

## **Manifesting your True Love, Part 2 6-15-2010**

This Ascension Teaching contains the powerful 'Sweet Heart Mediation' which will enable you to contact your True Love through your Higher Self and your lover's Higher Self. It also contains a simple little exercise that will clear the negative element in testosterone (for men), and many other simple but beautiful suggestions to help you manifest your Beloved.

*The following meditation will help those who desire to connect with, and call in their True Love.*

### **The Sweet Heart Meditation (For Men and Women)**

Find a luxuriously beautiful place to meditate.

Make certain that you will be safe and undisturbed for at least a half an hour.

Relax, deepen your breathing, and find that sweet spot in your consciousness.

Place yourself in the protective Violet Flame. Place it all around you and as far out in diameter as you wish.

Now place a column of Pink Light inside the Violet Flame. This column of Pink Light will cover your entire body inside and out. You will have Pink Light covering your body, and the Violet Flame will be filling your aura and extending out.

Now we will contact our Higher Self.

(Our Higher Self resides about 18 inches above our heads. If you want to know where this place is, just put your arms up over your head and touch the fingertips of your left and right hand together. Your Higher Self resides approximately where your fingers are touching.)

Lower your arms and feel into this area above your head.

Contact your Higher Self and express your wish to find the highest and best match in a mate for yourself. Add whatever else it is that you are looking specifically in a mate.

Allow the Light and Energy of your Higher self to come down through the invisible tube that connects you to it through the top of your head.

Allow this Light and Energy to flow into the top of your head, down your spinal column until it reaches your sacrum or tailbone.

Then, gently bring this incredible energy back up to your Heart and let it flow out your Heart to the One you are calling in.

Focus on sending your Heart energy to your Beloved for a few minutes, even though you may not know yet what he or she looks like.

Embrace your Beloved with your Heart Light and keep this contact going.

Let this Heart energy envelope yourself also.

Now, ask your Higher Self to contact the Higher Self of your Beloved, so They can converse about the particulars on how you two will meet.

Ask your Higher Self to convey any important message you wish to have your Beloved know about.

Also, ask both your Higher Self and your Beloved's Higher Self to stay in contact at all times, if you wish. Then ask for Their joint protection of both of you, before and after you meet.

Ask your Higher Self to shine it's light so bright, that your Beloved cannot miss it in the physical plane.

When you are finished, thank your Higher Self and the Higher Self of your True Love, ground yourself and continue with your day.

Repeat this exercise when you feel the need to communicate with your Beloved.

### **For Men Only:**

This simple exercise will clear the negative and overtly aggressive element in testosterone. It was given to me by an old French healer who has long since passed on. Her name was Madeline Goulard. She and her fellow healers, came to the conclusion that overly aggressive or violent behavior in men

was caused mainly by cultural and environmental conditioning, and a negative element in the hormone testosterone. It is generally believed that this negative element may have come about through genetic manipulation milleniums ago.

Through muscle-testing, she and her male healer friends came up with the following simple little exercise to eliminate this negative element *without clearing the positive elements in testosterone*.

**Don't worry, you will still have all of the positive elements of testosterone, and you will retain all of your wonderful manly attributes.**

If you are worried that it will clear something that you do not want to clear, just pendulum the following questions before doing this exercise.

### **Muscle Testing:**

It is safe for me to do this exercise. (Yes, No)

This exercise will change me for the worse. (Yes, No)

This exercise will harm me in some way. (Yes, No)

This exercise will alter my manly attributes in a negative way. (Yes, No)

This exercise will help me evolve. (Yes, No)

I will lose my sexual desires if I do this exercise. (Yes, No)

I will lose my sexual abilities if I do this exercise. (Yes, No)

I will lose my ability to perform if I do this exercise. (Yes, No)

There is nothing for me to fear when I do this exercise. (Yes, No)

This exercise will only clear the negative aspects of testosterone. (Yes, No)

This exercise will actually help my sexual desirability. (Yes, No)

I will actually be more attractive to women if I do this exercise. (Yes, No)

### **'Releasing the Ugly Monster' Exercise:**

Sit in your favorite meditation pose, relax and find that sweet spot in your consciousness.

Put your arms above your head and touch your fingertips together.

This is the where our Higher Self resides, about 18" above our heads.

Now that you have connected with the place your Higher Self resides, rest your arms in your lap and consciously connect with your own Higher Self.

Once you have connected with your Higher Self, ask It if it will help you release the negative element in testosterone. When you feel a 'yes', then proceed with the rest of this exercise.

Now, picture the evil element as an ugly monster with it's claws embedded in the top of your head.

(You can envision the monster any way you wish. Make it black, or green with long teeth and huge red eyes, or whatever you feel it should look like.)

Place your hand (either) on the top of your head where the monster is grasping on to your skull.

Now, visualize your Higher Self setting you free of the monster.

Feel its claws ever so gently releasing you until you are free of it completely.

Let it dissolve, fly away, or fade, fade, fade, until it is completely gone.

Now, you are free of this negative testosterone control.

Muscle test: I have successfully released the negative element in testosterone. (Yes, NO)

End your meditation, ground yourself and proceed with your day.

You will find that even after a year, this exercise will still test that it was successful. If you test negatively, you can just repeat the exercise again.

The success of the above exercise will depend on your ability to get in touch with your Higher Self, but with a little practice you will be able to access it at will.

Madeline sincerely believed that if we could reach every man on this planet and have him decide to do this exercise, we would be able to decrease violence and aggression significantly around the world.

### **Other Suggestions for Finding your True Love:**

A few of the crystals that will help bring in that special him or her are:  
a clear quartz wand that has two parallel crystals growing side to side, rose quartz-the clearer the better, a combination of pink and green tourmaline, and gemmy pink rhodochrosite.

Scrying is a way to see into the future. To Scry you will need a black bowl of any material that is waterproof, some dark material to use as a veil and some water.  
You will do this at the Dark of the Moon. Fill your bowl with water, and place the bowl in front of you. Cover your head with our veil and drape the remainder of the veil over the bowl, then look deeply into the water. Just make sure beforehand that you will be undisturbed during this time. You can light a candle if you wish, just as long as it does not reflect off of the water in your bowl. Ask you Guides for protection and then connect with your Higher Self. Ask your Higher Self if it would allow you see what your Beloved looks like, and wait to see what is revealed to you. Keep your bowl for this purpose only. Close your little meditation, ground yourself, and give thanks to your Higher Self.

Surround yourself in luscious Beauty and Nature as much as possible. Do those things that bring you inspiration.

Altars have many purposes, but you might consider making a small altar devoted only to your Beloved. Decorate it as simply or lavishly as you wish. You may want to include candles, shells, acorns, feathers, stones, and anything else that suits you. You could even buy or make a small gift and wrap it up and place it on your altar in anticipation of your Beloved's arrival. If you happen to find some Hummingbird feathers, know that they are a very powerful love token and would go well on your altar. Different cultures use varied tokens to represent the element of human love between two people.

Prepare a little something for your Beloved and keep it in a special place in your bathroom; a little case that includes a toothbrush and toiletries specially purchased to welcome your new Love. Make a little room in your medicine cabinet in anticipation of your love's toiletries, which are soon to be placed next to yours. Prepare a special place in your Heart for him or her.

Use Feng Shui to prepare your home for the arrival of your Beloved. Make sure your bed is accessible, if at all possible, from both sides. Place the appropriate things in the Relationship Corner of your home. There are a lot of good Feng Shui books, and most of them don't cost very much. All these things will help in your endeavor to find and establish a Sacred Relationship.

Always dress as if you are going to meet your Beloved if you go out and about, and keep working on yourself to raise your own vibration in anticipation of the arrival of the Love of your life. The best things we can do to be prepared for our True Love's arrival, are to clear our baggage, raise our vibration and expand our capacity to love unconditionally.

The movie "Untamed Heart", circa 1993, with Christian Slater and Marisa Tomei, is a love story about a young woman who works in a diner and has a horrible history of being dumped by men. She falls in love with an outcast who also works at the diner. The reason I am mentioning this old movie is that Christian Slater magnificently portrays what it looks like to be truly present in the moment with the love of his life.

Also, the song "For You" by John Denver really exemplifies what it is like to love someone with your whole heart and soul.

If you are wishing to 'get into the mood' of True Love, you can find countless examples in literature, art, music, movies and real life examples of people who know how to love.

**May you meet your Beloved soon...**

From my Heart to yours,

Amara