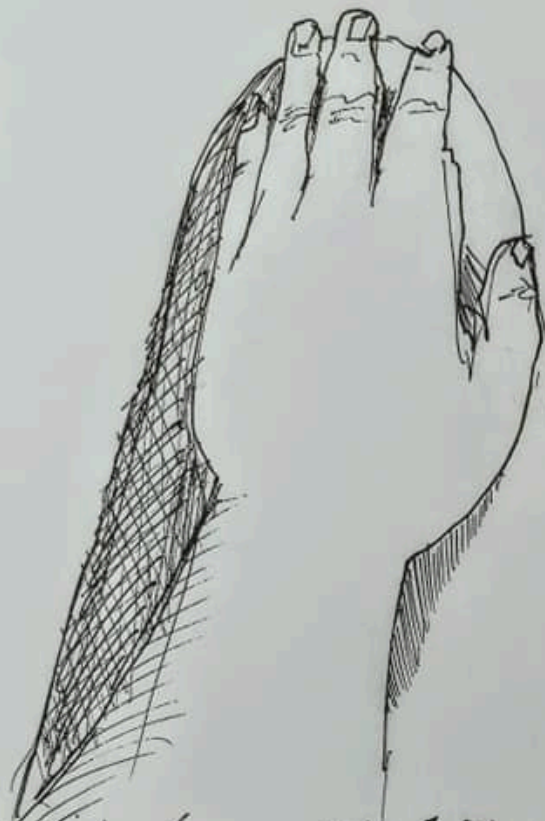


HANDS DOWN IN TOP OF OUR LAPS

I  
one



ground yourself in present  
"Here and Now"

Focus on deep breathing

watch your body expand  
and reduce in size

"I AM"

a suppose to not being  
"I exist!", "I'm breathing!"

I exist because the Father is breathing His own  
breath of Divine Life into me out of Love in  
Christ Jesus by the power of the Holy Spirit.

The Father has willed to create me, sustain me into existence,  
and is ever active into bringing me into the fullness of  
who I can be in Christ Jesus as His Beloved Child.

<sup>pp</sup> "I AM" is God's name "I AM WHO AM"  
"Y H W H"  
I'm prayerfully invoking His Name!

PALMS UP SURRENDER  
OPENESS

II°  
Two



without God I would be  
"no.thing"

Even this meditation would  
be impossible for me if not  
the Holy Spirit doing it in,  
with, through, me!

I only find true peace,  
rest and fulfillment  
when I gift myself  
completely to God

pp  
I AM Yours 99

Every thought, idea, emotion or any interior movement...  
all of it is exhaled into the Father as a gift of self  
in total surrender to Him.

I inhale His Breath of Life and I exhale myself into Him.

fp  
I AM ... no.thing <sup>but</sup> Yours  
... NADA ... <sup>all</sup>

Focus on my existential void being <sup>nothing</sup> infilled with God's everything  
and flushing everything out into a total surrender to God.

Imagine myself being held in the Father's Arms!

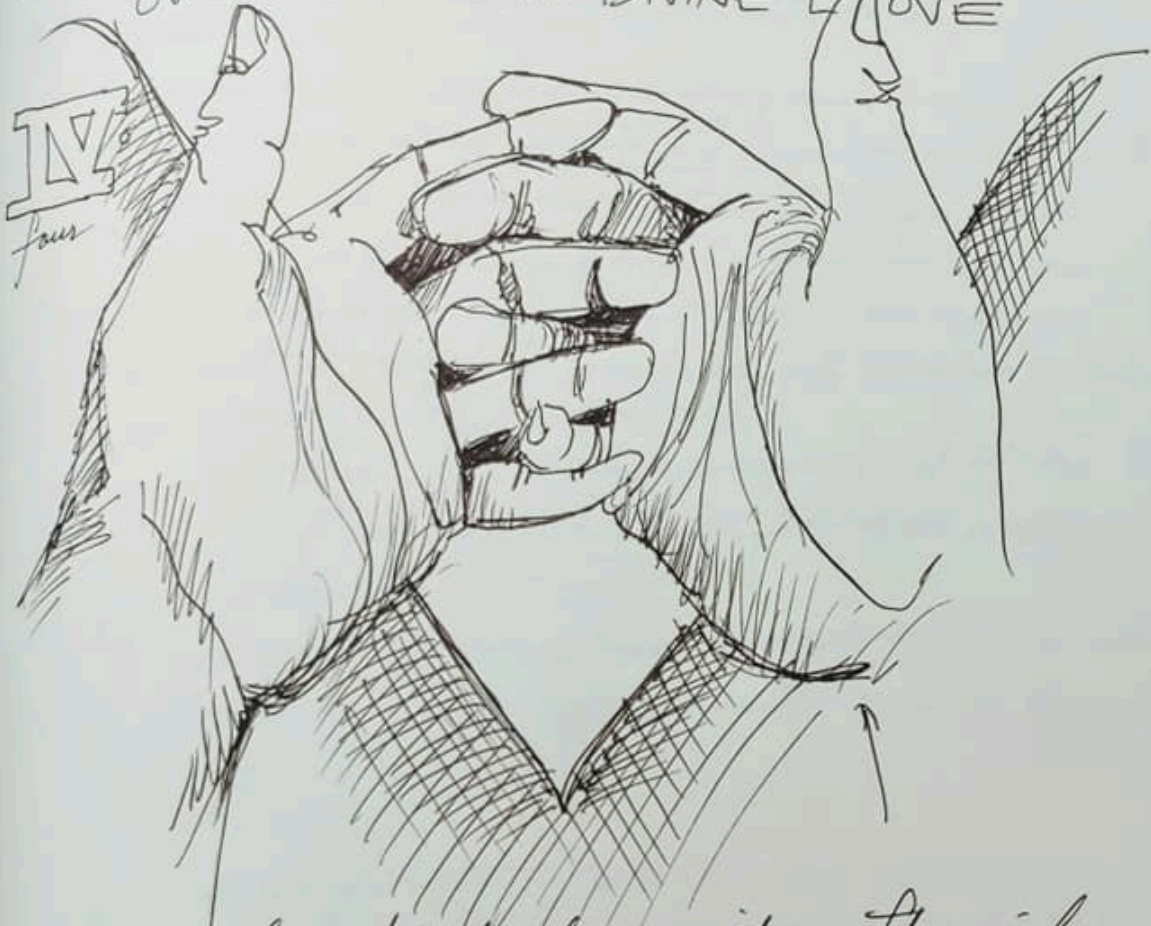


HEART SHAPE CONNECTED AT INMOST CORE  
TO GOD'S DIVINE LIFE OF LOVE  
*Heart to Heart Connection* OF LOVE



- From being in the Hands of the Father to the Womb like Heart of God the Father, in Christ, connected by the Holy Spirit.
- Renew the CONNECTION via Spiritual Cord as if an infant connected via umbilical cord.
- Receive directly into your inmost core God's Love as He says: "I LOVE YOU"  
and in a playful way reciprocate saying: "I love you too!"
- Let God's love infill your "existential void" in the inhale as you experience your body expand... and in the exhale let God's love flushout whatever is contrary to His Love as you experience your body shrink in the exhale.
- Breathe in through the Spiritual Umbilical Cord.

RELAXED OPEN HEART TO ALL THAT EXIST  
OVERFLOWING IN DIVINE LOVE



— Because I am loved, I can easily overflow in love  
towards all around me!

PP

**WE are YOURS**

I united with all that exist, intercedes as to be a  
gift of love to the father ... return to the Source of all.

- focus on the "WE", we are all ONE ... ONENESS IN  
DIVINE LIFE AND LOVE
- Divine Communion of Love
- Heaven already tasted on Earth
- mystical Union