

# Meditation 1 – The Great Pyramid

DATE: April 1, 2008

TIME: 3 pm (several hours before sunset, your time)

“Here we stand at the Great Pyramid as the sun is beginning to set. Of the three pyramids, the Great Pyramid is by far the most extraordinary. We are gazing up at this most beautiful ancient structure. The exact height of the Great Pyramid is only a guess as the capstone is missing. Some say the capstone was a gigantic crystal. I look up to see a small opening a quarter of the way up. We all climb the 4 foot stones to reach this opening and begin to enter into the structure. The walls have been tunneled out as we get accustomed to the dim lighting within. We reach the low access way up to the grand gallery. I close my eyes my senses take in everything trying to feel what it was like with the Ancient ones. Slowly and hunched over, we climb through the first tunnel to the Grand Gallery. Upon reaching the Grand Gallery we stand in awe of the magnificent structure and also catch our breath. The excitement is building as we begin our climb up the ramps to the Kings Chamber. I look to the right and left and see the niches where the crystals were placed along the walls. We reach the top and again we duck and crawl under the huge keystones at the entrance of the Kings Chamber. Then we enter through the door way. I breathe deeply knowing that we are being accompanied by many unseen mentors and guardians. The sarcophagus is to the right and the room is perfect in its alignment. The ceilings seem to be about 15feet tall. We all take a place of choice to begin our meditation. The lights have gone out and it is pitch black yet I feel as though I am being held in the womb of Mother Earth. I begin breathing slowly and deeply, in and out. A swirling light appears and it is touching each one of us. We are all being connected. It swirls around and up through the top of the pyramid. I see a vision of the light coming out of the pyramid and going around the earth touching each one of you. I feel the connection to all of you and the connection to Mother Earth. The Sisterhood is standing behind all of us sending love and energy! I will keep this vision with me as a grounding vision as the Great Pyramid is also centered on the Earth. I close my eyes again and feel myself drifting up. Lighter and Lighter I feel. I feel a sense of peace and am full of joy. I am in the void, the dreamtime, where all things are possible. This is the place where we can activate our desires. This is the energy that will infuse us with the power to manifest. Breathing deeply, I continue to sit in this wonderful energy, in bliss... Slowly, I am aware of the others moving around me and realize it is time to leave. We have through our connections with each other and this ancient place, activated the energy for this sacred journey. I am so glad you have joined me for this meditation. I look forward to seeing you during other meditations while here in Egypt!”

In Spirit, Lynn

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