

## One Heart Light Field - Information and Procedures

***Note: This information is to be kept private and only for the use of those formally initiated as One Heart Light Deeksha Givers / Meditators.***

\*\* As predicted by a powerful Avatar, a time would come when human beings would walk and talk with their Divine physically.

\*\* The Sacred Chambers process was a major stepping stone to achieving this prediction, as the Sacred Chambers places in the external world where the divine exists at a level of physicality referred to as “physical, physical, physical,” where the divine has become totally physical and present on this earth plane.

\*\* Imagine H<sub>2</sub>O is its 3 forms - steam, water, and ice. Following this metaphor, steam is the light of the Presence (Oneness Blessing), water is the flowing Life Force (Prana), and the physical form of divine Light is the One Heart Light at a level called “physical, physical, physical.”

\*\* The One Heart Light Field is the physical transmission of the divine light of your Heart in a physical form (physical, physical, physical).

\*\* When the divine becomes physical in this way, many people instantly lose Consciousness.

\*\* Giving One Heart Light Deeksha, then is first becoming the light of your own Supreme Heart in such a way that your very Being becomes the sacred Chamber for the One Heart Light.

\*\* As One Heart Light is being transmitted, the divine light becomes physical in the Heart of the receiver and solid in them from head to toe. The receiver of One Heart Light also becomes a sacred chamber of their own supreme Heart Light.

\*\* One Heart Light has been revealed based upon a question asked to the Divine and has been given by the command of the Divine.

\*\* One Heart Light is a significant shift in the evolution of human Consciousness.

\*\* One Heart Light is not housed in a physical outer structure and is not owned by a particular master or avatar. It is a gift that will be awakened in the Hearts of those who are ready to receive it.

\*\* Formal initiation as a One Heart Light Meditator / Giver can only be given by the will of the Supreme Light. With this initiation comes many gifts and an extreme deepening in the power of the One Heart Light. More is yet to be revealed.

\*\* After being initiated to give One Heart Light Field and Supreme One Heart Light, the primary prerequisite for giving One Heart Light is the permission of one's own Divine each time the transmission is given. If the One Heart Light grows to all three levels of physicality and spreads everywhere, permission is considered to have been granted.

\*\* The divine Light MUST become complete physical in every way and spread throughout one's entire being before sharing the One Heart Light field transmission.

\*\* Following the prescribed preparation steps, procedure for giving, and culmination procedures are absolutely REQUIRED. Otherwise, One Heart Light has not been given.

\*\* Some initiates will be identified by the Supreme Light as anchors for the One Heart Light Phenomenon.

\*\* Due to the EXTREMELY intense nature of this gift, only those who are initiated formally should share this gift.

\*\* The One Heart Light and Supreme One Heart Light field transmissions are most powerful when given without additional forms of energy transfer; however, One Heart Light will reveal its power in any situation.

\*\* The One Heart Light is a unique manifestation of the divine Light, and therefore, it is different from other kinds of Deeksha, Blessing, etc.

\*\* There are currently 5 forms of One Heart Light Field Transmissions (Deeksha): Hands on One Heart Light, Intention One Heart Light, Heart to Heart One Heart Light, Eyes of Love One Heart Light Deeksha and Supreme One Heart Light.

\*\* Each of these forms of One Heart Light are unique and have their own unique properties and effects.

### **Invocation Procedure for the One Heart Light Field Transmission**

1. Connect and Invoke your Divine / God / Guru / Higher Sacred Self.
2. Visualize (if you cannot visualize, then feel, if you cannot feel then imagine) the Supreme Light that abides in your own Heart.
3. If an intention is needed, it can be offered here.
4. Visualize the Heart as a Golden Container for the Supreme Light.
5. Visualize the Supreme Light expanding, growing brighter, and filling the heart.
6. Manifest the Supreme Light in the Heart at the level of “Physical, Physical, Physical” by inviting the Supreme Light to become “Physical, Physical, Physical” in the Heart.
7. Experience immense gratitude for the Supreme Light becoming alive and fully physical in your Heart.
8. Feel that Physical Heart Light spreading throughout your entire being.
9. Invoke this same Physical Heart Light in the room, feel it becoming physical 3 times and visualize that light spreading throughout the room, physically anchoring the light there.
10. Feel the pain / joy of the other and feel for the other.
11. Secret Step: Invoke the Supreme Light in the Heart of the Other, invite the light to become physical 3 times and see it spreading throughout the other.
12. Feel the Physical Heart Light spreading throughout your being, the room, and the other as one, increasing the Physical One Heart Light everywhere
13. .If you have successfully completed these steps and the One Heart Light is physically present at all levels, then you may proceed to share the One Heart Light Field.

### **One Heart Light Culmination Procedure**

1. After the entire period of sharing the One Heart Light Field is complete, it is ideal for participations to be directed to place their right hand on the heart with their left hand over it.
2. Participants should be instructed to feel the connection to their heart.
3. Participants should offer gratitude for all that has been received.

4. After 1-5 minutes (guided by the flow of energy), participants should be guided to release their palms and relax for 1-2 minutes. The energy will increase. This is a very special step.
5. Participants should meditate or lay in Shivassana for 7-21 minutes.
6. Participants should be guided to come back slowly and gently.
7. Participants may share this Light and this Love by telling the supreme light in their hearts to go to any sentient being, object or situation to go there. This must be done while the physical light is fully present.

### **One Heart Light Field Instructions (Hands on / Intent)**

1. Complete entire One Heart Light Invocation Procedure
2. Ask for specifically for “One Heart Light Field – Physical, Physical, Physical – Right Now.” If for any reason you doubt the physicality of the One Heart Light, re-invoke the Supreme Light within your Heart to the level of Physical, Physical, Physical.
3. If a particular intent is needed, after the words “One Heart Light Field,” the intent can be inserted. The intent should be visualized or felt with gratitude, in as much detail as possible, as though it has already been completed.
4. After asking for the One Heart Light Field, visualize (feel or imagine) the Supreme Physical Light of your Heart and entire being flooding and filling the receiver and their surrounding completely with this physical Supreme Physical Heart Light
5. Complete the One Heart Light Culmination Procedure.

### **Heart to Heart One Heart Light Transmission Instructions**

1. Complete the invocation procedure for One Heart Light Invocation.
2. Visualize the Physical Heart Light flowing from the Heart of the giver into the heart of the receiver and instantly spreading everywhere.
3. You may stand or sit in front of the recipient.
4. You should NOT use your hands to assist in this procedure. What makes it special is that the procedure flows from your heart to the heart of the other directly.\*\*
5. Complete the Heart Light Culmination Procedure.

## **One Heart Light “Eyes of Love” Field Transmission Instructions**

\*\* This is also referred to at times as Eye of the Heart Light Deeksha and/or One Heart Light Eye Meditation.

1. Complete the One Heart Light Invocation Procedure.
2. To the invocation, you must add the following steps:
  - a. Invite God / Guru / Self / Supreme Light to see through your physical eyes and with the eye of your heart.
  - b. Feel that God / Guru / Self / Supreme Light is looking through your eyes with great love and compassion.
  - c. Feel the Supreme Light consume you completely.
  - d. Feel the Physical Heart Light flowing from your spiritual heart through your eyes.
  - e. With eyes closed, take the intent to remain in Shambhavi Mudra (although eyes are open, the focus is still inward, completely absorbed in the inner Supreme Light of the Heart).
3. Maintaining the connection to that inner One Heart Light, open eyes gently and slowly, remaining in Shambhavi Mudra (eyes open, but gaze is inside). You will need to arch your eye lids up just a bit so that the eyes remain open and perceptible.
4. As participants open their eyes, they should look into your eyes.
5. Feel the Supreme Light flowing from your Heart through your eyes into the eyes of the other and flooding the other with that Supreme Light, with that Supreme Love.
6. If your personality remains or tries to get involved, calmly repeat the following mantra in your inner world “I love you, I am God” or “I love you, I am the light.”
7. After some time, your eyes and the participants eyes may close or remain open, but the Deeksha and the visualization continues.
8. Complete the Heart Light Culmination procedure.

## **Supreme One Heart Light Field Transmission Instructions**

1. Complete One Heart Light Invocation Procedure.
2. For the intention, take the intention that the Supreme Light gives the most powerful Supreme Heart Light Deeksha ever given.
3. Modify the step where the Supreme Heart Light is invoked within the room in ways:
  - a. Invite the Supreme Light from the Highest Realms (Siddha Loka, Satya Loka, Heaven, Nirvana, etc.) to manifest in the room.
  - b. While the amassment spreads everywhere, it should be encased in a sphere of physical supreme heart light that is in front of you and in front of the receiver. The energy is HUGE and very, very, very pure.
  - c. There is not a Deeksha Giver in One Supreme Heart Light Field Transmission – the Supreme One Heart Light gives that transmission. You are merely there to facilitate.
4. in addition to the One Heart Light Invocation, the invocation must be for the Supreme One Heart Light Field and you must be able to feel the following steps happen, in order:
  - a. Namaste / Prayer position must be maintained through the entire invocation and giving of the Supreme One Heart Light Field Transmission
  - b. 7 minutes of One Heart Light Breathing or Pranopasana.
  - c. Choose 1: Chant New Moola Mantra for 7 minutes or internally repeat “I AM” for 7 minutes
  - d. Connect with Supreme Light Physical, Physical, Physical
  - e. Feel Joy / Pain of the Other
  - f. Pray to the Supreme Light to Flow Through You
  - g. Feel thankful for being a channel.
  - h. Feel that you are inside the Supreme One Heart Light which has physically descended from the highest realms and that this same Supreme One Heart Light is within you.

- i. Visualize the Supreme Light physically in your Heart.
  - j. Feel the Supreme Physical Heart Light filling your body and entire being and experience the energy.
  - k. Stand or sit in front of the other.
  - l. **Transmitting the Supreme One Heart Light Field:**
    - i. In Namaste position, being and continue Supreme One Heart Light Field Transmission by visualizing and feeling the Supreme One Heart Light in front of you and within you flooding the other from head to toe all at once.
    - ii. Continue this visualization and feeling as long as the Supreme One Heart Light Field is being transmitted: Offer Gratitude to the Physical divine within and get lost in the Supreme One Heart Light and offer prayers for your participants to fulfill all their needs and wishes.
5. Complete the One Heart Light Culmination Procedure AND:
- a. Merge completely into the Supreme Light
  - b. Pray for the fulfillment of all intentions, prayers, etc.
  - c. You must see or feel all these prayers and intentions being fulfilled in the present moment with joy.
  - d. Offer immense gratitude
  - e. Dissolve into the Supreme Light completely.

Love you all!