

Use your Mind to find Joy

Open Eye Reading Meditation

Go inwards and give yourself permission to enter into this [Healing](#) space on these pages, to enter into your own Journey To Joy.

Know that you are exactly where you need to be as you read and feel into this meditation right now. It's time to enjoy these 33 inspirational and healing words. Come home to that place, inside of yourself, to sit within your soul, as you read these words written for you.

So, take a few long, slow and deep breaths - in and out for about 2 minutes

Now place all your focus on reading these words as your heart synchronises energetically in this space of now.

Placing your left hand on your heart with [Respect](#) and [Compassion](#) for yourself, be open and be connected to source.

This space and these pages have been energetically implanted with high vibrational frequencies of Sound, Crystals, [Love](#) and Light.

Now breathe, and feel the energetic power enter into the heart of your soul as you will ultimately be transported into your own Joy again.

So, let's start by giving yourself a hug and smile. This is your restoration starting point of self- love and will ignite your inner world, as you read these words.

Move into [Stillness](#) and then into [Joy](#).

Your breath is your master key, the great rescuer, so allow joy to return into your energetic field as you welcome in your spiritual helpers, to protect, guide, inspire and heal you in this space of now. Breathe in Source Energy, Breathe out all else, breathe in and out 3 times. Seeing pure white light entering into you and as you exhale, allow all negative thoughts to simply melt and disappear.

Release and let them go. Release and let them go. Begin to feel the calming and beautiful energies of your Joy Angels with you in this space.

Give yourself permission to open a little more now and be with spirit - slowly and deeply , breathing in and breathing out for 1 minute. Remembering that each breath counts. Welcome in harmony, **Peace**, Love and Joy and allow all else to dissolve.

Your breath is your friend, your constant companion and your teacher, as you focus on it, allow it to bring you Joy and Love. Find an inner refuge with your breath, ushering in joy as you become more aligned. With every breath cycle you are going deeper and deeper, allowing yourself to be filled up with Life Force Energy, feeling the frequencies that are encoded in these words.

Feel the **gentleness** and the stillness as your body opens up to **expansiveness, truthfulness** as your breathe **Flows** in and out.

Flowing in, flowing out, deepening this Divine connection of the **Divine feminine and Divine masculine** parts within you, creating balance and wholeness.

Feel that **Unity** within you as all is **Just perfect**.

Feeling nourished and nurtured in this space as you drop down deeper and deeper in unity consciousness. As your inhale, breath flows gently into the exhale breath to allow you to move into a space of **Freedom** consciousness and your space of healing and your space of just **Being**.

Staying committed to your breath, allowing what is and what wants to be revealed to you today and to bring into your awareness, to be with spirit.

Allow your **Intuition** and your love and your Joy to be heightened as your release any deep- seated emotions that you have been holding onto deep in your subconsciousness.

It's time to release and to relax, in order for you to move forwards in your life and for you to move into more joy, for you to dive into your soul and remember that you are a beautiful soul. This is your place for freedom.

Freedom consciousness resides deep inside of you and it is there to allow a **Strength and softness** to envelop you and for you to know all is perfect as you now go deeper and deeper into a space to allow stillness and for you to move into a space of **Deliciousness** so you can be enveloped totally in the energies of pure love and pure joy. Begin now to fill up every cell of your body with the magic and miracles of **Sacred geometry** as every cell remembers. Feel these shapes and patterns of energy nourish and replenish your soul and activate your DNA as you join with the energy of the **Sun, Moon and the Stars**. I invite you to make a **Wish**, to take back and own your joy once again, to have the energy of a master and to be the master of your own joy. Be inspired in this space and surrender into **Kindness** and gratefulness. Surrender into your own intuition and to feel at Peace. Deep, deep, Peace.

Feel yourself opening at a soul level to receiving this joy and **Creativity** as you expand, embrace your journey, make a friendship with the power of your own breath. Feel the immense energy of your breath as u release and have this exquisite experience. Now feel

the water within your cells, cleansing and purifying you with each breath you breathe. Allow this very next breath to wriggle into all of your cells and cleanse you. Allowing my words of Joy to be medicine for your soul. Knowing words have power as you go deeper inside, knowing, every breath is a new beginning for you. Showing you a way forwards with strength and softness. Begin to imagine bubbles of Love, Peace and Joy enter you now. Feel their energy, their sound and their light.

Breath slowly and deeply in and out for 1 minute -

You are being shown what Joy truly is. Being shown that you are Love and always have been a beautiful soul. All there is, is you. Your breathing, your relaxations and all the good feelings of Joy, Love, Peace and **Celebration**.

Be gentle with yourself in this space of self-care. One person, One breath, One positive thought, One meditation of opening one heart to Joy at a time. Attuning and aligning with divine inspiration, this is your Journey to Joy, to serve as an instrument of Peace as you feel the Joy journeying within you.

Knowing that every moment that you are engaging in right now your spirit fills up with happiness, joy and more of you as you **Change**. Now breathe in three deep breaths to integrate all of this. Embracing it all as you bring it all together, all these 33 words of Joy, Power and Sacredness of the other linking words. All becoming One. Knowing there is no separation as we move in totality to Unity Consciousness with Peace, with Love and with even more Joy. Enjoy this renewal time, reach, stretch, grow. Be in your Joy and do all the things you love to do with Joy and smiles.

Receive all the goodness of this reading meditation as you experience YOU!

It's your time to step in, step into Joy, into the glorious new Earth, Divine Love and Joy in holy balance, as you take refuge in your real self.

Your eternal self as you now rest in this space, as a Joyous Soul who went with me on your Journey to You today.

Now coming back, feeling good and amazing in every way as you consciously take another deep breath in and out.

Know what is possible for you in this moment of Joy living. Enjoy the You of You.

The new You that you are, as you are freaking awesome. Namaste

— Elspeth Kerr, Cyprus

