

Ascension Art by Diana Henderson

Mighty I Am Presence: Ascension's Light

Your Mighty I Am Presence is the highest light of your being. It exists in Oneness with the Almighty I Am (God) and holds all the energy of your perfection and Divine Truth. Its light spans out from the depths of your heart and from above you (12-55 or so feet up). This art print activates its protective energy as well as the Ascension Codes of Light being held for you. In meditation with this print, your I Am Presence, that unique expression of Light that is your Spirit's Truth, reaches out and down into the human consciousness to awaken and enlighten. It reminds you to be at peace and live in the Truth of the Light.

All symbols, colors, designs and vibrations in this art were guided by the I Am Consciousness and Christ Consciousness.

Meditation Practice Using This Piece of Ascension Art:

- ◇ Meditate (eyes open) on this drawing while holding it in front of you; open to the high-vibrational light emanating from it. Breathe or simply bask in its energy as you open the pathway to the higher rays. Imagine its light bathing your being both from within and above you.
- ◇ Focus on the center of this print as you affirm your Divine Truth and desires. A few examples: " I am my mighty I Am Presence building a field of Divine Protection for my home and my being. I am my I Am Presence awakening me to the Truth of my purpose. I Am my I Am Presence guiding me in every moment of my life and bringing all blessings to my being."
- ◇ After a few minutes of visual connection to the piece, meditate (eyes closed) while placing it face down on your heart chakra (if reclining).

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www.DianaHenderson.net

Please do not drive or operate heavy machinery while using this art print, and be sure to ground yourself fully after meditating with Ascension Art.