



Dancing with The Divine Flow

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Opening Words

The energy of Divine Love — the very essence of our Being — can move freely through our body, mind, and heart when we allow ourselves to align with it. It is not something outside of us, but the living current of who we truly are, as we live in complete oneness with God. To rest in this flow is to remember our own nature. It means freeing the mind so that divine wisdom may arise, opening the heart so that divine love may shine, and releasing the body so that divine energy may radiate.

The spiritual path called *Dancing with the Divine Flow* was created with this purpose. It is rooted in the teachings of Mother Mary, which I have been receiving over the past five years.

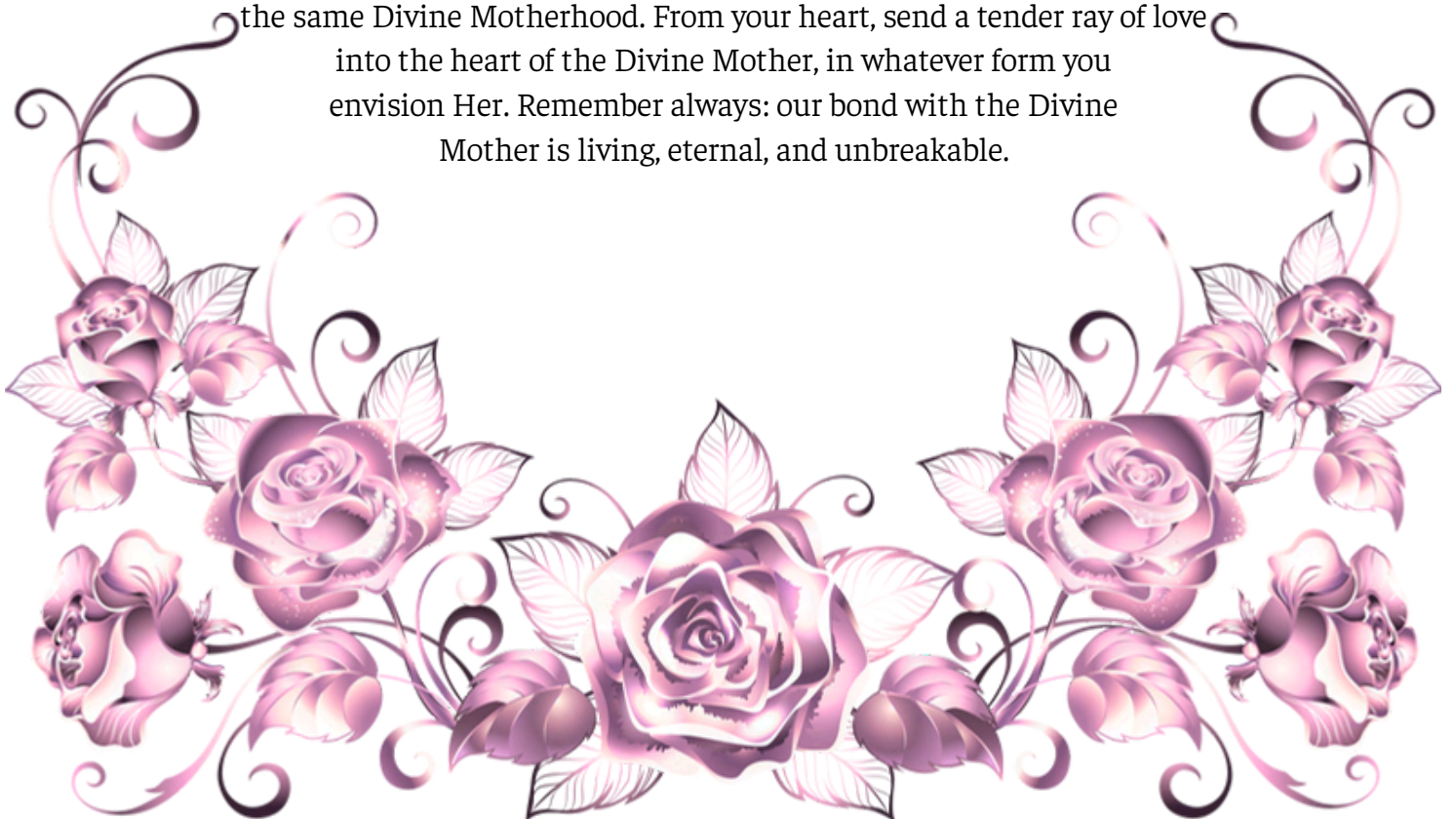




Our thoughts and emotions deeply affect the body, and when they arise from fear, they can disturb the free movement of the Divine Flow. The chakras within us serve as radiant wheels of energy, guiding this Flow into every part of our being, sustaining the luminous current in which we exist.

This journey unfolds as a seven-day path, beginning with the crown chakra and culminating at the root. Each day brings affirmations inspired by Mother Mary's teachings—that I lovingly call Light Prayers—to help us enter the Divine Flow with greater ease and grace.

A warm welcome to all who join me on this sacred path. Each day, as we open ourselves to the Divine Flow, let us place ourselves gently in the lap of our Divine Mother. Imagine Her beside you, holding your hand, drawing you close into Her embrace. Feel also Her presence through Mother Earth, as another expression of the same Divine Motherhood. From your heart, send a tender ray of love into the heart of the Divine Mother, in whatever form you envision Her. Remember always: our bond with the Divine Mother is living, eternal, and unbreakable.





On reading the questions in the *Aligning Thoughts* section, I encourage you to write down your answers. When we put words on paper, our focus deepens, and often hidden insights can rise from the unconscious. Writing creates space for clarity, helping you to recognize patterns or feelings that may otherwise remain unnoticed.

The same is true for your grateful reflections in the *Resting in the Flow* section. When you write them down, you anchor the feeling of gratitude more deeply within yourself, allowing it to grow and gently transform your inner world.

Thank you for your openness, your love, and your willingness to walk this path. We journey together beyond time and space, united in heart and mind, united in God through the eternal Flow of Divine Love.





At the start and at the close of our seven-day journey, I will offer you the beautiful prayers of Mother Mary. Each is a unique gift of love — receive them with an open heart.

*I am the beautiful light of God.
I live as an infinite and complete being in God forever.
Pure love makes up my being, peace, joy and happiness.
God's tender and embracing love flows through me.
The harmony and joy of colors, the majestic music of scents, the
sweetness of tender love make up my being.
I am an incomprehensible and indescribable miracle, a gift from God.
(Divine Dance, chapter 32)*





Day 1 - Crown Chakra: Oneness

Opening the Heart

I place myself in the loving presence of our Divine Mother and send a ray of love from my heart into Hers. I breathe in this love gently, allowing Her presence to fill me with tenderness and grace. Placing my hands over my heart, I breathe softly in and out, attuned to the rhythm of my heartbeat. My heart sings the melody of oneness, joy, and love. I am cradled in the embrace of my beloved Divine Mother. I am at peace, as happiness flows through me.





Day 1 - Crown Chakra: Oneness

Aligning Thoughts

Now I observe my thoughts by answering the following questions. I watch for traces of resistance, worry, and fear, and if they arise, I gently exhale them.

Do I feel my oneness with God?

Do any thoughts of separation arise?

Am I open to receive the flow of Divine Love?

I release thoughts of separation born of fear and control. I let go of the notion of a separate self and of loneliness.





Day 1 - Crown Chakra: Oneness

Light Prayer

I envision my crown chakra, atop my head, glowing with pure white light. I see it fully open, allowing Divine Love to flow freely into my reality. I lovingly ask God to send healing light and love to fill my entire being. I envision a golden ray of radiant light entering my crown chakra, illuminating it with Divine presence.

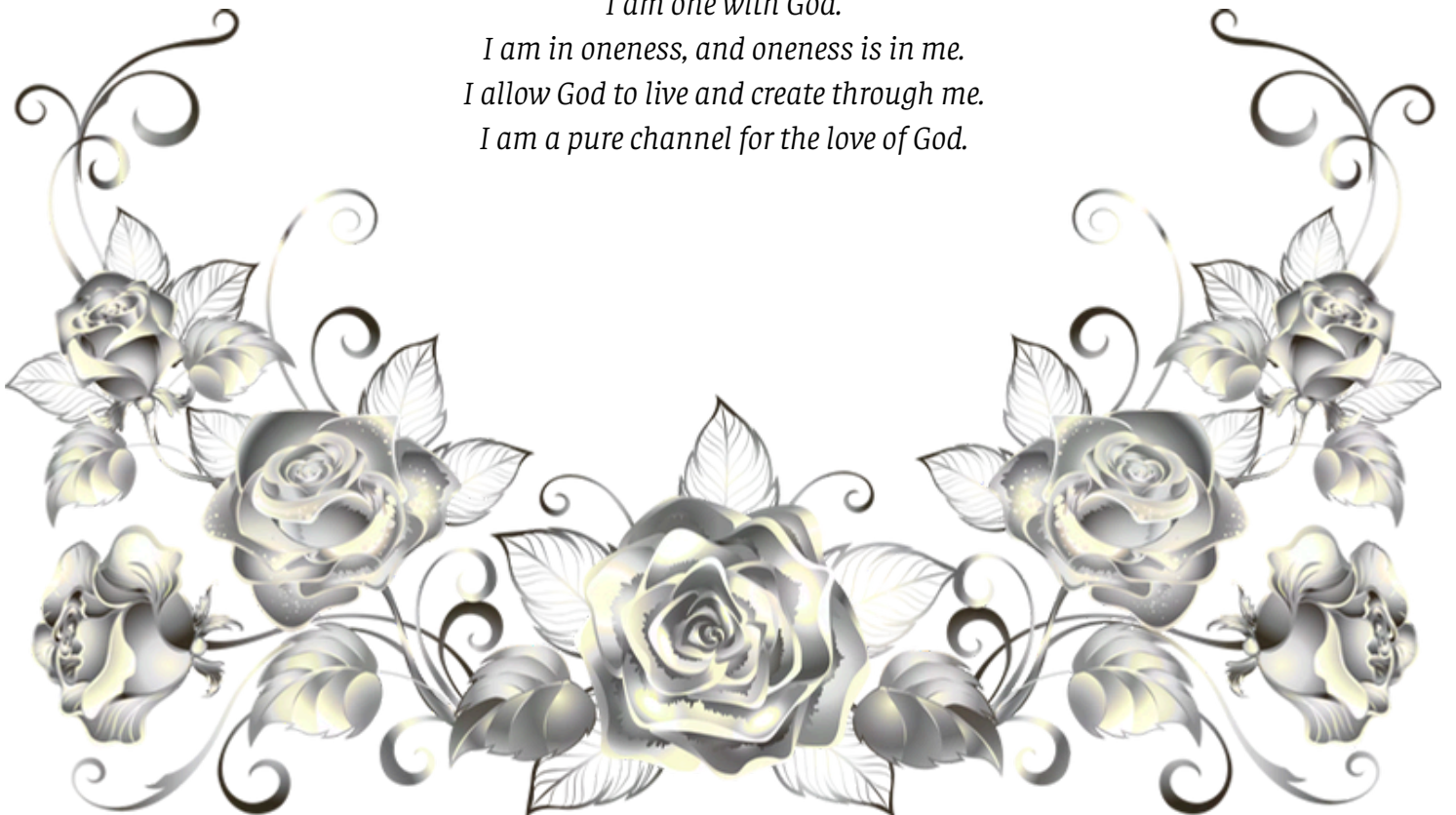
I begin to repeat the following Light Prayer slowly and consciously, savoring each word:

I am one with God.

I am in oneness, and oneness is in me.

I allow God to live and create through me.

I am a pure channel for the love of God.





Day 1 - Crown Chakra: Oneness

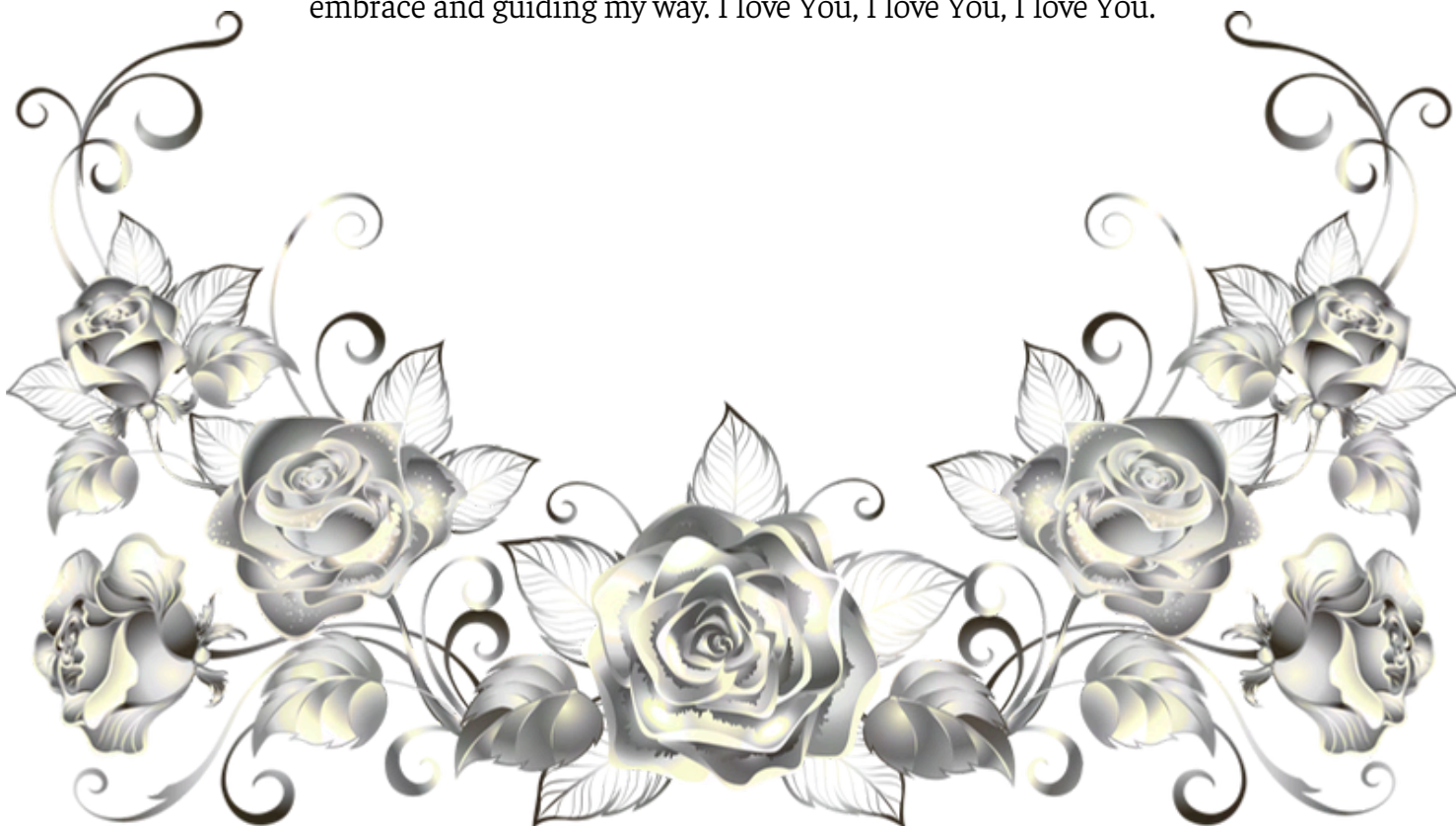
Resting in the Flow

I am aware of my oneness with God, with light, with love, and with all that is.

I open myself fully to the flow of Divine Love.

I am grateful to be born in oneness. My heart dances with joy in the awareness of my eternal and unbreakable bond with God.

I express my gratitude to my beloved Divine Mother for holding me in Her embrace and guiding my way. I love You, I love You, I love You.





Day 1 - Crown Chakra: Oneness

Reflections





Day 1 - Crown Chakra: Oneness

Reflections





Day 1 - Crown Chakra: Oneness

Reflections





Day 2 - Third Eye Chakra: Guidance and Wisdom

Opening the Heart

I place myself in the loving presence of our Divine Mother and send a ray of love from my heart into Hers. I breathe in this love gently, allowing Her presence to fill me with tenderness and grace. Placing my hands over my heart, I breathe softly in and out, attuned to the rhythm of my heartbeat. My heart sings the melody of oneness, joy, and love. I am cradled in the embrace of my beloved Divine Mother. I am at peace, as happiness flows through me.





Day 2 - Third Eye Chakra: Guidance and Wisdom

Aligning Thoughts

Now I observe my thoughts by answering the following questions. I watch for traces of resistance, control, and fear, and if they arise, I gently exhale them.

Am I ready to receive guidance?

Do I struggle to let go of control?

Can I follow the inspirations of my heart?

Am I able to see beyond illusions?

Can I perceive the eternal truth behind the apparent reality?

I release the need to control my life. I let go of following the voice of the ego.





Day 2 - Third Eye Chakra: Guidance and Wisdom

Light Prayer

I envision my third eye chakra, located between my eyebrows, glowing with a vibrant violet light. I lovingly ask God to send healing light and love to fill my entire being. I envision a golden ray of radiant light entering my third eye chakra, illuminating it with Divine presence.

I begin to repeat the following Light Prayer slowly and consciously, savoring each word:

I allow myself to be guided. I am guided by love.

I follow the inspiration of my heart.

I trust God. I trust myself. I trust my path.





Day 2 - Third Eye Chakra: Guidance and Wisdom

Resting in the Flow

I am aware of divine guidance in my life.

I allow myself to be led by the inspirations of love.

I am grateful for the gift of clarity. I give thanks for being guided by love.

I express my gratitude to my beloved Divine Mother for holding me in Her embrace and guiding my way. I love You, I love You, I love You.





Day 2 - Third Eye Chakra: Guidance and Wisdom

Reflections





Day 2 - Third Eye Chakra: Guidance and Wisdom

Reflections





Day 2 - Third Eye Chakra: Guidance and Wisdom

Reflections





Day 3 - Throat Chakra: Truth and Freedom

Opening the Heart

I place myself in the loving presence of our Divine Mother and send a ray of love from my heart into Hers. I breathe in this love gently, allowing Her presence to fill me with tenderness and grace. Placing my hands over my heart, I breathe softly in and out, attuned to the rhythm of my heartbeat. My heart sings the melody of oneness, joy, and love. I am cradled in the embrace of my beloved Divine Mother. I am at peace, as happiness flows through me.





Day 3 - Throat Chakra: Truth and Freedom

Aligning Thoughts

Now I observe my thoughts by answering the following questions. I watch for traces of resistance, and fear, and if they arise, I gently exhale them.

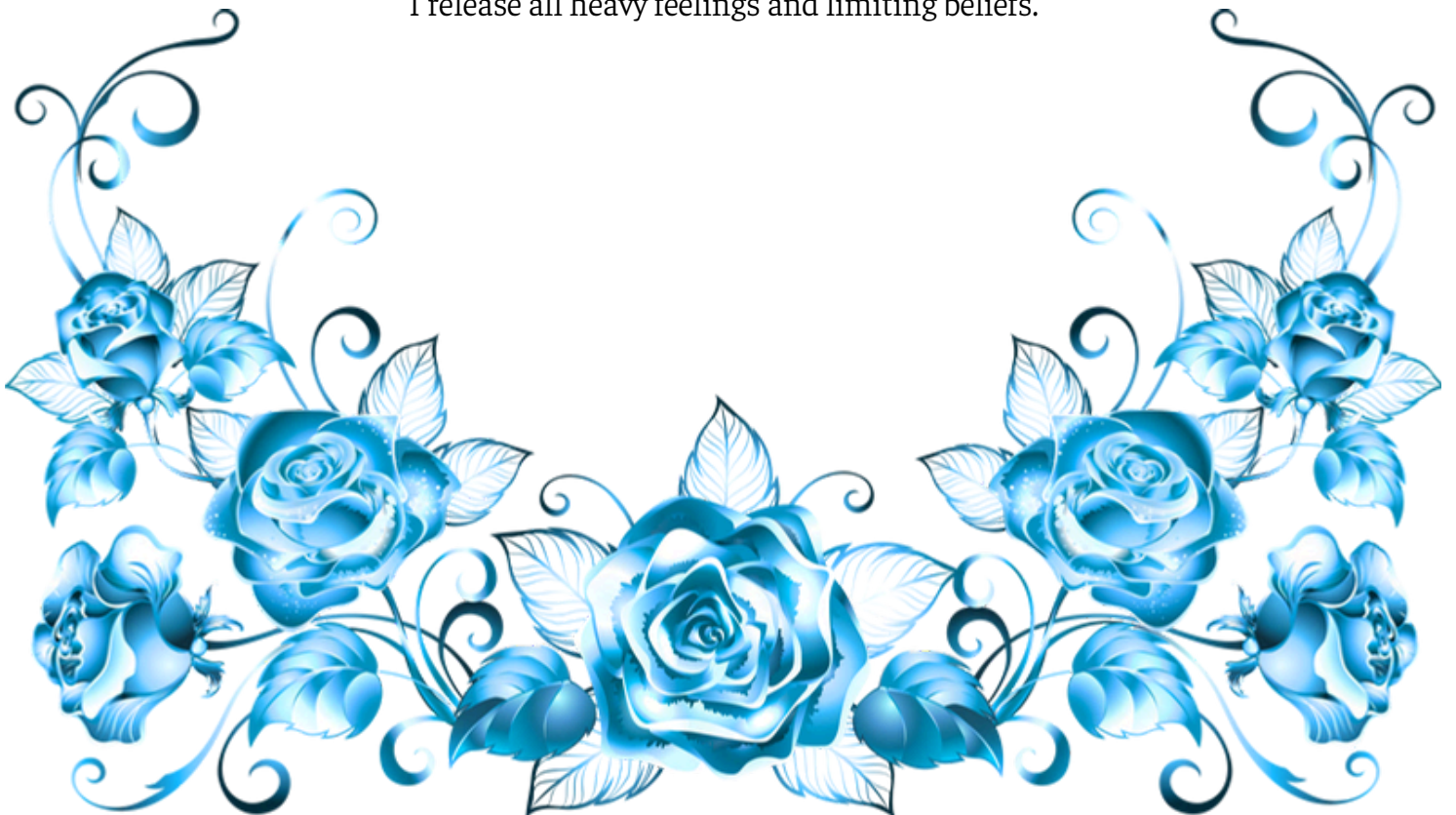
Am I aligned with my truth?

Can I freely express my needs, desires, and thoughts?

Do I honor my uniqueness?

Am I honest with myself and with the world?

I release all heavy feelings and limiting beliefs.





Day 3 - Throat Chakra: Truth and Freedom

Light Prayer

I envision my throat chakra glowing in radiant blue light. I lovingly ask God to send healing light and love to fill my entire being. I envision a golden ray of radiant light entering my throat chakra, illuminating it with Divine presence.

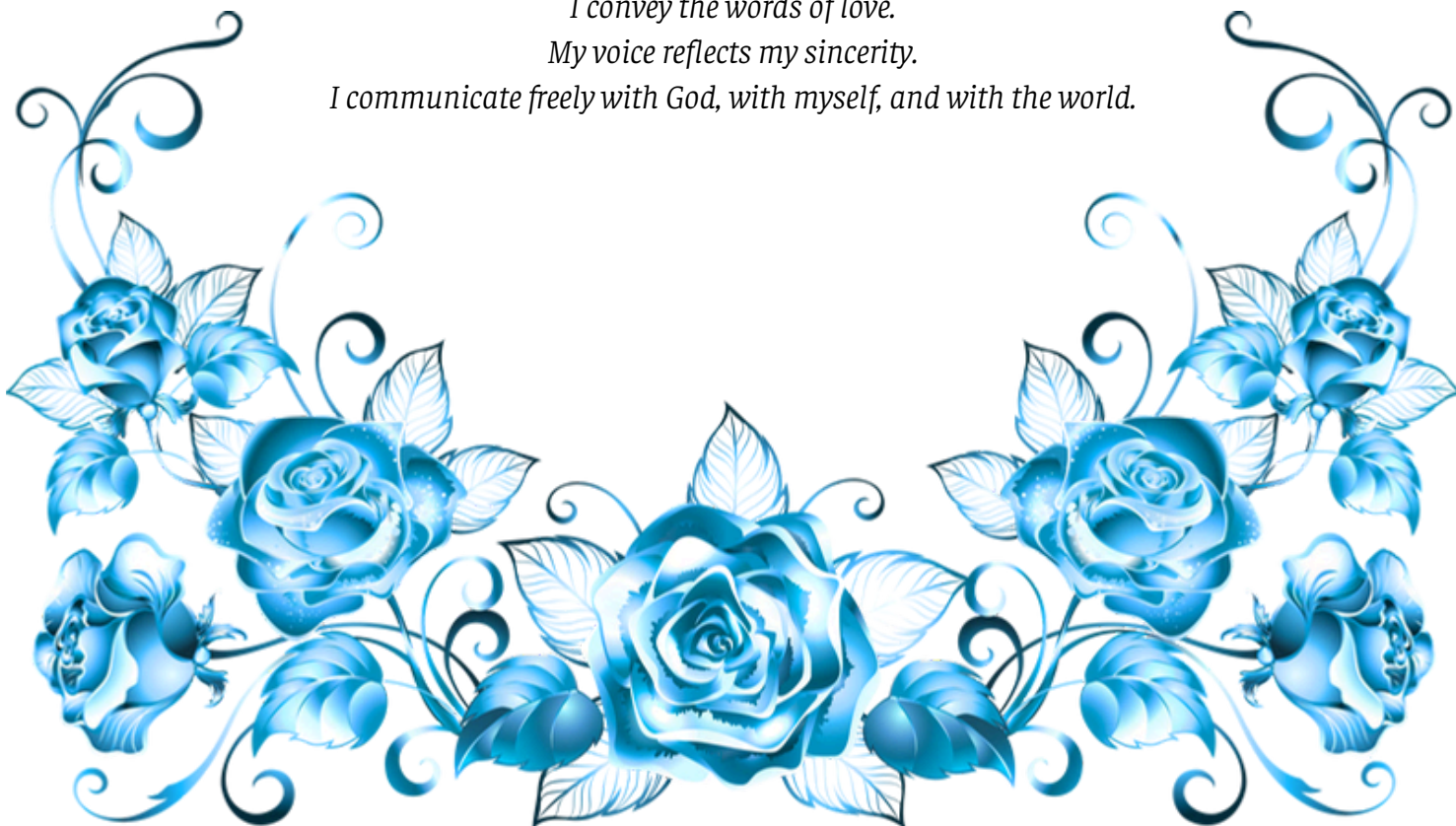
I begin to repeat the following Light Prayer, slowly and consciously. I savor each word and I hear my voice flowing freely:

I speak my truth.

I convey the words of love.

My voice reflects my sincerity.

I communicate freely with God, with myself, and with the world.





Day 3 - Throat Chakra: Truth and Freedom

Resting in the Flow

I am aware of who I truly want to be, and I remain loyal to myself.

I am grateful for the ability to express my thoughts, feelings, needs, and dreams.

I am grateful for every form of true communication that is rooted in love.

I express my gratitude to my beloved Divine Mother for holding me in Her embrace and guiding my way. I love You, I love You, I love You.





Day 3 - Throat Chakra: Truth and Freedom

Reflections





Day 3 - Throat Chakra: Truth and Freedom

Reflections





Day 3 - Throat Chakra: Truth and Freedom

Reflections





Day 4 - Heart Chakra: Love

Opening the Heart

I place myself in the loving presence of our Divine Mother and send a ray of love from my heart into Hers. I breathe in this love gently, allowing Her presence to fill me with tenderness and grace. Placing my hands over my heart, I breathe softly in and out, attuned to the rhythm of my heartbeat. My heart sings the melody of oneness, joy, and love. I am cradled in the embrace of my beloved Divine Mother. I am at peace, as happiness flows through me.





Day 4 - Heart Chakra: Love

Aligning Thoughts

Now I observe my thoughts by answering the following questions. I watch for traces of judgments, expectations and fear, and if they arise, I gently exhale them.

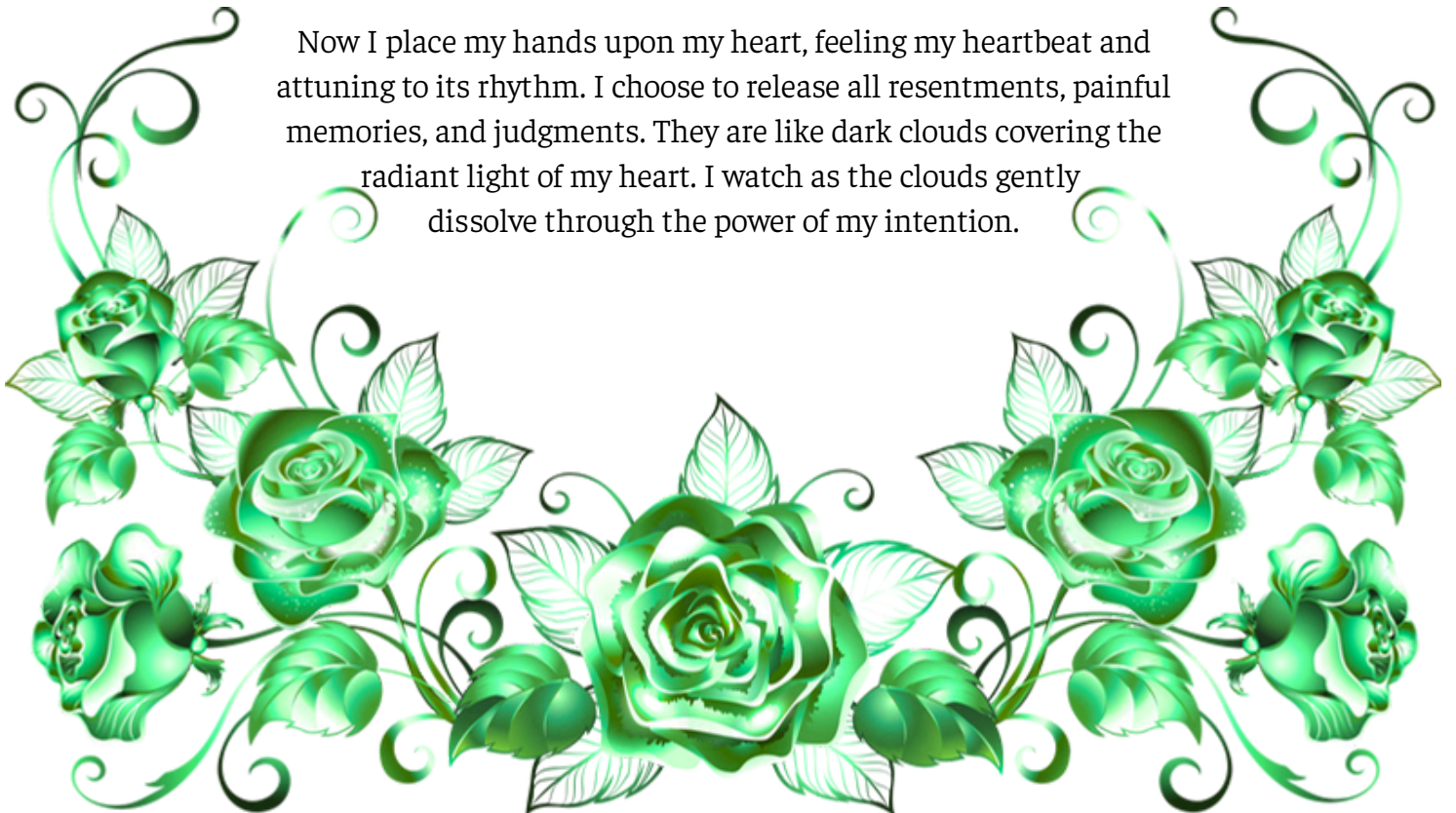
Do I carry hidden judgments or resentments?

Do I hold on to painful memories?

Am I at peace with myself, with my life, and with the world?

Is my love unconditional?

Now I place my hands upon my heart, feeling my heartbeat and attuning to its rhythm. I choose to release all resentments, painful memories, and judgments. They are like dark clouds covering the radiant light of my heart. I watch as the clouds gently dissolve through the power of my intention.





Day 4 - Heart Chakra: Love

Light Prayer

I see my heart chakra glowing in fresh green light, filled with love, peace, and compassion. I lovingly ask God to send healing light and love to fill my entire being. I envision a golden ray of radiant light entering my heart chakra, illuminating it with Divine presence.

I begin to repeat the following Light Prayer slowly and consciously, savoring each word:

I am love.

I am peace.

I am compassion.

I am forgiveness.





Day 4 - Heart Chakra: Love

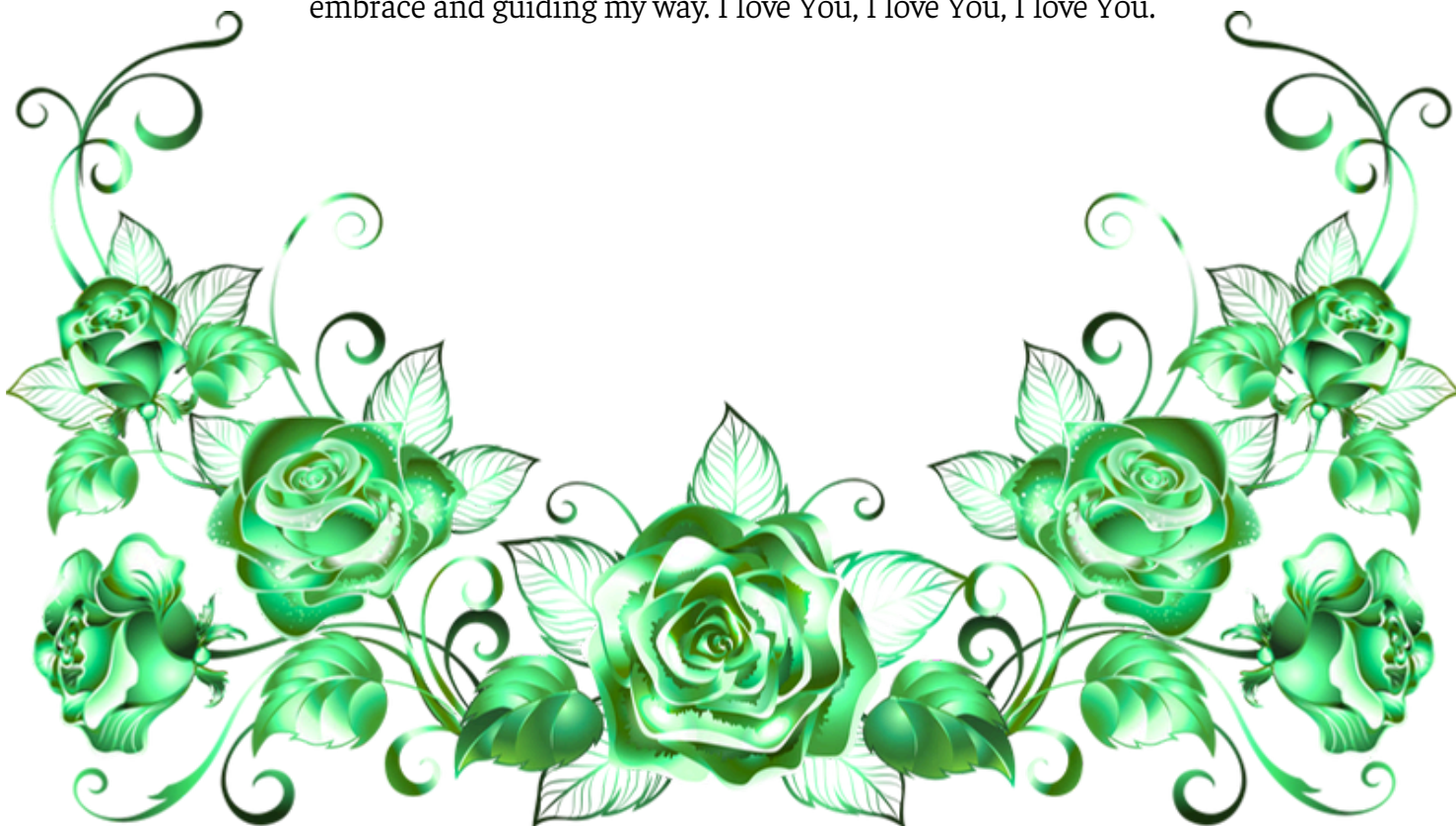
Resting in the Flow

I am aware that love and peace are the essence of my being.

I set the intention to create only love and peace, merging Heaven with Earth.

I am grateful for every manifestation of love, for every peaceful moment, and for every healing act of forgiveness.

I express my gratitude to my beloved Divine Mother for holding me in Her embrace and guiding my way. I love You, I love You, I love You.





Day 4 - Heart Chakra: Love

Reflections





Day 4 - Heart Chakra: Love

Reflections





Day 4 - Heart Chakra: Love

Reflections





Day 5 - Solar Plexus Chakra: The Power of I AM

Opening the Heart

I place myself in the loving presence of our Divine Mother and send a ray of love from my heart into Hers. I breathe in this love gently, allowing Her presence to fill me with tenderness and grace. Placing my hands over my heart, I breathe softly in and out, attuned to the rhythm of my heartbeat. My heart sings the melody of oneness, joy, and love. I am cradled in the embrace of my beloved Divine Mother. I am at peace, as happiness flows through me.





Day 5 - Solar Plexus Chakra: The Power of I AM

Aligning Thoughts

Now I observe my thoughts by answering the following questions. I watch for traces of fear, and if they arise, I gently exhale them.

Who do I believe I am?

What holds me back from being fully myself?

Can I identify with the I AM Presence?

Can I feel the power of the I AM?

Am I aware of my own light and magnificence?

Whenever I notice resistance in my thoughts, I choose to release it now. I long to be wholly myself. I see all resistance and shadows dissolving, making way for the Divine Flow.





Day 5 - Solar Plexus Chakra: The Power of I AM

Light Prayer

I visualize my Solar Plexus chakra, at the level of my navel, glowing in radiant yellow light. I lovingly ask God to send healing light and love to fill my entire being. I envision a golden ray of radiant light entering my navel chakra, illuminating it with Divine presence.

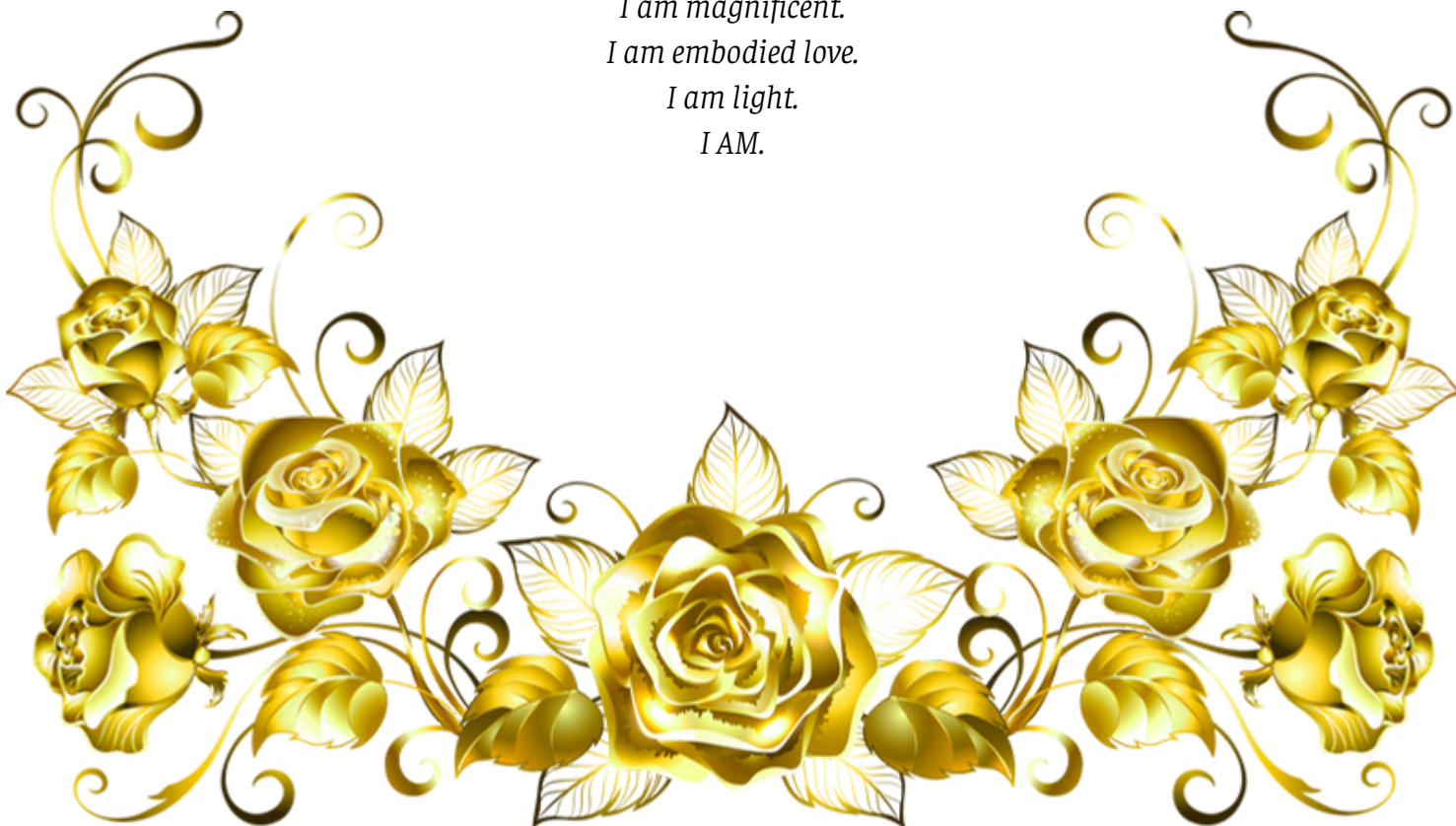
I begin to repeat the following Light Prayer slowly and consciously, savoring each word:

I am magnificent.

I am embodied love.

I am light.

I AM.





Day 5 - Solar Plexus Chakra: The Power of I AM

Resting in the Flow

I am aware of my light.
I am aware of both my divine and human nature.
I am aware that the power of God lives within me.
I am grateful to be a ray of God's light.
I give thanks to God for my entire existence.

I express my gratitude to my beloved Divine Mother for holding me in Her embrace
and guiding my way. I love You, I love You, I love You.





Day 5 - Solar Plexus Chakra: The Power of I AM

Reflections





Day 5 - Solar Plexus Chakra: The Power of I AM

Reflections





Day 5 - Solar Plexus Chakra: The Power of I AM

Reflections





Day 6 - Sacral Chakra: Joy

Opening the Heart

I place myself in the loving presence of our Divine Mother and send a ray of love from my heart into Hers. I breathe in this love gently, allowing Her presence to fill me with tenderness and grace. Placing my hands over my heart, I breathe softly in and out, attuned to the rhythm of my heartbeat. My heart sings the melody of oneness, joy, and love. I am cradled in the embrace of my beloved Divine Mother. I am at peace, as happiness flows through me.





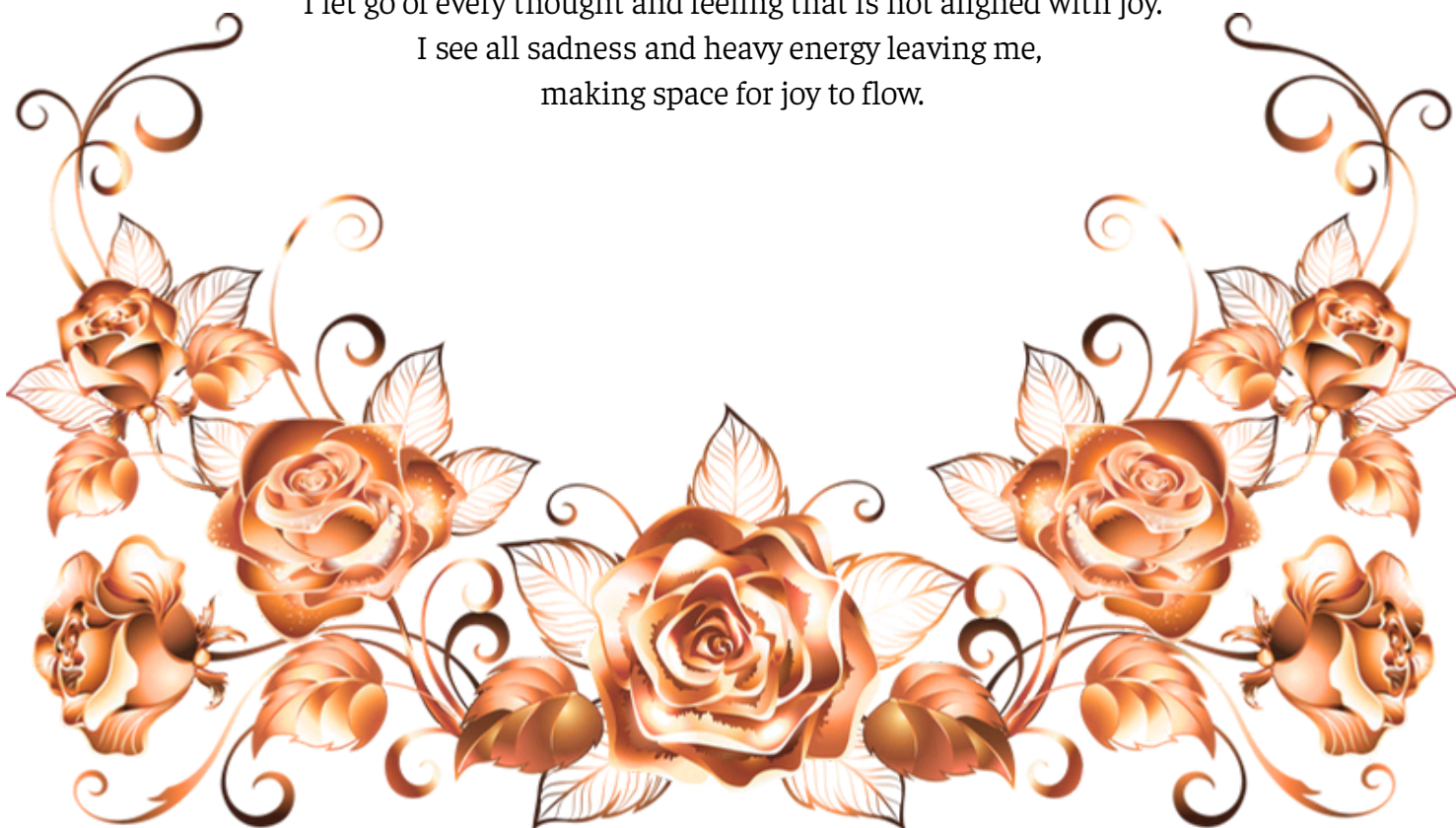
Day 6 - Sacral Chakra: Joy

Aligning Thoughts

Now I observe my thoughts by answering the following questions. I watch for traces of resistance, and fear, and if they arise, I gently exhale them.

*Can I feel joy moving through me?
What do I need to release in order to feel joyful?
Is my creativity flowing freely?
How can I express my creative and joyful side?*

I let go of every thought and feeling that is not aligned with joy.
I see all sadness and heavy energy leaving me,
making space for joy to flow.





Day 6 - Sacral Chakra: Joy

Light Prayer

I visualize my sacral chakra, located just below the navel in the lower abdomen, glowing in vibrant orange light. I lovingly ask God to send healing light and love to fill my entire being. I envision a golden ray of radiant light entering my sacral chakra, illuminating it with Divine presence.

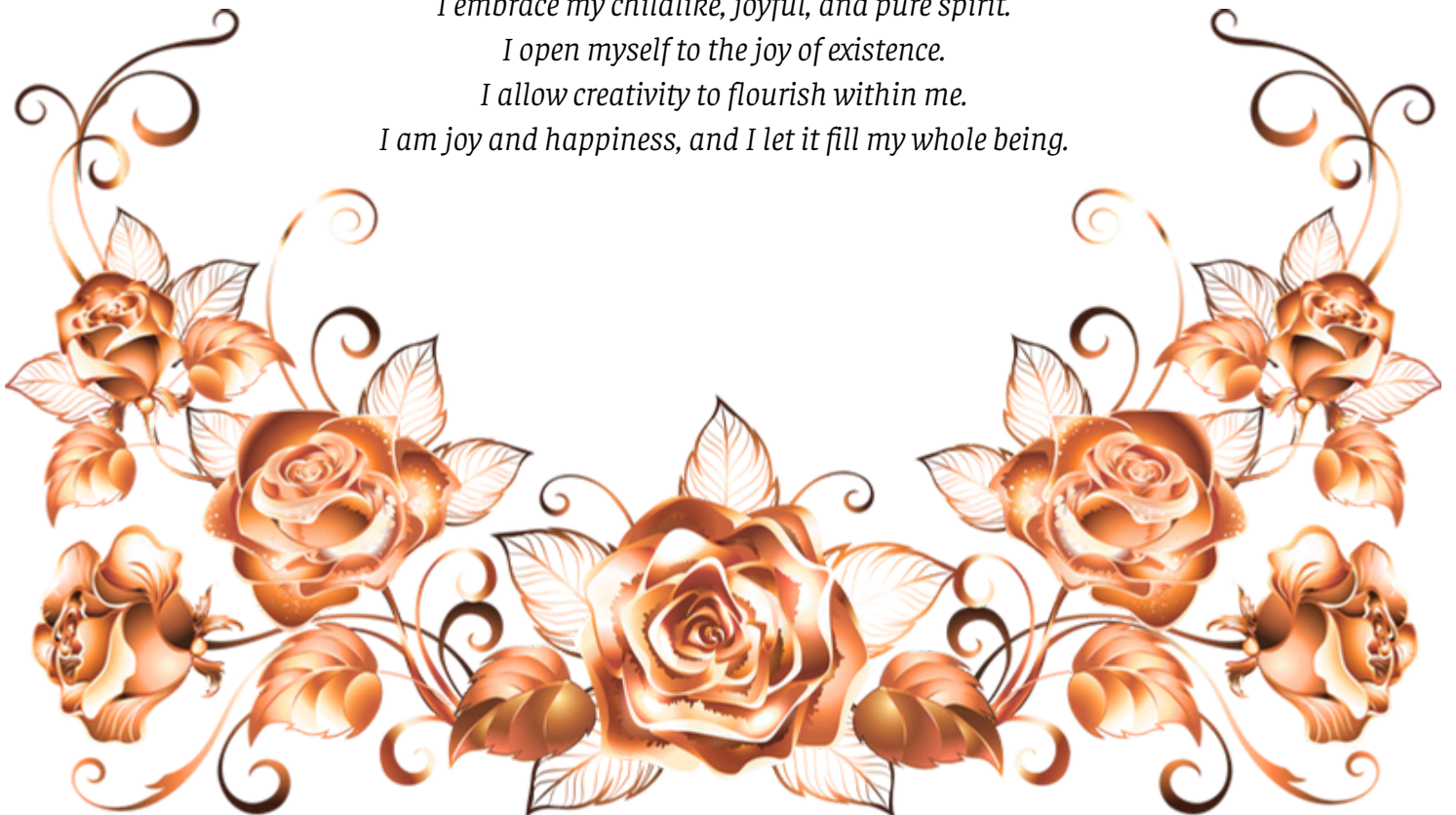
I begin to repeat the following Light Prayer slowly and consciously, savoring each word:

I embrace my childlike, joyful, and pure spirit.

I open myself to the joy of existence.

I allow creativity to flourish within me.

I am joy and happiness, and I let it fill my whole being.





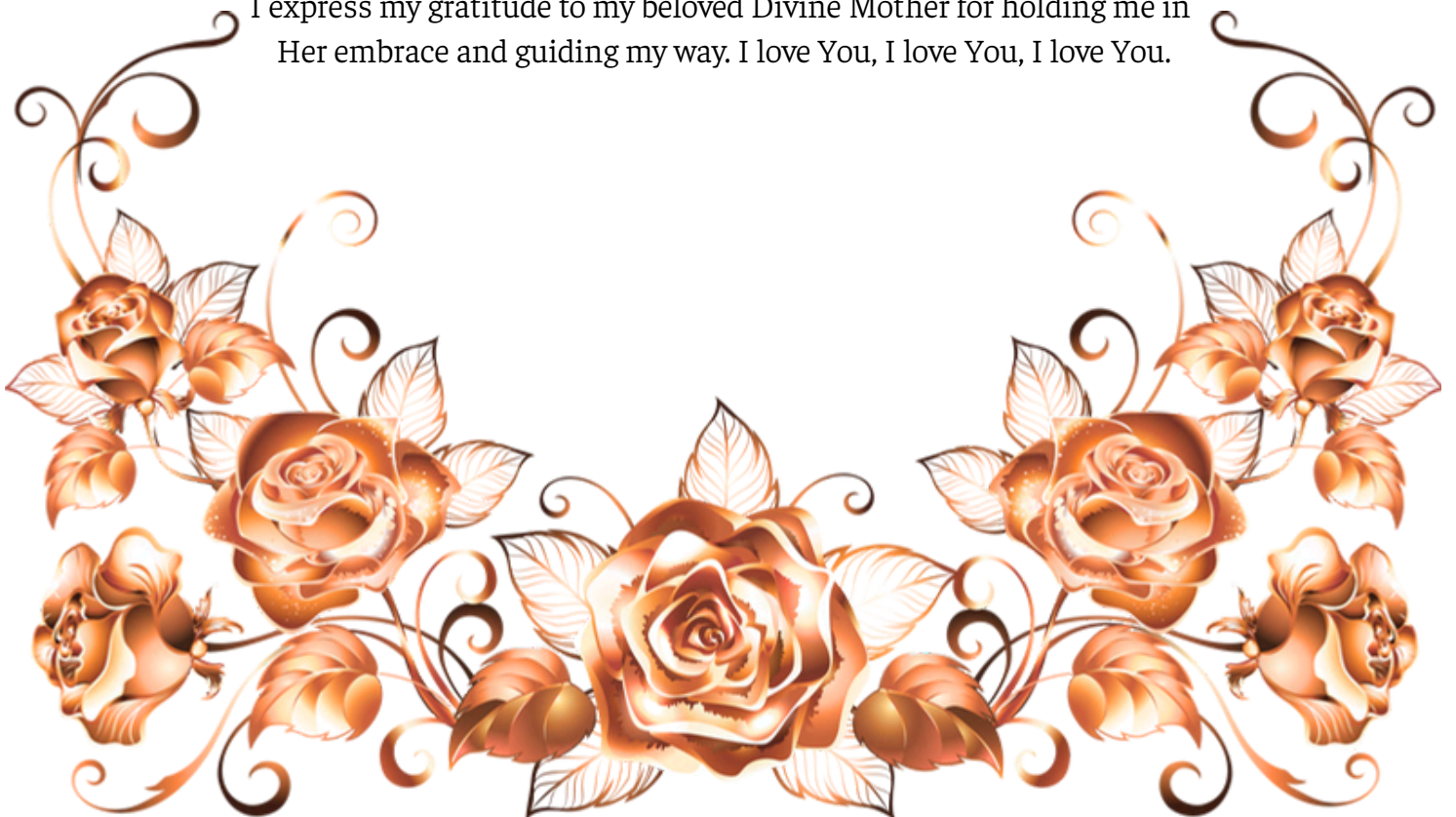
Day 6 - Sacral Chakra: Joy

Resting in the Flow

I am aware of my joy.
I am aware of my creativity.
Happiness is forever a part of me.

I am grateful for experiencing joy and happiness here and now.
I give thanks for every drop of joy I have ever received, and for all the joy that is
yet to come my way.

I express my gratitude to my beloved Divine Mother for holding me in
Her embrace and guiding my way. I love You, I love You, I love You.





Day 6 - Sacral Chakra: Joy

Reflections





Day 6 - Sacral Chakra: Joy

Reflections





Day 6 - Sacral Chakra: Joy

Reflections





Day 7 - Root Chakra: Safety

Opening the Heart

I place myself in the loving presence of our Divine Mother and send a ray of love from my heart into Hers. I breathe in this love gently, allowing Her presence to fill me with tenderness and grace. Placing my hands over my heart, I breathe softly in and out, attuned to the rhythm of my heartbeat. My heart sings the melody of oneness, joy, and love. I am cradled in the embrace of my beloved Divine Mother. I am at peace, as happiness flows through me.





Day 7 - Root Chakra: Safety

Aligning Thoughts

Now I observe my thoughts by answering the following questions. I watch for traces of fear, and if they arise, I gently exhale them.

Do I feel safe in my world?

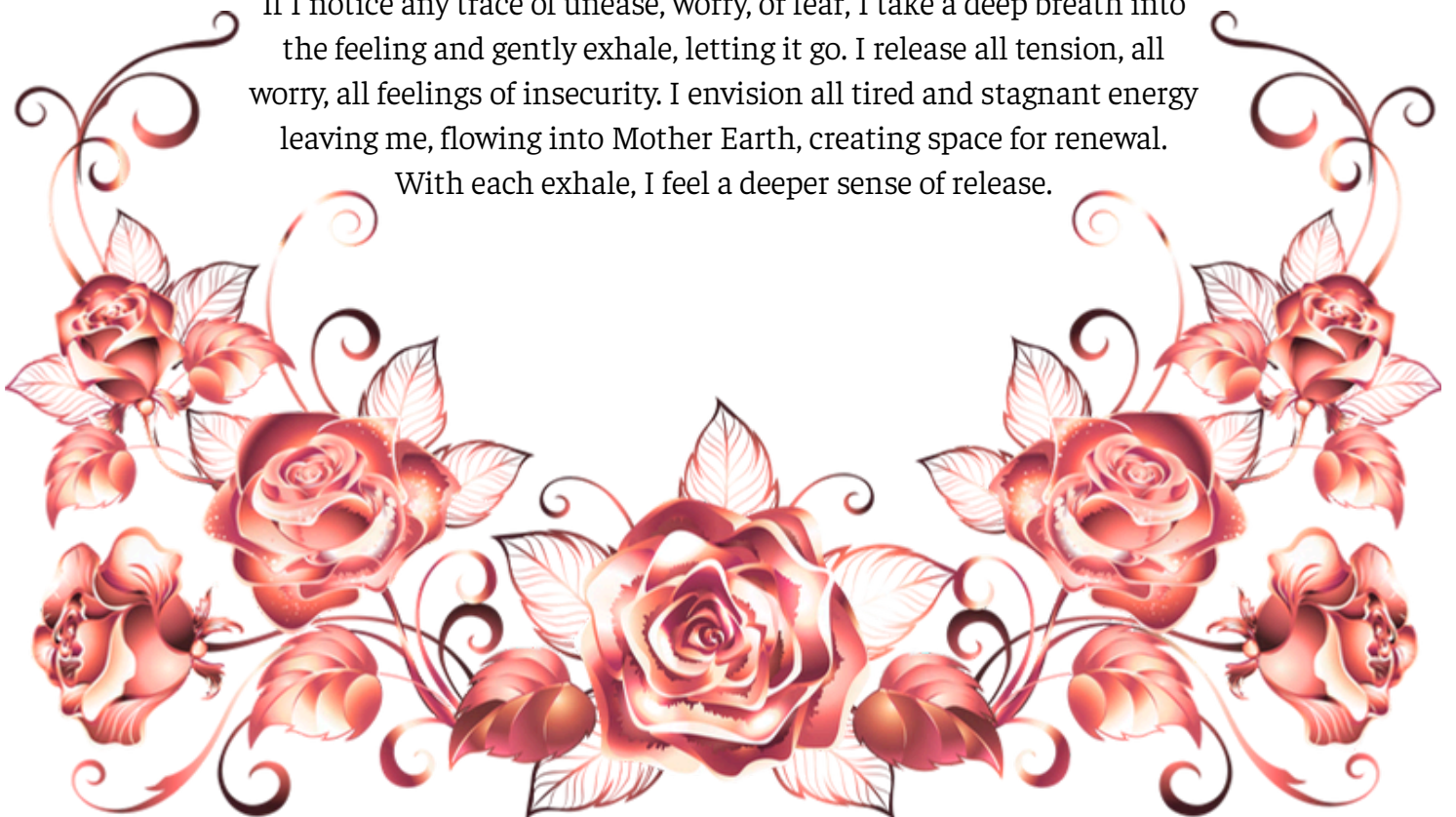
Do I feel safe within myself?

Do I feel safe out in the world?

Can I feel safe in the hands of God?

If I notice any trace of unease, worry, or fear, I take a deep breath into the feeling and gently exhale, letting it go. I release all tension, all worry, all feelings of insecurity. I envision all tired and stagnant energy leaving me, flowing into Mother Earth, creating space for renewal.

With each exhale, I feel a deeper sense of release.





Day 7 - Root Chakra: Safety

Light Prayer

I imagine my root chakra at the base of my spine as a glowing sphere of deep, radiant red light. I lovingly ask God to send healing light and love to fill my entire being. I envision a golden ray of radiant light entering my root chakra, illuminating it with Divine presence.

I begin to repeat the following Light Prayer slowly and consciously, savoring each word:

I feel safe.

I feel safe in God's hands.

God cares for me and watches over me.

I trust in God, I trust in myself.

I trust that everything I need will come to me.

I trust in life, for life is the flow of Divine Love.





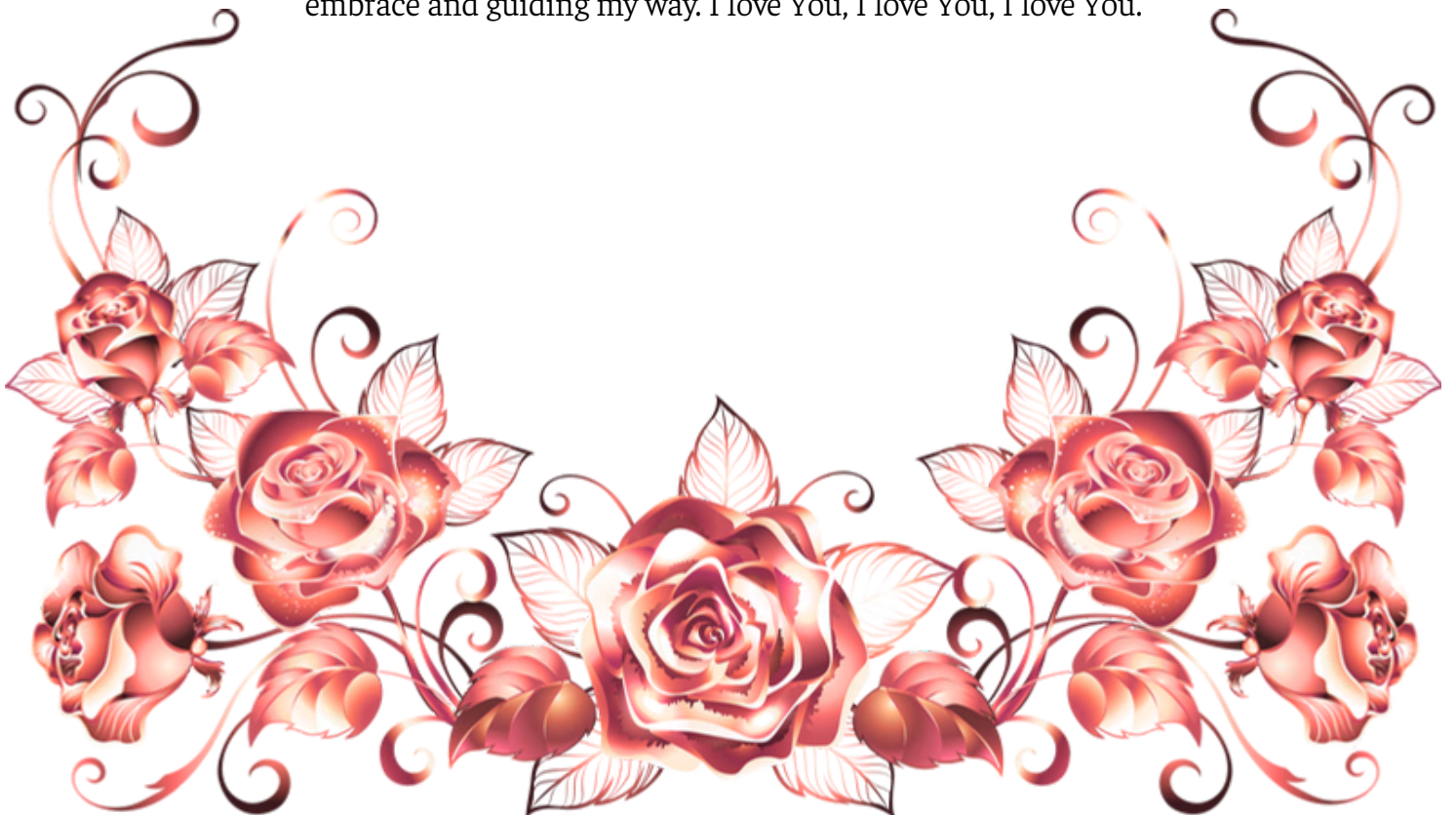
Day 7 - Root Chakra: Safety

Resting in the Flow

I am aware of myself in God.
I am aware of myself in the world.
I know that I am safe.

I am grateful for dancing with the Divine Flow.
I am grateful for the new harmony and alignment within me.

I express my gratitude to my beloved Divine Mother for holding me in Her
embrace and guiding my way. I love You, I love You, I love You.





Day 7 - Root Chakra: Safety

Reflections





Day 7 - Root Chakra: Safety

Reflections





Day 7 - Root Chakra: Safety

Reflections



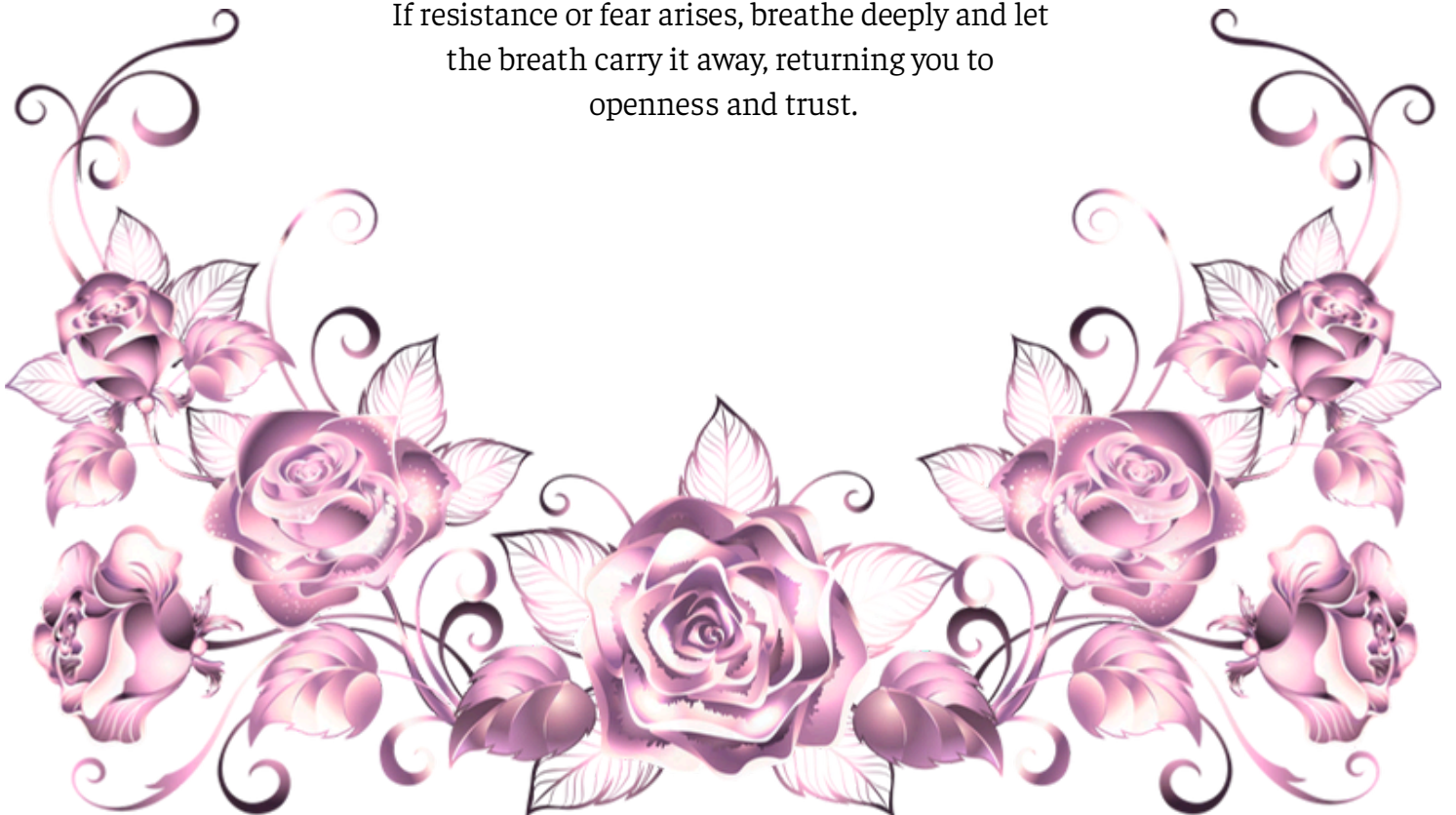


Closing Words

Walking through these seven days with the chakras is not meant to be a one-time journey. Each round deepens your awareness, gently weaving balance and light into every part of your being. I encourage you to revisit these practices as often as you feel guided, allowing new layers of healing and understanding to unfold.

As a simple daily practice, you may use the following short prayer of affirmation — seven sentences drawn from the essence of this journey. It is a quick yet powerful way to rest in the Divine Flow. Speak it in the morning or at night, and as you do, visualize the nourishing golden light of Divine Love flowing through each of your chakras, filling them with harmony and peace.

If resistance or fear arises, breathe deeply and let the breath carry it away, returning you to openness and trust.





Closing Words

Spiritual rituals sustain us and attune us to the frequency of love and peace. You may begin your practice by gently acknowledging the presence of our Divine Mother (as shared in the Opening the Heart section), and close it by offering words of gratitude and love.

Light Prayer for all 7 Chakras:

I am one with God.

I am guided by love.

I convey the words of love.

I am love and peace.

I am magnificent.

I am joy and happiness.

I feel safe in God's hands.





Thank you for walking this path with me. Finally, here is the Prayer of the Self from Mother Mary. Read it with love, and savor each word.

The Prayer of the Self

*From Mother Mary
Divine Dance, chapter 33*

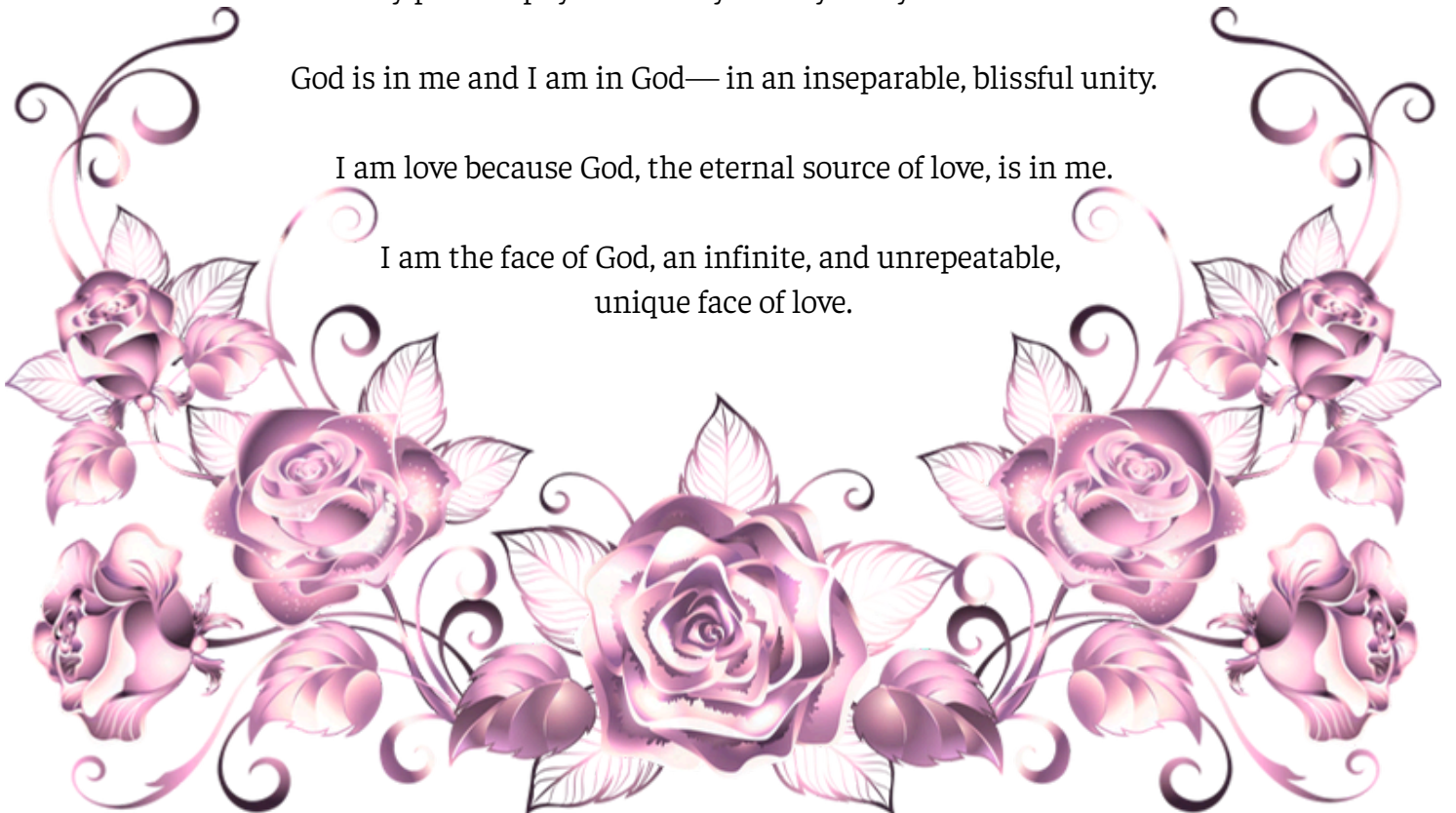
I have existed as an infinite and extensive consciousness from eternity. I am forever.

My present physical reality is a ray of my infinite Self.

God is in me and I am in God—in an inseparable, blissful unity.

I am love because God, the eternal source of love, is in me.

I am the face of God, an infinite, and unrepeatable, unique face of love.





The Prayer of the Self

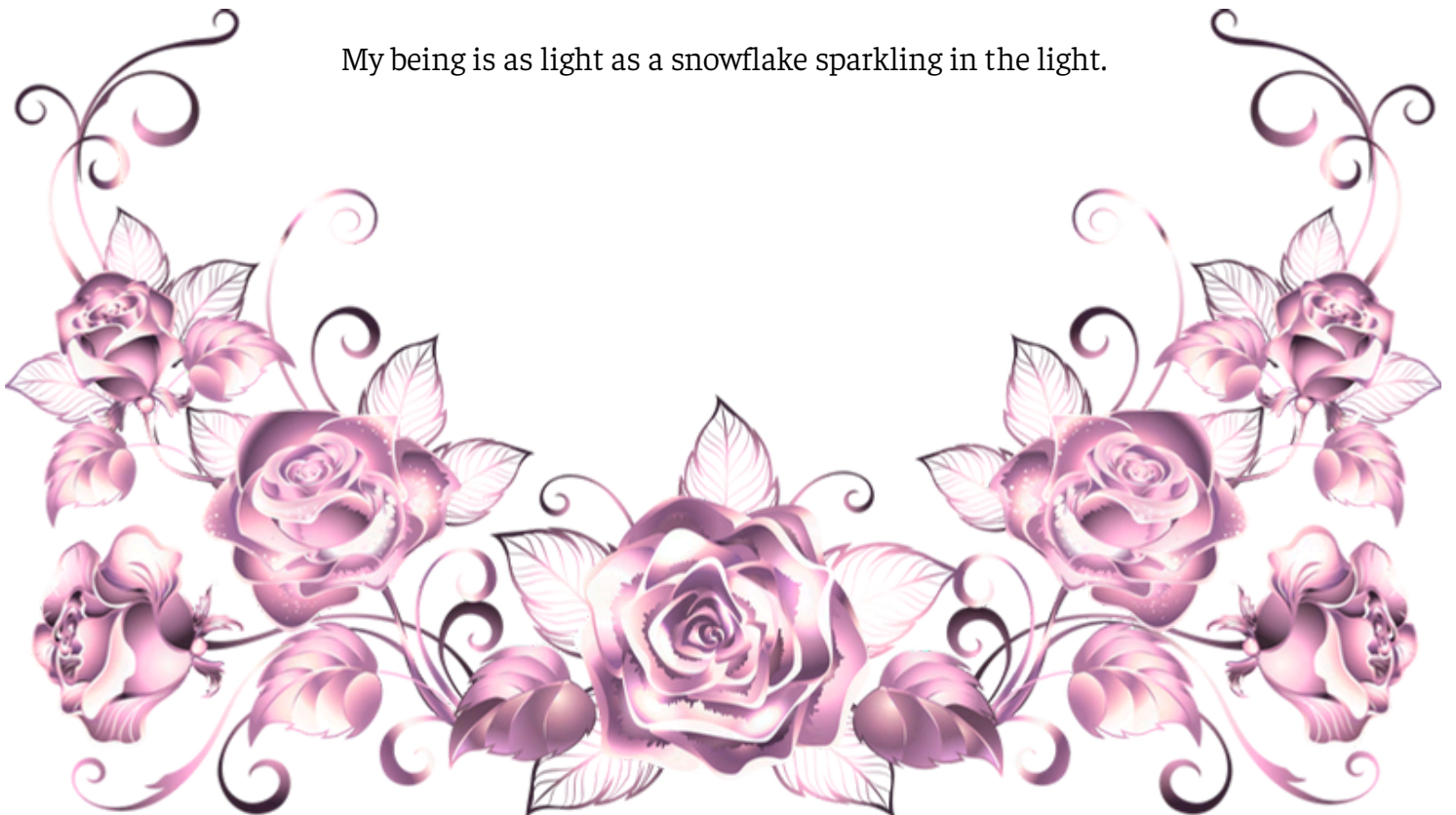
God creates in me and through me. His creative desire, the love of His heart lives within me.

An unquenchable creative fire and life-giving water make up my being, creating a new reality in every moment.

Millions of rainbows shine through me, colors hiding beautiful music that is yet to be created.

Joy is dancing in me, and I am flying on the wings of love, like the breezes of Spring.

My being is as light as a snowflake sparkling in the light.





The Prayer of the Self

Tenderness, with sweet embrace holds me eternally in every moment.

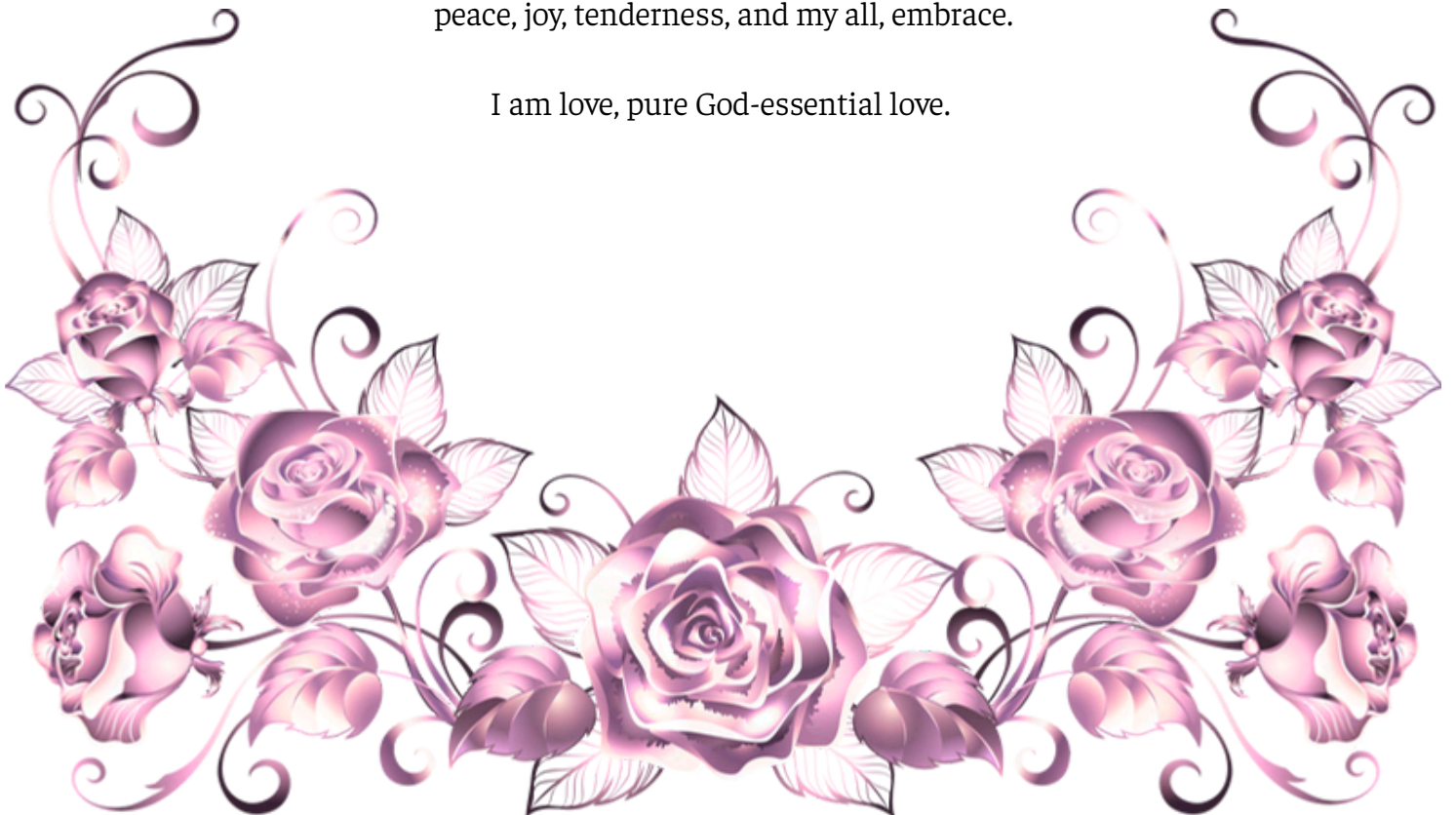
An inexhaustible creative desire pulsates in me to share myself,
the love within.

The power of God shines in me; igniting desire, fire, and dance, which gently
envelops me creating wondrous new pathways.

I am boundless—both in form and beyond form, in infinity.

The love in me is my essence: being where my desire, strength,
peace, joy, tenderness, and my all, embrace.

I am love, pure God-essential love.





Reflections





Reflections





Reflections





Reflections





Reflections





Reflections





Reflections

