

Inner Diamond Meditation E-Book

*Daily practice of the Law of Attraction
by using the Tubes of Light.*

- 6 First Steps to connect with the Universe within -

By Marie Diamond

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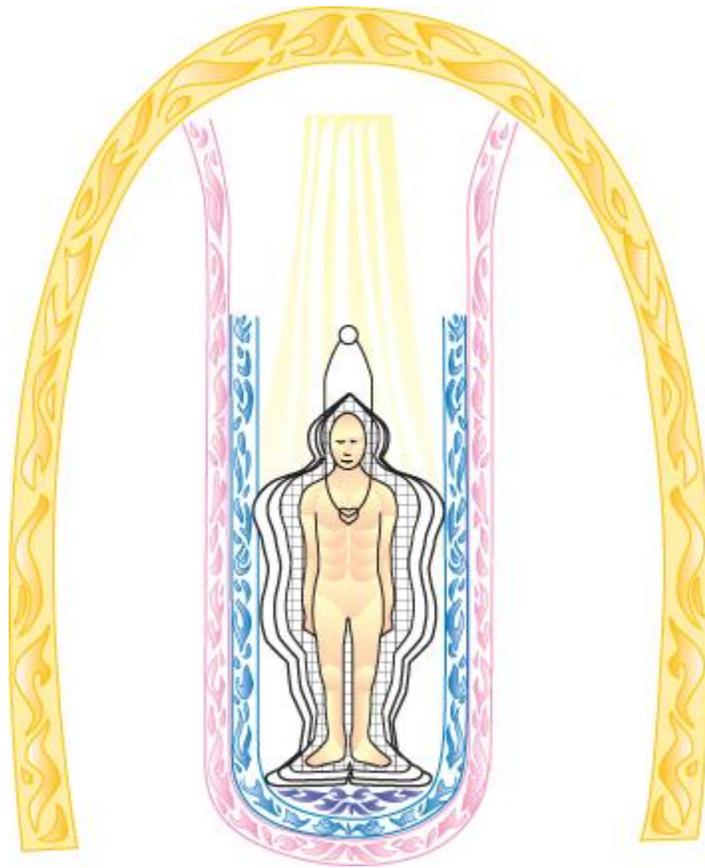
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Welcome. I am Marie Diamond. I invite you to do the following six steps every morning and evening to connect with the Universe. Every day you create your own Universe as you focus on these Tubes of Light.

1/ Tube of White Light

Visualize crystal clear white Light – called Universal energy – to be in your physical body and in your aura field. Become aware of all the Universal energy present in each cell and each layer of your aura. By focusing on this white Light you are focusing on the prana/ life force in you and around you. You are reactivating what already is and you enliven it again.

Say three times while you are focusing on this, in your inner mind or out loud:

*“I am the Universal Energy that creates life
within me and around me.”*

2/ Connecting with your power of Attraction.

- As above so below -

Focus on the energy point one arm length above your head, where your left and right brain are working together in perfect balance. This point is called the Higher Mental Body and is the top of an imaginary Magical Hat.

The moment you focus on that point, you align with the Power of Manifestation of the Universe and you will receive clear insights about your wishes and how to manifest them.

From this point you are able to attract without your personality or ego involved. When asking the Universe what you wish to attract from this point of Manifestation, you are in total trust that you will receive what you wish. All fears and doubts disappear when you wish from this point of Awareness.

Focus on this point for several seconds and feel your Magical Hat unfolding while you say three times in your inner mind or out loud:

***“I am the Law of Attraction of the Universe
within me and around me”***

3/ Tube of Blue Light.

Around the tube of white Light that you just created, visualize a circle of blue Light, so alive that it is like a royal blue firewall around you and under you. This tube of blue Light is as high as one arm length above your head.

The frequency of this royal blue Light helps you to focus on your Inner Power. By focusing, you are reactivating that you are the Power of the Universe and that you are the creator of your life. The power you activate within will show up in your outer experiences and you will start to attract empowering people and situations in your life.

Say three times while you are focusing on this, in your mind or out loud:

***“I am the Power of the Universe
within me and around me “***

This blue tube of Light will attract all the situations and people that will confirm your inner power and creation. All that is not enhancing who you are and what you create will stay outside your awareness and focus, outside the Tube of Blue Light. All negative thoughts, emotions and actions from others will remain outside your experience as you only allow the Power of the Universe to be attracted to your circle of Life.

4/ Tube of Rose Light.

Around this tube of blue Light, visualize a circle of rose Light, so alive that it is like a rose firewall around you and under you. This Tube of Rose Light connects with the center of the Universe.

The frequency of this rose light helps you to focus on your inner love and support. By focusing, you are reactivating that you are the Love and Support of the Universe. The love and support you activate within will show up in your outer experiences and you will start attracting loving and supporting people and situations in your life.

Say three times while you are focusing on this, in your inner mind or out loud:

*“I am the Love and Support of the Universe
within me and around me “*

This rose tube of Light will attract all the situations and people that will confirm your inner Love and Support. All that is not loving and supporting who you are and what you create will be staying outside your awareness and focus, outside the tube of Rose Light. All unloving and unsupportive thoughts, emotions and actions from others will remain outside your experience as you only allow the Love and Support of the Universe to be attracted into your circle of Life.

5/ Space Clearing with the Violet Light.

Inside the Tube of White Light, visualize Violet light coming from under your feet, moving through your physical body and aura, so alive that it is like a Violet fire going through you.

The frequency of this violet Light helps to focus on forgiving yourself for any past experiences and programs that you are still attracting in your life. And at the same time you are releasing the energy of these experiences and programs from your unconscious mind. You are not only releasing your experiences from this life but also whatever you attracted in from experiences of past lives, called Karma.

The Laws of the Universe tells us that as long as you focus on the past, that is what your future will look like. The violet Light helps you let go of the focus, on a conscious or unconscious level, of your past experiences and programs so you can start creating a new life. This is the secret to uncreate what was until now and to create what you wish to be.

By letting go of your inner past, new beginnings will show up in your outer experiences and you will start attracting new people, feelings, thoughts, and actions into your circle of Life.

Say three times while you are focusing this, in your mind or out loud:

***“I am the Forgiveness and Detachment of the Universe
within me and around me“***

This Violet flame will attract all the situations and people that will confirm your Forgiveness and Detachment. All that is holding you in the past will stay outside your awareness and focus and you will stop attracting these in your circle of Life.

6/ Manifesting your wishes HERE and NOW

Above the Tubes of Light and the Magical Hat, visualize a dome of golden Light that touches the ground.

The frequency of this golden Light helps to focus on manifesting your wishes here and now.

Say three times while you are focusing on this, in your inner mind or out loud:

*“I am manifesting my wishes Here and Now
within me and around me.”*

This Dome of Golden Light will attract, in the here and now, all the situations and people that will help you in manifesting your wishes.

The process of attaining your wishes will start immediately. Just remember, you don't have to figure out the 'how', the Universe is doing this for you. Simply trust that all you ask for is already there. The golden Light will help manifest your wish faster into your circle of Life.

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