

The Gandarvas Meditation

The Gandarvas Meditation sends healing and higher vibrational energy out into the world. It also heals you and raises your own vibration.

First, get into a quiet space, physically, mentally and emotionally. Create a sphere of protection around you using white light. Every meditation or manifesting exercise is 100% more powerful if you use all your senses. Start by seeing, hearing, smelling, tasting and feeling, physically and emotionally, the sphere of protection around you before you move on. It gets you in the zone quickly.

Now remember a moment in your life when you experienced unconditional love – the love that exists and is expressed without reciprocation or strings attached. It can be a moment with another person, an animal, in Nature or just you and Creator. Use all your senses to recall it in complete detail: what you saw, heard, smelled, tasted and felt, physically and emotionally.

One of the moments I use is from when I was a child in Detroit in winter. My father would always wake me for school. I would always put my hand up from under the covers with my fingers spread, silently saying “Five more minutes please” He would always kiss my palm and come back five minutes later.

I recall the darkness in my room and outside the window, the light from the bathroom down the hall, the chill in the air, the smell and taste of the cold, the warmth under the blankets, the sound of my father approaching, his words to wake me, the scent of his aftershave faded from a night of sleep, his lips and the soft prickles of his mustache and beard on my palm and the overall sense of love, comfort and belonging that his presence always brought.

With a moment like this clear within you, take a deep breath and express the unconditional love you've recalled with an “Ahhhh”. Continue sending that feeling out with the “ah for a length of time: five minutes, half an hour, whatever works for you. The physical vibration of your voice carries that moment of perfect unconditional love into the world and changes reality. If you do it often enough, it changes reality permanently.

Those who have done this exercise with me in a group have felt the profound difference in the ambient energy of the room when, after 10 or 20 minutes of expressing the moment together, we all stop “ah-ing” at the same time. No one wants to speak as we're all basking in the physical manifestation of unconditional love.

Do this alone, in morning or evening, for five minutes at a time. The sound doesn't have to be loud. The clarity/feeling of the memory may be hard to hold onto in the beginning. The more you do it, the better you get. Do this in a group once a week or as often as you can, even with only one or two other people. Manifesting is made stronger by doing this with others.

This has the broader and deeper purpose of going to the core of what's out of balance – within self, others and the Earth – and soothes and heals in perfect love. Unconditional love is the strongest power in the universe, without question. Use that power to bring positive change; it's within us all.