



# ARCs Groups

## Tree of Life - Shard of Light Meditation

By the ARCs as Channeled by Kerry Henwood

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Notes to Leader: Before beginning, please explain the breathing technique to the group. We suggest each person use their middle finger of their right hand to close the left nostril and the thumb to close the right nostril. We do this technique 7 times for each chakra except the Crown.

### Opening

Let's feel connected to Mother Earth, ground ourselves, relax, quieten and focus in the centre of the group gathered here. We welcome the shard of light from beyond the beyond, connecting direct to Source itself, anchoring this light in the centre of our group.

As we focus on the collective shard, notice it becomes brighter and stronger. Simultaneously, our own shard of light becomes activated, brighter and stronger, allowing further access to our Angelic selves. The light moves from the heart down the body. Consciousness is now building within. Become aware of the Shard beginning to pulsate.

***(Leader speaks the following from the heart): I now call upon the Angels of Light, the ARCS, the Solar Logos, Source, Galactic Beings, Masters, Deities and all those assisting humanity at this time, to be with us.***

In this sacred space - remember, we are light bodies, human but with light inside. See and feel the light descend deep inside you, down your legs & into your feet. Relax all that is inside you. Sense your blood flowing around your body, see it pulsing with light. Light enters every cell. Feel the palpitation of the essence of light building in the Shard.... When you are ready, call your Light Body forward.

Sense the pulsation of your heart as it pulses in time with the shard of light, activating and awakening your heart to your true essence.

*Call upon your soul to come forward and stand within the central shard of light, collectively joining its light with all other souls present. See and feel each others soul standing in the light.*

*Call forth the sum total of all the wisdom your soul has gathered throughout its lifetimes, wisdom known as your Tree of Life. See the tree's trunk as your core soul vibration direct from Source.*



# ARCs Groups

*Each branch is the journey into different lives. Feel the presence of your Tree of Life and sense the great resources accessible to you from your Soul's learning's. Remember your abilities to resolve, to reconcile, to release, and liberate yourself.*

Become aware of your soul standing before you. Acknowledge your soul & the great gift now presented to you. Look into the eyes of your soul, your soul looks back, eye to eye, seeing you.

PAUSE...

***The Arcs remind us it's time to empty out the Karmic memories accumulated through each lifetime ... chakra by chakra. They guide us to align to the perfection of our original chakric system, beyond the human experience – our Soul of Light.***

Feel the palpitation of your own light force in front of you.... AND NOW...

**1. *Move your consciousness to your Base Chakra. See your Soul's first chakric system in front of you.*** Focus on your Soul's base, allow that aspect of yourself to turn around and meld into your base. Accept your own creativity, your own divinity and your own Divine light. Take ownership of your soul of light in your base chakra. Many memories of your soul plan are stored here and here the soul source remembers its own light.

Anchor your Soul's light here, grounding its light in form. In time, your Soul source memory begins activating within your base, your base opens to new creativity & ownership of divinity.

Begin the breathing – using the middle finger of your right hand to close the left nostril and the thumb to close the right nostril. We will do this 7 times...

*1<sup>st</sup> Breath: Close Left nostril and inhale & exhale through the right nostril*

*2<sup>nd</sup> Breath: Close Right nostril and inhale & exhale through left nostril*

*3<sup>rd</sup> Breath: Close Left nostril and inhale & exhale through the right nostril*

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# ARCs Groups

Take a full breath through both nostrils. AND NOW...

**2. Move your consciousness to your Sacral Chakra. Call upon your soul of light standing in front of you into your Sacral centre. Allow the heat of your Soul's creativity to rise ... igniting the fire ... setting off sparks in your being, your purpose, activating your drive, your will.**

Dissolve any distortion around disempowerment of the feminine, and abuse in the masculine.

The Sacral chakra now begins to passionately energize your drive. The fire element sparks and ignites your being, your purpose. It generates the fire within and it burns inside of you like you have never felt before.

Begin the breathing – using the middle finger of your right hand to close the left nostril and the thumb to close the right nostril. We will do this 7 times...

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Take a full breath through both nostrils. AND NOW...

**3. Move your consciousness into the Solar Plexus and allow unconditional love to descend deep inside you. This descends as a beam of light, embrace the unconditional love and light of your divine soul.**



## ARCs Groups

Meld your Soul's love into your solar plexus. Know your Soul understands your humanness, dissolve any negative emotions of betrayal, fear or lack. Align to your own connection to your Soul and uplift your emotional, feeling nature. Acknowledge and embrace it.

Begin the breathing...

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**4. Move your consciousness to your Heart Chakra. Allow the essence of your soul of light's unconditional love to absorb into you.**

As your soul touches your heart, pay attention to any emotions that may surface for you. Be aware of any sense of emptiness, loneliness, lack of love, support, of belonging or any feelings of disconnection and then, like water, let them flow away.

As these emotions begin to dissolve, hear the sweetness and kindness of your Soul's communication to you. Open your heart to your Soul's embrace. Feel your heart expand into the cosmic heart that has known and loved you since the beginning of time.

Hear your Soul whispering encouraging words to you. Begin to feel the fulfillment that you have come home to yourself. Be in gratitude. . Bathe in the reassurance and knowing that ... YOU are safe ... YOU are worthy ...

YOU are loved. YOU are loved YOU are loved.

Begin the breathing...



# ARCs Groups

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Take a full breath through both nostrils. AND NOW...

**5. Move your consciousness to your Throat Chakra and call in your Soul of Light. Visualize your Soul standing in front of you.**

Imagine the sound of your Soul, filled with divine light. Let this light seep into and slowly absorb into your throat vortex. Let sound come from within... hear the sound well up inside you ...allow your voice to flow freely from within. Do not hold back. Individually within the group find your sound to access the Shard. Whatever sound comes out is perfect.

Notice your Soul now absorbed in the Light within your throat.

Begin the breathing...

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Take a full breath through both nostrils. AND NOW...



## ARCs Groups

### 6. **Move your consciousness to your Brow chakra. Here you access the Pure Light of your Soul.**

See your Soul's shard moving towards you ... YOUR Shard of Light.

Say to yourself "I AM the Shard of Light."

Absorb the Shard into your 3<sup>rd</sup> eye. Let the light gently wrap itself around the pituitary and pineal gland, making the shape of infinity...from the 3<sup>rd</sup> eye round to the gland, making an infinity symbol within the centre of the mind.

We are creating one mindedness, here there is no duality. Infinity is within the central part of the mind. Continue moving into the figure 8 of infinity, one mind, becoming one with all that is. One mind is one heart.

Begin the breathing...

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Take a full breath through both nostrils. AND NOW...

### 7. **Move your awareness to your Crown Chakra.**

The central Shard now expands and moves over you, and you begin to feel yourself being drawn up. You are sitting in your chair, and you feel a pulling up above your Crown. Your Crown Chakra opens and expands up into the Central Shard.

Moving up, you come to a Stargate. See your own light and embrace it. PAUSE...



# ARCs Groups

You are the Stargate.

Slowly bring the palms of your hands together above your head acknowledging your own divinity. Breathe in your own divinity. PAUSE...

Be within your light and return to your regular breathing.

Say out loud: **I AM LOVED ... I AM ONE .... I AM WHOLE**

## **Meditation Conclusion**

Now, see your Crown Chakra floating down, back to its place on top of your head. Bring into yourself your own Central Shard of Light, see it come into self, down from Crown Chakra to Third Eye, to Throat Chakra, to Heart Chakra, to Solar Plexus Chakra, to Spleen Chakra, to Base/First Chakra. Your own Tree of Life, with it's branches, soul essences, at each Chakra, shines brightly within you.

Close the Crown Chakra and all shards from the branches of your Tree of Life.

Bring your attention back into the room while keeping your eyes closed; wiggle your fingers and toes. When ready, slowly open your eyes and gently stretch.

## **TO CLOSE THE ENTIRE EVENING**

***We thank the Angels of Light, the ARCS, the Solar Logos, Source, Galactic Beings, Masters, Deities, and all beings of light & love that have assisted us in all dimensions and realms. We close the Central Shard of Light.***

***We will now hold hands and chant 3 OMs in gratitude and completion***



# ARCs Groups

## Leader Notes:

For consistency, this Arcs group meeting meditation format has been transcribed to enable the Leader each month to have a guideline to follow.

Leaders, you will find the words will come individually with each of you for how you interpret the group energy within the moment of each new gathering. The one who is guiding the group always has the free flowing ability to guide or direct the group as they feel moved to on the night.