



Connect with Your Soul-Group
Meditation ©

Written by Rev. Melissa Leath

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With this meditation you can connect with the group of soul relations that you may not have been able to meet in this lifetime. We all belong to Soul Groups. Each group has a collection of souls who have experienced this earthly life together in one form or another. Since you are so familiar with each other, then a bond has been formed. All who belong to this group progress together in similar ways through understanding and spiritual growth.

There are many in your particular soul group that are not in the physical body at this time in history, along with others you may encounter during your lifetime. You will recognize the souls from your group more easily after experiencing this meditation. Since you are all associated through spirit, then you can communicate on the spirit-level.

Meditation creates the environment for you to do that. It enhances your abilities to focus in one direction and not be interrupted by other-earthly events or thoughts. Sit back, quietly relax and silently read through this meditation.



Sit quietly for a moment. Pay attention to your breathing. No need to control it. Just pay attention to it. Now, be sure your mouth is closed. Only inhale and exhale through your nose.

Slowly inhale [count 1-2-3].

Slowly exhale [count 1-2-3].

Inhale again. Exhale. Continue until you feel centered and calm.

As you relax, recognize there is a presence near you. It is so close, and it seems so natural to be there. Your heart is beating at a regular pace and you are suddenly very aware of it. The presence is as close as your heartbeat. It's easy to connect with something so familiar.

Your heart energy is wide open and the beautiful colors of green and pink are flowing through your heart center. They are colors of love and healing. It creates a sense of acceptance and warmth. Watch the flow of color energies for a few minutes....

...the pink and green energy ribbons swirl around in your mind...you can see them moving randomly, making unusual patterns and symbols.

...When you are in this state of being, you are aware of your entire soul group being present and connected to you. This connection can be seen by the colors that are flowing through your heart center.

The green and pink colors are showing you how your soulmates are intertwined with you and your experience.

[continue to focus on your breath]

Some of these souls will enter your life, either for a few days or a few weeks; some for much longer relationships. Other souls will enter your experience through your meditations, dreams, or influence you by impressions.

As you meet these souls in your life, you will recognize them by sensing one of the events from this meditation: you may see green or pink colors in your inner vision; you may feel your heart beating, or feel a sense of warmth and acceptance. These will be signs you can use to re-member your connection with one of the souls in this soul group. As long as your heart is open through love, you will know them.

Return to your breathing. Focus on your physical body. Be present in the moment, now. Come back to the point that you are awake and aware of who you are and why you first entered the meditation. Choose to be here now.

As you regularly use this meditation, you will commune with all the souls in your particular group: those that are not in the physical right now and those who will be coming into your physical reality soon. You will know without a doubt when you meet one of your soulgroup members.

Be sure to thank your higher self for being so loving and to assist you in all your encounters.

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For more information or assistance with understanding your soul relationships, call Rev. Melissa Leath for a Life! Consultation at 937-323-5346 or visit her website: <http://www.PsychicIntegrity.com>

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