

World Angel Grid
WAG Phase 4 “Compassionate Living” Process Script
By Stevan J. Thayer

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1) WAG 4 Compassion Process – Overview

- a) As with all of our World Angel Grid programs, each phase of the World Angel Grid process builds upon the earlier phases.
 - i) In Phase 1 of the World Angel Grid we anchored heartbeams around the planet.
 - ii) In Phase 2 we helped the angels weave a 9 layer fabric of angelic energy (one layer for each of the 9 healing angels) between these anchorbeams.
 - iii) In Phase 3 we helped the cherubs add a layer of joy to the World Angel Grid.
 - iv) Today’s Phase 4 World Angel Grid Compassion Process builds on the energy of Joy created in Phase 3 and moves us the higher vibration of compassion. Here is an overview of today’s Phase 4 World Angel Grid process.
 - (1) We will begin with something that we call an “Angel Wash”, which is designed not only to connect us to the energy of the World Angel Grid, but also elevate our energy to that of Pure Joy – which is the vibration just below compassion.
 - (2) Then, since Compassion is a right brain activity, we will use IET Integration Points in a new way to Activate our Right Brain.
 - (3) Then, we will use something we call the “HeartSeed” process to raise our vibration upward from the vibration of Joy and let the energy of compassion blossom within us.
 - (4) And finally, as the energy of compassion blossoms within us, it will move us inter-dimensionally from the Dimension of Fear into the Dimension of Love.

2) The Angel Wash

- a) So strap on your spiritual seatbelts and let’s begin our Phase 4 WAG Journey.
- b) We begin with an Angel Wash.
 - i) In an Angel Wash, we connect to the energy of the World Angel Grid and cycle the Grid energy 10 times between the top of our head and the soles of our feet. Sort of like an angelic washing machine.
 - ii) We will use the energy of a different Healing Angel for each of the 10 cycles.
 - iii) And in each cycle, the Angel’s healing gift will wash our cellular memory and leave behind the angle’s empowerment imprint.

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- iv) Once we have cycled through the 9 healing angels, we will cycle the energy of the Cherubs on our 10th cycle and raise our vibration to the energy of Joy.
- a) **Heartlink:** We start our Angel Wash with a Heartlink, so please touch your thumb to the middle finger of either or both hands and send an angelic Heartlink up to Angel Ariel, all of the Healing Angels of the energy field, and your own personal angels, as you connect to the highest vibration of divinity that you can connect with at this time.
- b) **Prayer:** Ask the angels to guide, direct, surround and protect us, and ask that this be for our highest good and healing.
- c) **Connect to WAG:** Next, to hook up to the World Angel Grid, send thousands of heartlinks out from your heart center to all of the World Angel Grid anchor beams that were created around the world in our Phase 1 program. You don't have to know where they are located, you just have to have the intension that you heartlinks will connect to them.
- d) **Ariel:** As we begin the first cycle of our Angel Wash, please focus your heartlink connection on Angel Ariel's layer of the World Angel Grid and bring Angel Ariel's energy and healing gift that helps you live your soul's mission, into your heart center. As Ariel's energy builds in your heart center begin to feel her angelic energy tingling and pulsing within you. Now let her energy flow down from you heart down slowly to your feet. Now let her energy flow up your feet to the top of your head. Now let her energy complete the circuit and flow down from the top of your head back to your heart. This completes our first cycle.
- k) **Raphael:** As we begin our second cycle, please focus your heartlink connection on Angel Raphael's layer of the World Angel Grid and bring Angel Raphael's energy and gift of healing, that clears guilt and imprints innocence, into your heart center. As Raphael's energy builds in your heart center begin to feel his angelic energy tingling and pulsing within you. Now let his energy flow down from you heart down slowly to your feet. Now let his energy flow up from your feet to the top of your head. Now let his energy complete the circuit and flow down from the top of your head back to your heart.
- l) **Gabriel:** As we begin our third cycle please focus your heartlink connection on Angel Gabriel's layer of the World Angel Grid and bring Angel Gabriel's energy and healing gift healing that clears distrust and imprints trust, into your heart center. As Gabriel's energy builds in your heart center begin to feel his angelic energy tingling and pulsing within you. Now let his energy flow down from you heart down slowly to your feet. Now let his energy flow up your feet to the top of your head. Now let his energy complete the circuit and flow down from the top of your head back to your heart.
- m) **Celestina:** As we begin our fourth cycle please focus your heartlink connection on Angel Celestina's layer of the World Angel Grid and bring Angel Celestina's

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- energy and healing gift, that supports you in sharing your creative self expression with the world, into our heart center. As Celestina’s energy builds in your heart center begin to feel her angelic energy tingling and pulsing within you. Now let her energy flow down from you heart down slowly to your feet. Now let her energy flow up your feet to the top of your head. Now let her energy complete the circuit and flow down from the top of your head back to your heart.
- n) **Faith:** As we begin our fifth cycle please focus your heartlink connection on Angel Faith’s layer of the World Angel Grid and bring Angel Faith’s energy and healing gift that supports you in having faith in the Divine and faith in yourself, into your heart center. As Faith’s energy builds in your heart center begin to feel her angelic energy tingling and pulsing within you. Now let her energy flow down from you heart down slowly to your feet. Now let her energy flow up your feet to the top of your head. Now let her energy complete the circuit and flow down from the top of your head back to your heart.
- o) **Cassiel:** As we begin our sixth cycle please focus your heartlink connection on Angel Cassiel’s layer of the World Angel Grid and bring Angel Cassiel’s energy and healing gift that fills you with hope and helps you trust in love again, into your heart center. As Cassiel’s energy builds in your heart center begin to feel her angelic energy tingling and pulsing within you. Now let her energy flow down from you heart down slowly to your feet. Now let her energy flow up your feet to the top of your head. Now let her energy complete the circuit and flow down from the top of your head back to your heart.
- p) **Daniel:** As we begin our seventh cycle please focus your heartlink connection on Angel Daniel’s layer of the World Angel Grid and bring Angel Daniel’s energy and healing gift that helps you forgive, into your heart center. As Daniel’s energy builds in your heart center begin to feel his angelic energy tingling and pulsing within you. Now let his energy flow down from you heart down slowly to your feet. Now let his energy flow up your feet to the top of your head. Now let his energy complete the circuit and flow down from the top of your head back to your heart.
- q) **Sarah:** As we begin our eighth cycle please focus your connection on Angel Sarah’s layer of the World Angel Grid and bring Angel Sarah’s energy and healing gift that supports you overcome feelings of stress and powerlessness, into your heart center. As Sarah’s energy builds in your heart center begin to feel her angelic energy tingling and pulsing within you. Now let her energy flow down from you heart down slowly to your feet. Now let her energy flow up your feet to the top of your head. Now let her energy complete the circuit and flow down from the top of your head back to your heart.
- r) **Michael:** As we begin our ninth cycle please focus your connection on Angel Michael’s layer of the World Angel Grid and bring Angel Michael’s energy and healing gift that protects you against fear and negativity, into your heart center. As Michael’s energy builds in your heart center begin to feel his angelic energy

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- tingling and pulsing within you. Now let his energy flow down from you heart down slowly to your feet. Now let his energy flow up your feet to the top of your head. Now let his energy complete the circuit and flow down from the top of your head back to your heart.
- s) **The Cherubs:** As we begin our tenth and final cycle please focus your connection on The Cherubs’ layer of the World Angel Grid and bring The Cherubs’ energy and healing gift of joy into your heart center. As The Cherubs’ energy builds in your heart center begin to feel their angelic energy tingling and pulsing within you. Now let their energy flow down from you heart down slowly to your feet. Now let their energy flow up your feet to the top of your head. Now let their energy complete the circuit and flow down from the top of your head back to your heart.
- t) **Intensify the Joy:** Since according to Angel Ariel, Joy is the “launch pad from which we travel inter-dimensionally into the Dimension of Love”, let us increase the energy of Joy by using the World Angel Grid Phase 3 “automatic activation” of touching our Joy Stone.
- i) If you have your Joy Stone handy, great.
 - ii) If you do not have your Joy Stone handy, you can use what I call a “virtual Joy Stone” by thinking of the inner edge of your index finger as being a surrogate for your Joy Stone and touching the inner edge of your index finger with your thumb.
 - iii) So whether you are using an actual Joy Stone or a Virtual Joy Stone, touch your Joy Stone with your thumb and release a powerful energy of Joy within you.
 - iv) Feel this energy of joy move within your body from the top of your head to your feet. [pause]
 - v) Wonderful. Now let’s use the automatic activation a second time to increase the energy of Joy.
 - vi) Please touch your Joy Stone a second time and release even more of the energy of Joy within you. [pause]
 - vii) Perfect. Now let’s use the automatic activation a third and final time to fully activate the energy of Joy.
 - viii) Please touch your Joy Stone a third and final time and let the energy of Joy build to a maximum level within you. [pause]

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3) Activating our Right Brain.

- a) Wonderful! Now that we have raised our vibration to the level of Pure Joy, we will now build the energy of compassion within us.
- b) Compassion is a Right Brain activity, so we must increase the energy of our Right Brain.
- c) We can do this by energizing the “top of the head” and the “third eye” IET Integration points in a unique way.
- d) Normally, we energize these integration points in pairs, touching both the right side and left side Top of the Head points together and then touching the right side and left side Third Eye Points together.
- e) If, however, we focus on touching only the right side points of these two cellular memory areas at the same time, we will bring a concentration of energy to the right hemisphere of our brain, making it easier for us to enter into the energy of compassion.
 - i) So, take your right hand and touch the right side Top of the Head integration point located just behind the top of your ear with your right thumb, as you simultaneously
 - ii) touch the right side Third Eye Integration Point located just above your eyebrows and just to the right side of the center of your forehead with your right small finger.
 - iii) You can stretch you middle three fingers out towards the top of your head and let them rest against the upper right side of your head.
 - iv) Now just energize these two integration points and allow your brain to become more right side dominant. [pause].
 - v) Having now shifted your brain’s functioning more to the right side, you can release these points as we begin to activate something that Angel Ariel calls our “Heartseeds of Compassion”.

4) **Activating the Heart Seeds of Compassion - Process**

a) **Overview**

- i) According to Angel Ariel, we are each born with an inner, innate capacity for compassion. It is planted like seeds deep within our heart. Something she calls “HeartSeeds”.
 - (1) For some people these HeartSeeds sprout, bud, and blossom quickly into the “flowers of compassion” and for them compassion become an ongoing part of their daily lives.
 - (2) For others their HeartSeeds never blossom, and they live a life devoid of compassion.
- ii) If we use the analogy of cultivating a plant seed, after you place the seed in some soil, then you need to provide the seed with both sunlight, and water, in order for it to sprout, bud, and finally blossom.
- iii) Analogously, the energy of Joy is to a HeartSeed - what the energy of sunlight is to a plant seed.
- iv) And according to Angel Ariel, the simple process of observing someone who is in pain or suffering, as you physically tap your heart-center, is to a HeartSeed what water is to a plant seed.
- v) Let me explain this last part:
 - (1) Since energy flows where attention goes – tapping on your heart-center (the area in the upper part of your breastbone in the center of your chest) will cause energy to flow there.
 - (2) Furthermore, tapping on your heart-center, which is also nicknamed “thumping the thymus” by Dr. John Diamond author of *Life Energy*, also releases a focused concentration of the energy of love within your heart-center.
 - (3) Angel Ariel said that, 3 series of 10 taps each on your heart-center works the best.
 - (4) She also says that it is best to inhale fully as you do the 10 taps, then hold your breath as long as is comfortable.
 - (5) Let me demonstrate this process of inhaling and tapping 10 times to make it clear.
 - (f) I start by exhaling slowly and fully
 - (g) I then begin to inhale as I tap one, two, three, four, five, six, seven, eight, nine, ten time.

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- (h) I continue to breath fully then I gently hold my breath, place my hands over my heart and feel the energy of compassion sprouting within my heart-center.
 - (i) When I am ready, I exhale gently and then breathe normally.
 - (6) When you combine; the energy of joy, with this tapping process, while focusing on someone’s pain or suffering, it will work powerfully to cause your HeartSeed to blossom into the flower of compassion that will work to end the pain and suffering.
 - (7) And if your HeartSeed has already blossomed it will let the flower of compassion bloom even bigger within you.
 - vi) So lets work together to activate your Heartseeds of compassion.
- b) **Self:** We learned earlier that “before we can share our compassion with others, we must first cultivate the energy of compassion within ourselves”. So we will begin our HeartSeed activation process by doing just that.
- i) We also learned that “the energy of Compassion rises in response to pain and suffering”. Therefore, I would like you to focus for a moment on your own life and ask yourself the question; “What pain am I currently in? or How am I currently suffering?”
 - (1) It may be the pain of illness, or loneliness, or loss in your life, or you may be suffering from discrimination, or overwork, or under appreciation, or lack of balance in your life.
 - (2) Take a moment and see what answers you come up with. [pause]
 - ii) By thinking about your own pain and suffering you have initiated the process of awakening the first HeartSeed of compassion within you.
 - iii) You can now start to bring the energy of this HeartSeed fully alive with your heart-center as we do the first cycle of Ariel’s HeartSeed Activation Process together. In our plant seed analogy, this will cause your HeartSeed to “sprout”.
 - (1) Start by slowly exhaling completely, and then slowly inhaling fully gently tapping your heart center 10 times as you do.
 - (2) [*count out loud to act as a metronome*] one, two, three, four, five, six, seven, eight, nine, ten, place your hands over your heart center, and then comfortably hold your breath for a moment as the energy of compassion intensifies in your heart center. [pause]
 - (3) Breath normally as you focus your awareness on your heart-center simply feel the warmth and tingling sensation of the energy of compassion that has sprouted within you.

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- (4) If you are clairvoyant and can see energy as color, it is common to see the energy of compassion as the color violet or deep purple.
 - (5) Become aware that since we started this process by connecting to the energy of the World Angel Grid, the powerful force of your compassion has simultaneously been radiating from you, throughout the World Angel Grid to help end the pain and suffering of all people and the plant itself.
- iv) We will now repeat this process a second time. In our plant seed analogy, this will cause your HeartSeed to “Bud”.
- (1) We begin our second cycle by exhaling completely, and then slowly inhale gently and gently tap your heart-center [*count out loud to act as a metronome*] one, two, three, four, five, six, seven, eight, nine, ten, place your hands over your heart center, and comfortably hold your breath for a moment as the energy of compassion intensifies in your heart center. [pause]
 - (2) Breathe normally as you focus your awareness on your heart-center feel the intensified sensations of warmth and tingling from the energy of compassion that has now Budded within you.
- v) We will now do our third and final repetition of this process. In our plant seed analogy, this will cause your HeartSeed to “Blossom”.
- (1) Start by exhaling completely, and then slowly inhale gently and gently tap your heart-center [*count out loud to act as a metronome*] one, two, three, four, five, six, seven, eight, nine, ten, place your hands over your heart center, and comfortably hold your breath for a moment as the energy of compassion intensifies in your heart center. [pause]
 - (2) Breathe normally you focus your awareness on your heart-center feel the powerful sensations of warmth and tingling from the energy of compassion that has now Blossomed within you.
- vi) We learned that Compassion, directed through “envisioning”, is the key to ending pain and suffering
- (1) Using the examples of pain and suffering that I gave earlier you might envision that your illness has been completely healed, love has ended your loneliness, your loss has been overcome, discrimination has been resolved, work is in perfect harmony, you are fully appreciated, and your life is in balance.
 - (2) So take a moment and envision your personal pain and suffering as being completely healed and resolved. [pause].
 - (3) See yourself in a state of perfect health, free of suffering, living in joy, peace, and harmony. [pause]

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- (4) As you envision this, simply offer a blessing to yourself by saying either out loud or silently to yourself “bless me” [pause]
 - vii) Become aware of the feelings within you. [do this slowly]
 - (1) Feel the peace, joy, and compassion.
 - (2) Observe how we are all made up of energy and are all interconnected.
 - (3) Become aware that your energy, your essence, doesn’t have any physical boundaries. It doesn’t stop at the surface of your skin, but rather, it extends outward to include everything and everyone.
 - (4) Also, notice that time has disappeared.
 - viii) The energy of compassion has begun to transport you through the inter-dimensional doorway into the Dimension of Love.
- c) **Loved One:** Let’s continue to awaken even more of the energy of Compassion within us, and move even further into the Dimension of Love, by cultivating a second HeartSeed of compassion to blossom within us.
- i) We learned that Compassion is a flow and overflow of the fullest human and divine energies. We have intensified the flow of compassion within us, so we can now let it overflow outward to someone we love.
 - ii) I would like you to select a loved one in your life who you would like to send your energy of compassion to. [pause]
 - iii) As you think of this loved one, simply reflect on the question “What pain are they currently in? or How are they currently suffering?”
 - (1) As in my earlier example it may be the pain of illness, or loneliness, or loss in your life, or they may be suffering from discrimination, or overwork, or under appreciation, or lack of balance in their life.
 - (2) Take a moment and see what answers you come up with. [pause]
 - iv) By thinking as you have just done about your loved one’s pain and suffering you have initiated the process of awakening a second HeartSeed of compassion within you.
 - v) You can now start to bring the energy of this HeartSeed fully alive with your heart-center as we do the first cycle of Ariel’s HeartSeed Activation Process together. In our plant seed analogy, this will cause your HeartSeed to sprout.
 - (1) Heartlink to the loved one who you have selected, and imagine them sitting directly in front of you.
 - (2) Start by slowly exhaling completely, and then slowly inhaling fully gently tapping your heart center 10 times as you do, [*count out loud to act as a metronome*] one, two, three, four, five, six, seven, eight, nine, ten, place

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your hands over your heart-center, and comfortably hold your breath for a moment as the energy of compassion intensifies in your heart center.
[pause]

- (3) Now slowly exhale and as you do, move your hands from your heart-center and use them to gently push a wave of compassion outwards over your heartlink towards the image of your loved one sitting in front of you. Imagine that as your arms become fully outstretched, that you can place the palms of your hands on your loved one’s heart-center.
 - (4) Breath normally as you send the energy of loving kindness and compassion out over your heartlink from your heart-center to your loved one to end their pain and suffering.
 - (5) As the energy of loving kindness and compassion flows out to them, focus your awareness on your heart-center and on the energy of compassion for your loved one that has “sprouted” within you.
 - (6) You are not a perfect energy channel, and as you send the energy of compassion to a loved one, some of the energy of compassion stays and builds within you.
 - (7) Feel the increased violet energy of compassion tingling and moving within you as it radiates throughout your body.
 - (8) Now remove your hands from your loved one’s heart center.
- vi) We will now repeat this process a second time. In our plant seed analogy, this will cause your second HeartSeed to “Bud”.
- (1) We begin our second cycle by exhaling completely, and then slowly inhale gently and gently tap your heart-center [*count out loud to act as a metronome*] one, two, three, four, five, six, seven, eight, nine, ten, place your hands over your heart center, and comfortably hold your breath for a moment as the energy of compassion intensifies in your heart center.
[pause]
 - (2) Now slowly exhale and as you do, move your hands from your heart-center and use them to push an even stronger wave of compassion outwards over your heartlink towards the image of your loved one sitting in front of you. Imagine that as your arms become fully outstretched, that you can place the palms of your hands on your loved one’s heart-center.
 - (3) Breath normally as you send the energy of loving kindness and compassion out over your heartlink from your heart-center to your loved one to end their pain and suffering.
 - (4) As the energy of loving kindness and compassion flows out to them, focus your awareness on your heart-center and on the energy of compassion for your loved one that now “Buds” within you.

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- (5) Feel the increased violet energy of compassion tingling and moving within you as it radiates throughout your body.
 - (6) Now remove your hands from your loved one’s heart center.
- vii) We will now do our third final repetition of this process. In our plant seed analogy, this will cause your second HeartSeed to “Blossom”.
- (1) We begin our third cycle by exhaling completely, and then slowly inhale gently and gently tap your heart-center [*count out loud to act as a metronome*] one, two, three, four, five, six, seven, eight, nine, ten, place your hands over your heart center, and comfortably hold your breath for a moment as the energy of compassion intensifies in your heart center. [pause]
 - (2) Now slowly exhale and as you do, move your hands from your heart-center and use them to push an even stronger wave of compassion outwards over your heartlink towards the image of your loved one sitting in front of you. Imagine that as your arms become fully outstretched, that you can place the palms of your hands on your loved one’s heart-center.
 - (3) Breath normally as you send the energy of loving kindness and compassion out over your heartlink from your heart-center to your loved one to end their pain and suffering.
 - (4) As the energy of loving kindness and compassion flows out to them, focus your awareness on your heart-center and on the energy of compassion for your loved one that Blossoms fully within you.
 - (5) Feel the powerful violet energy of compassion tingling and moving within you as it radiates throughout your body.
- viii) To complete this part of our process leave your right hand extended with the palm of your right hand over your loved one’s heart center and place your left hand - palm down - over your own heart-center.
- ix) As you do, envision your loved one’s pain and suffering as being completely healed and resolved. [pause].
- x) See your loved on in a state of perfect health, free of suffering, living in joy, peace, and harmony. [pause]
- xi) As you envision this, you are going to offer a blessing to yourself and to our loved one.
- (1) You will do this not by saying “bless us” – but rather by saying “bless me”.
 - (2) While this may sound strange, remember, from within the Dimension of Love, you and your loved are like two waves on the Ocean.

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- (3) While the waves may appear to be separate and distinct, they are both part of the Ocean.
 - (4) If the Ocean were to say “Bless Me”, then this would certainly include both of the waves.
 - (5) From within the Dimension of Love, you are like the Ocean, so when you say “bless me”, the word “me” includes both you and your loved one.
 - (6) So either out loud or silently to yourself say “bless me” [pause]
 - xii) You can now lower your hands from your heart center and from your loved one’s heart center.
 - xiii) As you have directed your energy of loving kindness and compassion to your loved one today, the powerful force of your compassion has simultaneously been radiating from you, throughout the World Angel Grid to help end the pain and suffering of all people and the planet itself.
 - xiv) Become aware that the energy of compassion has transported you further through the inter-dimensional doorway into the Dimension of Love. . [do this slowly]
 - (1) Feel the increased levels of peace, joy, and compassion within you.
 - (2) Become aware that you are a witness to life, and
 - (3) Feel the strong currents of energy flow through your body, and know that this energy flow within all life.
 - (4) We are all made up of the same energy, part of the same one consciousness. [pause]
- d)Person you dislike:** Let’s continue to awaken even more of the energy of Compassion within and move even further into the Dimension of Love by cultivating a third HeartSeed of compassion to blossom within us by sending the energy of compassion to someone that you dislike.
- i) When I say someone that you dislike, what I am really saying is, someone who you judge as being wrong, or doing something that you judge as being wrong.
 - ii) Since judgment can close down our channel of compassion, and pull us out of the Dimension of Love, Angel Ariel has offered us something that I call the “This Is Me” technique that allows us to honor our human tendency to be judgmental, and at the same time honor our divine tendency to be compassionate.
 - iii) The this Is Me technique is designed to let your ego judge a person and identifying exactly why you think they are bad and wrong. But at the same time, as viewed from The Dimension of Love, the technique lets your soul see

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them as a part of the “unity of all that is”, and more specifically, since you extend beyond your physical body, see them as part of you.

- iv) Using our Ocean wave metaphor, you can think of one wave being judgmental of the other waves and saying things like;
 - (1) Look at that wave over there, what a show off, or
 - (2) That wave isn't amounting to much, it just isn't trying hard enough, or
 - (3) That wave is so pushy, look how it is cutting directly in front of those other waves, or
 - (4) That wave is so beautiful and perfect, I just hate that wave!
- v) When viewed from the perspective of the ocean, however, for the same scene, the Ocean may say things like:
 - (1) Look at me showing off over there, or
 - (2) Look at me not amounting to much, or
 - (3) Look at me being pushy, or
 - (4) Look at how beautiful I am.
- vi) From the perspective of the Ocean all the waves are “me”.
- vii) In this technique, Angel Ariel suggests that we simply shift our perspective, as with the Ocean, to the unity that makes us all one.
 - (1) So, if for example a colleague at work is acting arrogantly, then you can simply say to yourself “this is me acting arrogantly”.
 - (a) Please note: this does not mean that you yourself are actually acting arrogantly, but rather, it recognizes from within the Dimension of Love that you, your colleague, and all people, are all part of the one same thing and hence part of you.
 - (b) Then, since it is easy to invoke the energy of compassion for yourself, it will be easy to send the energy of compassion even to people you dislike.
 - (2) An other example may be a friend who is acting selfishly. You can simply say to yourself “this is me acting selfishly”,
 - (3) Or if you are driving your car and someone cuts you off then you can say something like “this is me driving like an idiot”.
 - (4) The “this is me” process, lets you both judge someone harshly and be completely compassionate towards them at the same time.
- viii) So please select a someone in you life who you dislike who you can practice sending the energy of loving kindness to today.

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- (1) As you think of this person simply let yourself identify your judgment of them. Identify what in your opinion they are doing that you judge as bad or wrong.
 - (a) Take a moment and see what answers you come up with. [pause]
 - (2) Now look more deeply and see that this person who you judge as being bad and wrong, is in pain, or is suffering in some way that is causing them to act so poorly.
 - (a) Take a moment and simply reflect on the question “What pain is this person currently in? or How is this person currently suffering?”
[pause]
 - (3) By thinking as you have just done about the pain and suffering of this person who you dislike, you have intensified the process of awakening the energy of compassion within you.
- i) Let’s do the first cycle of Ariel’s HeartSeed Awakening Process together with the intent of sending the energy of loving kindness and compassion to the person you dislike. In our plant seed analogy, this will cause a third HeartSeed within you to sprout.
- (1) Heartlink to the person you dislike and imagine them sitting right in front of you.
 - (2) Using the “this is me” technique let your self judge this person.
 - (3) If you judge them as being arrogant then think “this is me acting arrogantly”
 - (4) Or if you judge them as being selfish then think “This is me acting selfishly”
 - (5) Simply start with the phrase “This is me” and then finish the thought with your judgment of this person.
 - (6) Now slowly exhaling completely, [breathe out]
 - (7) Then slowly inhale fully gently tapping your heart center 10 times, [*count out loud to act as a metronome*] one, two, three, four, five, six, seven, eight, nine, ten .. place your hands over your heart-center, and comfortably hold your breath for a moment as the energy of compassion intensifies in your heart center. [pause]
 - (8) Now slowly exhale and as you do, move your hands from your heart-center and use them to push the energy of compassion outwards towards the image of the person you dislike sitting in front of you. Imagine that as your arms become fully outstretched, that you can place the palms of your hands on this person’s heart-center.

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- (9) Breathe normally as you send the energy of loving kindness and compassion out over the heartlink from your heart-center to this person.
 - (10) As the energy of loving kindness and compassion flows out to them, focus your awareness on your heart-center, and on the energy of compassion for the person you dislike that has sprouted within you.
 - (11) Feel the increased violet energy of compassion tingling and moving within you as it radiates from your heart-center up to the top of your head and down your arms and legs.
 - (12) Now remove your hands from this person’s heart center.
- v) We will now repeat this process a second time. In our plant seed analogy, this will cause your second HeartSeed to Bud.
- (1) We begin our second cycle by exhaling completely, [breathe out...]
 - (2) Then slowly inhale fully gently tapping your heart center 10 times, [*count out loud to act as a metronome*] one, two, three, four, five, six, seven, eight, nine, ten .. place your hands over your heart-center, and comfortably hold your breath for a moment as the energy of compassion intensifies in your heart center. [pause]
 - (3) Now slowly exhale and as you do, move your hands from your heart-center and use them to push the energy of compassion outwards towards the image of the person you dislike sitting in front of you. Imagine that as your arms become fully outstretched, that you can place the palms of your hands on this person’s heart-center.
 - (4) Breathe normally as you send the energy of loving kindness and compassion out over the heartlink from your heart-center to this person.
 - (5) As the energy of loving kindness and compassion flows out to them, focus your awareness on your heart-center, and on the energy of compassion for the person you dislike that has now Budded within you.
 - (6) Feel the increased violet energy of compassion tingling and moving within you as it radiates from your heart-center up to the top of your head and down your arms and legs.
 - (7) Now remove your hands from this person’s heart center.
- vi) We will do our final repetition of this process. In our plant seed analogy, this will cause your third HeartSeed to blossom.
- (1) We begin our third cycle by exhaling completely, [breathe out...]
 - (2) Then slowly inhale fully gently tapping your heart center 10 times, [*count out loud to act as a metronome*] one, two, three, four, five, six, seven, eight, nine, ten .. place your hands over your heart-center, and comfortably

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hold your breath for a moment as the energy of compassion intensifies in your heart center. [pause]

- (3) Now slowly exhale and as you do, move your hands from your heart-center and use them to push the energy of compassion outwards towards the image of the person you dislike sitting in front of you. Imagine that as your arms become fully outstretched, that you can place the palms of your hands on this person’s heart-center.
 - (4) Breathe normally as you send the energy of loving kindness and compassion out over the heartlink from your heart-center to this person.
 - (5) As the energy of loving kindness and compassion flows out to them, focus your awareness on your heart-center, and on the energy of compassion for the person you dislike that has now Blossomed within you.
 - (6) Feel the increased violet energy of compassion tingling and moving within you as it radiates from your heart-center up to the top of your head and down your arms and legs.
 - (7) To complete this part of our process leave your right hand extended with the palm of your right hand over the heart center of the person you dislike and place your left hand - palm down - over your own heart-center.
 - (8) As you do, envision the pain and suffering of the person you dislike being completely healed and completely resolved. [pause].
 - (9) See them in a state of perfect health, free of suffering, living in joy, peace, and harmony. [pause]
 - (10) As you envision this, simply offer a blessing to you and this person by saying out loud or silently to yourself “bless me” - for within the Dimension of Love, you and the person you dislike are indeed ONE.
 - (11) Also notice at this moment that you don’t judge this person as harshly as you did when we started and perhaps you don’t judge them at all. [pause]
 - (12) You can now lower your hands from your heart center and from the heart center of the person you dislike.
 - (13) As you have directed your energy of loving kindness and compassion to the person you dislike, the powerful force of your compassion has simultaneously been radiating from you, throughout the World Angel Grid to help end the pain and suffering of all people and the planet itself.
- vii) Become aware of the feelings within you. [do this slowly]
- (1) Feel the peace, joy, and compassion.
 - (2) Notice how wonderful everything is.

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- (3) You are filled with the energy of life itself.
- (4) You cannot contain this energy, it wants to flow out to everyone and take away all of the suffering and hurt in the world.
- viii) The energy of compassion has transported you through the inter-dimensional doorway well into the Dimension of Love.
- ix) Please feel free to pause this recording and stay in the energy of The Dimension of Love for a longer time, then restart this recording to complete our program.

5) Closing process

- a) It is now time to conclude our World Angel Grid program, so please offer yourself some grounding by placing your left hand on your right knee and your right hand on your left knee.
- b) Since you have channeled a large amount of angelic energy in our World Angel Grid program today, please be sure to drink plenty of water and rest as much as you can while your energy body rebalances.
- c) Please know that you can leave this World Angel Grid program, but you don't have to leave the Dimension of Love.
- d) By keeping the energy of compassion alive in your heart, you can learn to live in the world, while remaining in the Dimension of Love.
- e) It is my hope that you will use Angel Ariel's HeartSeed awakening process over and over again to activate the energy of compassion within you.
- f) Now that you have listened to this program, you can automatically reactivate Angel Ariel's HeartSeed awakening process simply by thinking about someone's pain and suffering, as you tap your heart-center ten times.
- g) I suggest you take a few minutes every day to focus on yourself as you use the automatic HeartSeed activation to fill your heart with compassion.
- h) We learned that the more we experience the energy of compassion, the more deeply compassion will be wired into our brain.
- i) Furthermore, the more compassion becomes wired into our brain, the easier it becomes for us to experience compassion.
- j) I also suggest that you take time every day to focus on all of the people in your life as you use the automatic HeartSeed activation to send the energy of compassion to them.
- k) Every time you awaken the energy of compassion within you, and send the energy of loving kindness and compassion to others, you will automatically send the powerful force of your compassion by means of the World Angel Grid, to all

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- people in the world and the planet itself, to help end all pain and suffering worldwide.
- b) As you cause the energy of compassion to bloom ever more fully within you, you will find yourself spending more and more of your day in the Dimension of Love.
 - l) Since judgment can close down our channel of compassion and pull us out of the dimension of love, I invite you to use the “This is Me” technique on a regular basis.
 - m) So activate your energy of compassion often, live compassionately, and please use your energy of compassion to help the angels fulfill their mission of healing the world one heart at a time.
 - n) Thank you for participating today’s World Angel Grid Program.
 - o) All of us here at The Center of Being, wish you and your loved ones many Blessings and much Joy.