



## HeartSpeak

The universe is available to those who seek to raise the level of the current limits being placed by the restrictive and disruptive nature of the Coronavirus. The work of the three intentions has had a positive impact on the present conditions on Earth. As seen from a greater perspective there is more to do. With that in mind we would like to repeat the intentions and add a meditation. The meditation will precede the three intentions.

### The Meditation

Whether sitting or standing, please align yourself towards the rising Sun. Take a moment to collect your thoughts and to place your focus on your heart. After taking a few breaths, allow your mind to focus again on your heart. Allow a sense of peace to enter your consciousness. Ask the sun to shine its rays on this planet. See the rays of the sun begin to gently bathe this planet in golden rays of light. Allow the golden rays to focus on the places or people you feel need these rays the most. Raise your vision and allow the rays to move through the earth. Ask through the heart the following: **May the healing powers of creation bring peace and harmony to all those impacted by the virus.** Let the hearts of those impacted feel the golden rays of light and be warmed by their presence.

Move your attention to the earth and ask the earth to vibrate at a frequency that facilitates the healing powers of the land, sea and air. See the frequency as a gentle wave that moves around the world from the deepest part of the ocean to the highest peak of the mountains. Then ask that those who cannot or are having trouble breathing be given the gift once more of breath and those that have given their all to help those impacted be given the strength and the gift of love to continue their efforts in helping others.

After a few moments, move your consciousness to yourself and see the golden rays of light surround you and bring peace to your efforts in life. Gently, return to focus on the three intentions.

### The Three Intentions

- For all who have or are currently experiencing the coronavirus, we send love. For all who have or are currently experiencing the coronavirus, we send love North, South, East, West, Above and Below. We send you love.

- For all who have treated or are currently treating and caring for those who have the coronavirus, we send love. For all who have treated or are currently treating and caring for those who have the coronavirus, we send love North, South, East, West, Above and Below. We send you love.
- For all who are currently experiencing the impact of the coronavirus in their lives, we send love. For all who are currently experiencing the impact of the coronavirus in their lives, we send love North, South, East, West, Above and Below. We send you love.

In each heart there is an abundance of love. Let us share it in a way that brings a new energy to our world. Our words, thoughts and emotions matter. If we place them in the right vessel it becomes an elixir that is both positive and uplifting.

If you would like, you can continue to use this HeartSpeak set of intentions in your daily prayers or meditations to help bring love and healing to this world.

With love and gratitude, we give thanks for your participation.

*Howard*