

P.A.M.'S. M.A.P.

May 2026

PRAYER:

Source, Creator of all that is, God..., during these turbulent and uncertain times that we live in, (I, We) pray for faith in our ability to hear your Divine message of Empowerment and feel the Inner Fulfillment of the Love that we are. I (We) release all beliefs that are hindering our ability to see objectively from within for you to be transmuted. For this I (we) are ever so grateful. It is so, Amen.

AFFIRMATION:

I remember the Love that I Am.

I am Free to call forward the Love that I am now.

I choose to now manifest from this place .

I now see through the eyes of pure Love and Guidance from this moment, forward.

Thank you! It is So! And so, it is!

MEDITATION

Step I: Find a comfortable place to sit or lie down where you won't have any distractions.

Step II: Set your intention to meditate for as long as you want (15 minutes, 30 minutes, 1 hour...)

Step III. You may want to ask your Angels and or Guides for support (always a your choice).

Step IV: You may want to meditate with Amethyst, Kyanite , Citrine, Tiger's Eye or any special stones that you choose to assist you in your meditation.

Step V: Set your intention to come out of your meditation with grace and ease so that any distractions that you might encounter in your surroundings don't startle you.

Step VI: Close your eyes and put your focus on your breath for a few minutes to settle your nervous system and to relax your mind.

Step VII: Imagine that you are walking towards a meadow where the grass is thick and green, and the wildflowers are blooming. As you walk towards the meadow you notice the beautiful fragrance of the flowers .

The sun is shining. The temperature is not too hot or too cold, but just right. There are soft songs of birds singing in the distance. You choose to lie down and rest for a while, to simply allow yourself to rest and quiet your mind.

After finding a good spot, and reclining on the ground, you choose to close your eyes and take a few deep breaths of fresh air. There are no worries, nowhere to hurry to, no expectations and no cell service to interrupt your moment of tranquility.

In your mind's eye you see a tiny white dot. Slowly but surely this tiny white dot begins to grow bigger and bigger, until it fills up the space behind your eyes. You are now one with this white light. You no longer see yourself in a human body, however, are one with the white light.

Simply sit with this and BE the light for a while. Here you feel light as a feather. Just BE in this light .

Step VII: Once you have come out of your meditation, slowly look around and get orientated with your surroundings by touching something, wiggling your fingers and your toes, putting your focus on an object in the room, and noticing any smells.

Step VIII: Notice how you feel and maybe journal any insights that you may have received while they are fresh in your mind.

SERVICE:

A helpful exercise in seeing people differently:

When you are at home and have time, space and quiet time, start with a visual experience of seeing them in your mind's eye, instead of a Soul wrapped up in a human suit, but as a Golden Ball of Light, floating in the air and take a minute to feel the energy from that soul and notice how you relate or resonate with them. Sit with it for a bit, then journal your immediate thoughts, without judgement.

After you have practiced with those immediate family members, you may want to try this exercise with your friends, co-workers, moving on to those that really challenge you in your day-to-day life. See what may show up differently and continue of course to journal your immediate thoughts.

Work with this for 30 days and then go back and read what you wrote after the 30 day period and try the exercise again and see what changes in your perspective and how you relate to others.

Remember, by maintaining a connection with your Greater I AM, which embodies Love from Love, you are contributing to the world and supporting the Collective Consciousness through every decision you make.