

# Ascension Art by Diana Henderson

## The Love Star

Imagine a luminous loving star consciousness constantly transmitting the frequencies of Divine Love in its glorious energies of the Sacred Heart Flames to every soul in existence. That's what this print represents.

All symbols, colors, designs and vibrations in this art were guided by the I Am Presence and the 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 gentle, loving light emanating from it. Breathe or simply bask in its energy as you open the circular emanations from the Love Star.
- ◇ Envision a smaller version of this image inside your heart radiating out through your chest and expanding into your body and mind. Imagine the threefold flame at the center (pink flame of Divine Love, blue flame of Divine Power, yellow flame of Divine Wisdom and Grace) expanding up into your brain to instill thought patterns of joy, harmony, and love to your mind. Imagine the pink light flowing up into your right brain, the blue light into your left brain and the yellow light into your center brain.
- ◇ 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 instilling Divine Love within my being." I am my I Am Presence clearing all thought and emotion that is other than harmonious and beneficial to my life."

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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.