light coming from the centre of the table, shoots up into the sky and bursts into a thousand Lights.
Everyone becomes completely transparent. We all look the same!
We now all share the same transparent form, yet something still sets us apart: we're not the same size, we don't have the same outlines.

I can now see the table as if I were standing dozens of meters above it. The table and that rounded crystal at its centre... that's me!
And surrounding me are all these beings. I now see colours all around these transparent beings. Each of these colours has an influence on the great crystal that I am.

My table takes on colours, it reacts to the interaction with these beings. It takes this energy, transforms it and gives it back. Sometimes, it takes in dark energy, but it lights up from another side. I now see that all these interactions are gifts, because at this precise moment, this crystal that I am, acquires its own power to transmute and sublimate everything that interacts with it. That is what every being is there for.

They are forms of expression of Love. Each form evolves, diminishes, grows, becomes colored by energies. Now, I notice that they themselves are crystal tables and that they too are surrounded by forms of Love. I now see that all these crystal tables are pieces of one big table. A universal table! And that it is in fact the great universal crystal of life that I am witnessing.

32) Visualisation Bôm: When morale is low, Love is always there

Great tides, relentless waves, chilling wind and dark clouds cast shadows over the shores in this mire, so many faces hide within these faces, those that I wear on happy days, in the mist of the foam, I can see them floating before my eyes, why not reach out and take one?

Why not grab the smiling one and exchange it for the bored one, swap the anxious one to shift this inner feeling?

What if I wallow in this gloom? Is this a way of loving myself?

And what if Love proved to me that whenever I distance myself from it, all I yearn for is to find it once more?

And what if Love showed me that, regardless of the masks, it hides behind each one?

Through its various faces, it only tells me: 'Which reflection of me do you want to put on?'