

## Meditation for the Coming Together in Unity Consciousness

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*Unity Consciousness and integration is the next step in the divine plan for your soul's growth process. This meditation fosters integration. It offers you the opportunity to energetically share your knowledge and experiences learned on Earth with others on Earth and throughout the universe. Learning from others by sharing your experiences enables you to leap forward and accelerate your soul's growth. To those who choose to grasp it, unity consciousness is like a lifeline given to lead you from the current physical Earth plane belief system (BS) to a new enlightened way of being. All parts of the universe are interconnected through all scales and dimensions. ("Scales" means everything from the smallest particle of Love...much smaller than anything measured by physics...to the vastness of the universe and beyond.) By accelerating your soul's growth through unity consciousness you serve the greater good by supporting universal growth. The following meditation will activate the energy of unity consciousness more strongly in you personally, in your relationships, and in the world and universe.*

**INSTRUCTIONS:** (The meditation itself is on page three.)

### General Protocol for Individuals and Couples

The first time, the meditation is to be done completely through with one other individual with whom you are comfortable (e.g. friend, spouse, or acquaintance). Once completed with one partner, feel free to continue working with each other, with other individuals, or as part of a group. The meditation is done twice through, in pairs. The first time through, person A states the first line and person B the second line of each part. Then the roles are reversed for the second time through.

- Set the intent to be grounded to the earth and to your Source of Love (God), unifying the love of Earth, your Higher Self (the love that you are), and God in your heart.
- Face each other, seated or standing comfortably, with the palms of the hands of person A facing up, and the palms of person B facing down above or lying on top of the palms of person A. Relax your arms as much as possible. If sitting, let them rest on your lap.
- Both people focus inward with eyes closed, as part A is stated.
- Then expand your focus outward by gazing into each others' eyes as Part B is stated.
- Go through the whole meditation like this. Then repeat it, exchanging roles and hand positions.
- This completes the circle of unity consciousness within and between yourselves and the universe.

The energy of unity consciousness will increase every time you do this meditation. It may be done alone, using the free mp3 audio meditation available at [http://www.bridgesofunity.com/\\_audio.php](http://www.bridgesofunity.com/_audio.php) as your partner. It is an excellent tool for enhancing the ability of a couple or group to communicate and work together in unity consciousness. Use it prior to beginning discussions and/or following discussions. Or use it without discussion.

### Group Protocol

As mentioned above, it is best if the meditation is first done in pairs, to build trust and harmony. There is a strong network created by first starting in pairs, then moving to even numbered groups (e.g. groups of four, six, eight, etc.) When done in a group of 12, an especially powerful vortex of unity consciousness energy is set into motion for the exchange of thoughts and experiences – both verbal and nonverbal – within the room and beyond. This vortex is formed with any number of people, and continues to expand with each incremental addition of participants. When done in a group, it is suggested that a facilitator

read both parts, with the A and B participants repeating the statements as they are called upon. The free audio download of the facilitated meditation can serve as the “facilitator”, eliminating the need to hold a piece of paper, and allowing everyone to fully participate.

#### Groups of Four People

Divide into two groups of two persons each (person A and person B). The A’s switch partners, and become B’s, for the second time through. (The B’s become A’s.)

#### Larger Groups

Begin by counting off into A’s and B’s throughout the room. Form two concentric circles, with the A’s in the inner circle, and the B’s facing them in the outer circle . There must be an even number of people. The group protocol can be done with as few as six people (three pairs) or as many as the room accommodates. You may want to divide larger groups into smaller groups at first, as stated previously. When doubling groups of six into 12, or 12 into 24, one whole group becomes the A’s in the inner circle, and the other whole group becomes the B’s in the outer circle of the new, larger group. This increases the number of different interactions made throughout the room. Then the A and B roles are reversed for the second time through.

#### Groups of Six to Twelve (three to six pair)

After each pair of A and B statements are said, the outer circle moves one person to the right (counter-clockwise).

#### Groups of 14 or More (seven or more pair)

After each A statement is said, the outer circle moves one person to the right (counter-clockwise). Likewise, after each B statement is said, the outer circle moves one person to the right (counter-clockwise). In groups of 24 (12 pair), each person in the outer circle will have then made contact with each person in the inner circle, since there are 12 statements in all.

See next page for the meditation.

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**Prior to beginning the meditation, the Facilitator reads the first paragraph on page one, then gives the following instructions, and finally guides the meditation (dividing the meditation statements into phrases as necessary):**

*Decide who is person A and who is person B. If working in a group of two concentric circles, those in the inner circle are A's. The outer circle are B's. Sit or stand facing each other. Center your awareness in your heart. Gently pressing in on your breast bone, in the area of your heart, will assist you. The A's...extend your hands toward your partner, palms up. The B's...place your hands on top o, or just above, your partner's, palms down. When I give the signal, we will begin by taking three breaths together, breathing in through the nose, and out through the mouth. Breathe in the love of God, expanding your awareness in your heart of the Love that You Are. Breathe out the experiences of life, to be shared silently with compassion and grace. After each statement, take one breath in through your nose and out through your mouth. I will guide you. (Note to Facilitator: guide the outer circle to move according to the instructions for groups.)*

*Ground yourself through your heart by sending and receiving love between your heart and the heart of the Earth, your Source (God), and the Love that You Are, being ONE in your heart. Breathe three times together. Now close your eyes as person A repeats after me...*

**a. I am centered in my heart, and feel the Love of my Being.**

*Breathe. Eyes Open. Person B, repeat after me...*

**b. We are centered together, heart to heart, in the Love of God.**

*Breathe. Eyes Closed. Person A...*

**a. I bring my energies into balance.**

*Breathe. Eyes Open. Person B...*

**b. We bring our combined energies into balance.**

*Breathe. Eyes Closed. Person A...*

**a. I awaken the energy of Unity Consciousness within me.**

*Breathe. Eyes Open. Person B...*

**b. We activate the energy of Unity Consciousness between and among us.**

*Breathe. Eyes Closed. Person A...*

**a. I ask for assistance from Spirit.**

*Breathe. Eyes Open. Person B...*

**b. We join together as our High Spiritual Selves.**

*Breathe. Eyes Closed. Person A...*

**a. I commit to working with you in unity.**

*Breathe. Eyes Open. Person B...*

**b. We join our thoughts and intentions with Spirit in service to the highest good.**

*Breathe. Eyes Closed. Person A...*

**a. We thank Father God for the gift of this experience.**

*Breathe. Eyes Open. Person B...*

**b. We thank Mother God for holding us in Love.**

*Now exchange roles and hand positions. The A's become B's, and vice versa. If you are in a group of two concentric circles, the outer circle will now be A's, and the inner circle B's. Repeat the meditation. Repeat all together after the second time through: **AND SO IT IS***