

The Light Within

Guided Meditations

Katherine Plant



Figure 1 — Kathie at Callahan's Beach at sunrise

The meditations in this book were written by Katherine Plant.

The foreword, the chapter introductions, and the commentary are by
Stephen Weber.

All photographs are by Katherine Plant and Stephen Weber unless
otherwise noted.

Copyright © 2026 by Katherine Plant. All rights reserved.

The authors are glad to have this book shared. You are welcome to quote brief passages, and to reproduce short excerpts or a few pages, in reviews, articles, videos, talks, classrooms, and other commentary or educational settings, provided the book and its authors are credited. Please do not reproduce or distribute the work in whole, or in substantial part, for resale or commercial gain without prior written permission.

For permissions, or for any question about this book, contact Steve@BetweenHereAndThere.org.

First Edition, 2026

*Life is good and people are good, even when sad things
happen.*

Contents

Dedication	5
Foreword	8
Before You Begin	10
Chapter 1: Meditation to Channel Healing Energies from the Universe	14
Chapter 2: Meditation to Connect with Your Higher Self	24
Chapter 3: Meditation to Connect with a Deceased Loved One .	35
Chapter 4: Meditation to Heal Mother Earth	47
Chapter 5: Meditation to Reconnect with Your Partner	58
About the Author	68
List of Figures	71

Dedication

I dedicate this book to my mother, Diane — the first teacher of love I ever knew.



Figure 2 — Diane and Kathie, Ireland, 1986

Some lessons arrive in classrooms. The ones that matter most arrive at kitchen tables, in the thousand ordinary moments a mother spends showing a daughter what love looks like when it's lived rather than spoken. That was Mom's way. She taught me that love is not just something you feel but something you do — generously, consistently, and without condition. She poured that love into me so

completely that it became the foundation of who I am. I have a daughter of my own now, and everything Mom planted keeps growing, one generation into the next.

Mom left this world suddenly, far too young. I missed her every day, and my father was heartbroken in a way I had never seen. But if you've read the first book in the *Between Here and There* series, you know our story didn't end there. Not long after her passing, Mom came to me in a visitation — radiant, at peace, more beautiful than I had ever seen her — and answered the question every grieving heart asks: what do I have to do to be with you again? There is no religion on the other side, she told me. The Earth is a school we come to in order to learn to give love and to receive love. And then she gave me an assignment: tell others — especially your dad.

So I did. I brought Dad the love she had taught me and the message she had sent, and little by little it helped him find his will to be happy again. None of us knew then how much we would need that strength. When my twin brother, Tommy, was taken from us far too young as well, it was Mom's love — still flowing through our family — that carried Dad and me through the waves of grief and back toward the light.

This book — every meditation in it — is me still doing my homework.

Mom's spirit moves through every page. When I chant, when I sit in silence, when I open my heart to the place between here and there, I feel her gentle presence reminding me: give love, receive love, and let it flow in both directions — especially through the hardest seasons.

I love you, Mom. Always.

— Kathie

Foreword

These are Kathie's meditations.

She wrote every one of them, and for years she has been leading them — at our weekly gathering, in rooms of ten people and rooms of fifty, in her own voice, week after week. What you're holding is the written record of that work. The introductions are mine; everything that matters here is hers.

I want to say something about what these journeys actually do, because I've watched them do it.

Kathie doesn't write meditations to make people feel pleasant for a quarter of an hour. Every one of these is built to accomplish something. One takes you out to your own star in the Milky Way and asks you to help heal the Earth. One walks you up a lighthouse stair to a crystal temple where someone you have lost is waiting to speak with you. One asks you to lie down upon the Earth herself and breathe in time with her. One builds a bridge from your heart to your partner's, out of whatever material you like, and sends your love across it.

There is a particular quality in them that I have not found elsewhere, and it took me a while to name. Kathie asks permission. Before a partner's heart is approached, that partner's higher self is asked to allow the healing, if it serves the highest good. She will not impose a blessing on anyone,

not even in a meditation, not even for their own good. I think that tells you most of what you need to know about the person who wrote these.

They are also generous with the listener. Nobody is told what they ought to feel. Nobody is graded. The scripts are full of small kindnesses — the promise that you can recall an embrace whenever you think of the one who gave it, the reminder that you have enough love for both of you because love is limitless.

I have been in the room while these were read. I have watched people arrive carrying a great deal and leave carrying noticeably less. I have seen what happens in a room when a person hears, in the middle of a guided meditation, that the one they have been grieving is still with them. Whatever else is true, something real happens.

If you have this book in your hands, you are holding work that took years, and a practice that has helped a lot of people.

Kathie, thank you for writing them.

— Stephen Weber

Before You Begin

If you have never meditated, this book will still work for you. That isn't encouragement; it's the plain design of the thing. But a few pages of orientation will make the journeys ahead easier, so here they are.

What meditation actually is

Meditation is giving your attention one thing to do.

That is nearly the whole definition. The rest is detail. Most of us spend our days with attention scattered across a dozen open worries at once, and the practice of meditation is simply the practice of gathering it — onto the breath, onto a word, onto a candle flame, onto a voice. When the attention gathers, the body follows. The shoulders come down. The breathing slows. And a mind that has been running its worries on a loop gets, for a little while, a different job.

People imagine that meditating means having no thoughts. It doesn't, and nobody does. Thoughts will arrive the entire time. Noticing that your attention has wandered and bringing it back is not a failure of the practice — it is the practice. If you come back a hundred times in fifteen minutes, you have done a hundred repetitions, and that is a good session.

Where it came from

This is not new, and it does not belong to anyone.

Sitting quietly with gathered attention has been practiced for thousands of years, on every continent, inside nearly every religion and outside all of them. The Hindu and Buddhist traditions built vast systems around it. Christian monks practiced contemplative prayer. Jewish mystics, Sufi orders, and Sikh dawn recitations all rest on the same human discovery: that a mind given one thing to hold becomes quieter, and that something worth having lives in that quiet.

What changes across the centuries is mostly the name. In the 1970s it arrived in American living rooms as relaxation tapes and biofeedback machines, wearing medical clothes because that was the door the culture would open. Today it is called mindfulness and turns up in hospitals, locker rooms, and classrooms. Same practice. New name. Every generation gets the version it is ready for.

What makes a guided meditation different

A guided meditation is a voice that walks ahead of you.

Instead of sitting in silence and trying to manage your own attention, you listen. The voice tells you where to place your attention, and then where to place it next. It hands your mind a task at every moment, so there is far less room for the mind to wander off — and when it does wander, the voice is still there when you get back.

That is why it is the door most people can actually walk through. The hardest part of ordinary meditation is doing it alone; a guided meditation removes exactly that difficulty.

And it can carry you somewhere. A guided journey has a destination, an arrival, and something to bring home.

How to practice these

Find somewhere you will not be needed for a while. A chair, a couch, a bed, a mat on the floor — none of it matters as much as being undisturbed.

Sit or lie however you are comfortable. There is no correct posture. If sitting upright keeps you alert, sit. If lying down lets you release, lie down, and accept that you may occasionally fall asleep, which is not a failure either — it usually means you were tired and your body took what it needed.

Close your eyes if that feels right. Turn off what can be turned off.

Then simply follow the voice. Do not evaluate how you are doing. Do not check whether you are feeling what you are supposed to feel; there is no supposed to. Some journeys will move you enormously, others will leave you unmoved, and the same journey can do both on different days. Take what comes.

If at any point you would rather stop, or open your eyes, or set your attention on your feet on the floor, you are free to do that. Nothing here should ever feel like an obligation.

And please do not listen while driving.

Listening rather than reading

Every meditation in this book has been recorded, and you can listen to them free of charge at:

www.betweenhereandthere.org/meditations

If you are listening for the first time, it can help to follow along on the page — you will catch more, and the shape of the journey will be clearer. After that, put the book down. Reading while you listen keeps part of your mind at work when the whole point is to let it rest.

The written versions are here so you can lead them yourself, or lead them for someone else — and so you can see how they are built.

If you want to go further

This book is a companion volume. The full treatment of everything sketched here — what a mantra is and why repeating one works, the many forms meditation takes, the anatomy of how a guided meditation is constructed, and how to write one of your own — is in *Mantras, Meditations and Good Vibrations*, the third book in The Place Between Here and There series.

You do not need it to use this one. But if these journeys do something for you and you find yourself wanting to know how they work, that is where to go.

For now, all you need is a quiet place and a little time.

Chapter 1: Meditation to Channel Healing Energies from the Universe

Every meditation Kathie writes starts with something she believes down to her bones, and this one starts with the biggest belief of all: that you are not small.

I've shared with you, across two books now, what I was shown about our connectedness — that everything has a spirit, and that the Creator and the creation are one. Kathie didn't need a coma to learn that; she's carried it her whole life, and it may be that this meditation is what that knowing looks like when she puts it to work. From her perspective, a human being isn't a bystander to the universe. A human being is a conduit — a bridge between the Heavenly realms and the Earthly one — and most of us simply never get the news.

So she delivers it. This meditation seats you on your own small star in the Milky Way, opens the crown of your head like a portal, and puts you to work doing something most people have never once considered themselves qualified to do: healing the Earth. Archangel Michael appears in it — regular readers will remember that Saint Michael is one of the heavenly beings Kathie has prayed with all her life, one of the ones who, as she tells it in the original book, always answered. When she wrote him into this meditation, she wasn't reaching for a dramatic character. She was writing in

a friend.

What I love most about this journey is the turn it takes near the middle. The Earth shrinks to the size of a basketball and comes to rest in front of your heart — and from that vantage, you're shown what I believe I was shown in the place between here and there: the connectivity of all things. One consciousness. A singular heartbeat. When Kathie leads this one live, you can feel the room arrive at that moment together.

Is it a lot to take on faith — angels gathering, energy circling the globe, your breath mattering to the whole? It may be. I can't prove any of it, and I won't pretend otherwise. But I'd offer you this: even if you set every metaphysical claim aside, fifteen minutes spent feeling boundless love for every being on Earth will change the way you walk back into your kitchen. From what I was shown, it changes more than that.

What Happens in This Meditation

This journey begins somewhere unexpected: seated on your own small star inside the Milky Way, not looking at the galaxy but living in it, with the whole spiral turning around you. Kathie holds you there until the awe settles, then asks for the deepest breath you have ever taken.

The angels arrive next — first as a scattering of glowing orbs, then multiplying until they fill the galaxy and your

sight widens past it into millions of others. They have come for a reason, and Archangel Michael gives it: they are concerned for the Earth, and they are inviting you to take part in healing her.

Michael then teaches you the work. You open the crown of your head and breathe Universal love down through a pillar of light running from above your head to below your feet, lighting each energy center on the way, until you have become a conduit between the heavenly realms and this one.

Then the Earth comes toward you and shrinks until she is the size of a basketball, turning slowly in front of your heart. You gather Heaven's love on each inbreath and send it out over her as healing light, until your heartbeat and hers keep the same time.

What This Meditation Can Do for You

Let me start with the ground floor, because it is real even if you believe nothing else in this book: fifteen minutes of slow, deep breathing and sustained loving attention will calm your body. Your shoulders come down. Your thoughts stop sprinting. That alone is worth the price of a chair and a quarter of an hour.

But Kathie is after something much bigger, and I think it's worth naming plainly. Most of us carry a low-grade ache about the state of the world. We watch the news, we see the suffering, and the honest feeling underneath is helplessness

— the world's pain is enormous and I am one person. That feeling doesn't just hurt; it slowly teaches us to look away, because caring about what you cannot change is exhausting. This meditation makes the opposite claim, and — more important — it lets you rehearse the opposite claim. For fifteen minutes you are not a spectator to the Earth's troubles. You are given a job, a posture, and a breath that matters. Whatever you conclude about the metaphysics, something in you remembers what it felt like to have somewhere to put your care. In my experience, that memory follows you around.

There is also the matter of the view. The handful of human beings who have seen the Earth whole — hanging in space, borderless, one blue thing — have often described coming home changed by it, more protective of the planet and less patient with our divisions. Kathie's meditation borrows that seat for you. And she goes one step further than the window of a spacecraft: she shrinks the world until it fits in front of your heart. I don't think that image is decoration. Something the size of a basketball is something you can love specifically — the way you love a child, not the way you love a concept.

And beneath all of it runs the claim my first two books circled again and again: that everything is connected, that the Creator and the creation are one. I was shown that in the place between here and there, and I have spent years trying to carry it in ordinary life, which is harder than being shown

it. This meditation is the closest thing I know to a practice of that truth rather than a memory of it. If you spend fifteen minutes a week being a conduit — even provisionally, even as an experiment — you will start to act like one. You become gentler with people. You pick up the piece of trash. You feel, walking through an ordinary day, faintly on assignment. From what I was shown, that feeling is not pretend.

A Few Words Worth Listening For

Every writer has words that carry more weight than the sentences around them, and Kathie is no exception. Let me point out a few, so you catch them going by.

The first is *conduit*. Notice what that word does not ask of you. A conduit doesn't generate anything; it lets something pass through. Nothing in this meditation asks you to produce healing out of your own reserves, to be wise enough or pure enough or advanced enough. The love comes from above; your whole job is to not block the pipe. If you have ever felt unqualified for spiritual work, that one word is Kathie's answer, and I'd encourage you to take it personally.

The second is the pillar vocabulary: *crown chakra*, *earth star chakra*, *heart center*. If those terms are new to you, here is the map — the crown as the skylight where Heaven's light comes in, the earth star below your feet as your anchor into Mother Earth, the heart center as the workshop where love is

gathered and sent. But here is the good news: you do not need to master the map. The images in the script — the portal, the pillar, the pooling light — will carry you whether or not you could pass a quiz.

The third is a single sentence, spoken almost in passing near the middle: *everyone is doing the best they can, with the awareness they have*. Of everything in this meditation, that is the line I most hope you carry back out. It does not excuse what people do. It explains it — and the explanation dissolves something. Try holding that sentence up to the most difficult person in your life and feel what happens to your judgment of them. Awareness grows, in every soul, at its own speed; what that sentence offers you is patience in the meantime.

And one last thing to listen for, near the very end. Through the whole journey, Kathie speaks to *you* — you are seated on the star, you are the conduit, your heartbeat matches the Earth's. Then, in the final lines, the word changes: *we* must take care of one another; *we* breathe as one. She isn't guiding anymore. She has stepped off the podium and is standing beside you, one more soul on the little blue basketball. The meditation's whole teaching — that there is no them, only us — happens one final time, quietly, in the grammar.

Find a comfortable seat. Kathie will take it from here.

The Meditation

We will begin by getting into a comfortable position. You can sit in a chair or lie down on a mat. Inhale deeply, and as you exhale, feel your body becoming more relaxed. Take several long, deep breaths, and for 15 minutes, let yourself escape physical reality and travel to the spiritual dimensions. Imagine that you are sitting on your own small star in the middle of our magnificent Milky Way Galaxy. You can see the sparkling spiral of life filled with twinkling stars, majestic planets, our nourishing central Sun, and our beautiful home, Mother Earth. The beauty is so overwhelming that you are in a state of deep and emotional awe. You look all around and feel a part of all of creation. There is a feeling of total peace coming over you. You can feel the divine Universal energy surround you. It is so loving and so healing. You take the deepest inhale you have ever experienced and take all of the magic before you into your soul's essence. Just then, you feel an intense acceleration of the Universal energies. You enter a higher vibrational state and experience a bliss you have never felt before. You are now at the vibrational frequency of the angels. It is such a feeling of love and light that you are completely overwhelmed by the intensity. Suddenly, you notice thousands of glowing orbs all around you. As they get closer, you can see that they are angels – beautiful and loving angels. They keep multiplying and multiplying and take up all of the space of the galaxy itself. Their presence further

upgrades your consciousness, and you can now see past our galaxy and into infinity. As clear as day, you can see millions of galaxies, each with their own angels and galactic ascended masters. Their love and compassion for you, for all beings, for Earth, and for our galaxy is evident. They want to tell you something.

A beautiful and large angel comes forward. It is Archangel Michael, and he is the highest being in all of the angelic realms. He is the most impressive sight you have ever seen. He tells you that the angels have gathered because they are concerned for Earth. They see and feel the pain and the suffering. They have gathered to offer help. They invite you to partake in a global healing for humanity and Earth, and instruct you as follows: Imagine the crown of your head is a portal to the angelic healing realms. With each in breath, see and feel all of the Universal love pouring into the energetic pillar that connects your crown chakra at the top of your head – your connection to Universal consciousness - all the way down to your earth star chakra, which is below your feet – your connection to Mother Earth. Feel the love and healing from all the angels, ascended masters, and God consciousness, slowly descending into your crown and slowly and powerfully illuminating and activating each chakra. One by one, each breath enlivens and activates your energetic body making you a powerful healing conduit between the Heavenly realms and the Earthly realm. In this moment, you possess enormous healing potential – potential to shift the mass consciousness of the Earth and its

inhabitants from one of fear, hate, pain, and anguish, to one of love, light, healing, and abundance. Archangel Michael makes a motion, and the Earth is now approaching you. It diminishes in size until it is the size of a basketball. It stops right in front of your heart center. As it slowly rotates, you can see its captivating beauty – the oceans, the rivers, the lakes, the forests, the natural wonders, and the man-made wonders, but most of all you can see all of the divine humans and animals. You are awestruck, as your laser focus allows you to notice something you never noticed before. There is a connectivity of all things.

Everything has a consciousness, but together, there is one consciousness – a singular heartbeat, a singular purpose. The purpose is to love, to grow as souls – individually and collectively. You now feel a tremendous amount of love for all beings on Earth – no matter at what spiritual level they vibrate. You become aware that everyone is doing the best they can, with the awareness they have. In that moment, you feel nothing but love for all. Archangel Michael asks you to send your healing energy to the Earth. He states that with each inbreath, collect as much Heavenly love and light into your heart center, and with each out breath, exhale healing rays from your heart center onto the Earth sitting before you. You take long deep in breaths, and you can see swirls of energy entering your crown and filling up your heart center. These Universal energies connect with your beautiful energies and form a most powerful healing energy capable of wondrous transformation. During your outbreaths, you can

see this healing energy encircling the Earth, healing all beings and the Earth itself. You have the power within you to raise all individual consciousnesses and the global consciousness and affect a global awakening – a new world – a world in which love predominates and everyone lives in harmony, knowing their blessed connection. You continue to create this powerful healing energy by combining Universal energies and your own divine heart energies and encircling the Earth. The Earth is now covered in love and light, and you can see the upgrading of global energy. Your heartbeat starts to match the heartbeat of the Earth. This connection is what life is about. It is the Universal truth. We must take care of one another. We are connected. We have come to Earth to share this lifetime together and to bring each other into higher levels of individual and collective consciousness. It

seems so simple, but it is something that eluded you before now. We breathe as one, our hearts beat as one, because we are one.

Chapter 2: Meditation to Connect with Your Higher Self

If this book has a beating heart, it's this chapter. In *The Lessons Learned* I devoted a whole lesson to the higher self — that larger part of each of us that remains in spirit, guiding the portion of us that's down here doing the homework — and I promised you then that this book would show you how to make the connection yourself. This is the meditation I had in mind when I made that promise.

Kathie's perspective on the higher self is beautifully practical. To her, your higher self isn't a distant supervisor filing reports on you. It's you — the most ascended, most complete version of you — and it has been waiting your whole life for you to turn around and say hello. She built this meditation to arrange exactly that introduction, and she furnished the meeting place with care: a lush green field, majestic trees, flowers in colors that don't exist down here, music coming from everything, a ring of angels standing guard so you feel safe enough to let go.

And then comes the moment the whole journey is built around. A magnificent being approaches in a regal violet robe, and you feel that you've known them before — because you have. It's you. I won't say more than that; the meeting is yours to have, not mine to describe.

I'll offer one piece of guidance from my own practice. The first time through, some people feel the meeting vividly, and some feel almost nothing and worry they've failed. You haven't. I believe the higher self is patient in a way we can barely imagine — it has, after all, been patient with us since before we arrived here — and this is a meditation that deepens with repetition. The tenth visit is not like the first. There's also a small physical instruction tucked into Kathie's opening — a hand position called Gyan Mudra — and I'd encourage you not to skip it. It may seem like a small thing, thumbs and forefingers touching. So does turning a key.

One more note, and it's the reason this chapter sits at the center of the book: everything else in these pages — the healing, the reconnecting, the grief work — flows more easily once this particular friendship is established. If you only have time to practice one meditation this month, I believe it should be this one.

What Happens in This Meditation

This journey has two halves — a cleansing and a meeting — and the first half is doing more than it appears to be.

It begins with your attention at the third eye and, if you like, your hands in Gyan Mudra. Then the cleansing: a pillar of light runs through you from crown to soles, and with every breath white light pours in from above and flushes downward, carrying out whatever no longer serves you and

giving it to Mother Earth, who transmutes it. Breath by breath the pillar brightens.

Only then, cleansed and light, do you travel. You arrive in a field — impossibly green grass, great trees, colors that don't exist here — and discover that the music you're hearing is coming from the field itself. Everything there vibrates, and the vibration is song.

Angels gather at the edges, and a figure in a violet robe comes toward you. You feel you have met before, and you have: it is your higher self. What follows is less a vision than a conversation, ending with the counsel to forgive yourself and others, and the assurance that you have a team in spirit waiting to be called on.

You fly home like an eagle, and find that the light in your pillar has spread out into your aura.

What This Meditation Can Do for You

Begin with the second half of that opening breath work, because it addresses something almost everyone carries: the sense of being not quite acceptable as-is — too anxious, too far behind, too marked by what we've done or failed to do. The cleansing pillar is Kathie's answer, and notice its theology: the light doesn't make you divine. It returns you to divinity that was already yours. Fifteen minutes of imagining that, with the breath making it physical, does something that positive self-talk alone never quite manages.

Then there is the meeting itself, and what it quietly does to loneliness. I've come to believe loneliness has two layers — missing other people, and something deeper: the suspicion that no one, anywhere, fully knows us. This meditation goes at the deeper layer. The higher self is the one being in existence who has seen every moment of your life from the inside and looks at you, after all of it, with those clear and wise eyes full of love. To sit across from that gaze, even in imagination, even once, changes what you believe you deserve. And the "team in spirit" teaching extends the remedy into ordinary days: you are never operating solo, and asking for help — through prayer or meditation — is not weakness but protocol.

The forgiveness passage may be the most practically useful thing in the chapter. Regret is usually a locked room: what's done is done, and we pace inside it. Kathie's script offers the one key that actually turns — the reframe that every experience, including the ones you'd give anything to redo, is part of the road that delivered you to your awakening. I'm not saying that reframe is easy to accept. I'm saying that when it lands, even partially, the room opens, and people walk out of it who have been pacing for decades.

And finally: this meditation compounds. I told you above that the tenth visit is not like the first, and here is what I mean. The field stays where you left it. The face becomes familiar. What begins as a guided visualization becomes, over months, something closer to a standing appointment —

and the confidence, the protected feeling, the sense of a hand on your shoulder start showing up in your regular life uninvited, which is exactly where you want them.

A Few Words Worth Listening For

Higher self is the word this chapter turns on, and it has a longer pedigree than most people suspect. The ancient Vedanta tradition of India spoke of the Atman — the divine self that lives beneath the personality, unchanged by anything that happens to the body. Ralph Waldo Emerson, writing in New England in 1841, called it the Over-Soul, the greater self within each of us that is continuous with the divine. The modern term "higher self" came into common use through the spiritual movements of the late nineteenth century and has been the standard word ever since. Kathie's contribution, to my ear, is that she de-mystifies it: her higher self isn't a doctrine, it's a someone — patient, personal, and waiting to be visited.

Third eye and *Gyan Mudra* both come from the yogic traditions. The third eye is the energy center between the brows — the seat of intuition, the place you're asked to rest your attention at the start. A mudra is a hand position understood to seal or direct energy; you've seen mudras your whole life without the name, on the hands of every statue of the Buddha. Gyan Mudra — thumb and forefinger touching — is the gesture of knowledge, which makes it the right key for a meditation whose destination is wisdom. Neither

requires any belief to try.

Listen, too, for the line *spiritual beings having a human experience*. It's a touchstone phrase in spiritual circles the world over — often attributed to the French priest and scientist Pierre Teilhard de Chardin, though no one has ever quite pinned it to his pages, so I'll simply call it beloved and leave the credit open. What matters is the reversal it performs: you are not a body hoping it has a soul. You are a soul, temporarily enrolled in a body.

And notice the last image before you open your eyes — the rainbow hidden inside the white light of your aura. White light, passed through a prism, was every color all along. I don't think Kathie chose that physics by accident.

The Meditation

I invite you to sit comfortably, in a chair or in a crossed-legged position, on the floor or on a yoga mat, or to lie down while doing this meditation to connect you with your higher self. Make any adjustments to ensure a comfortable position that you can maintain for ten minutes, because stillness is beneficial for going within and connecting to your divine inner spirit. If it is comfortable for you to do so, please close your eyes and focus on the third eye, located in between your brows. This is the seat of your intuition and helps connect you to your inner guidance system. If you would like to use a mudra, which is a hand position that creates an energetic frequency, I invite you to use one called Gyan Mudra, in which you place your hands on your knees, or by your sides, palms facing up, with your thumbs and pointer fingers touching and the rest of your fingers straight. We will begin by taking several deep cleansing breaths. Imagine that inside of your body is a pillar that runs from the bottoms of your feet all the way up to the crown of your head. When you take these cleansing breaths into your body, imagine a divine white light coming into the crown of your head, flushing out any negative thoughts, harmful memories, low-vibrating energetic frequencies, damaged cells, and whatever no longer serves you. See these destructive impediments getting pushed down your pillar and out through your feet into Mother Earth. Mother Earth is a powerful living force that can transmute these negative

energies to positive.

Continue taking these slow deep cleansing breaths, each one gently descending down your pillar and causing all the dark energetic forces to be eliminated and transmuted. With each breath the divine white light within your pillar becomes more radiant as it overflows with divine love from the magnificent universe. See this healing energy magically return your body to its divinity, as we are all beautiful and perfect spiritual beings having a human experience. As you continue to take in this cleansing and healing energy, you will start to feel weightless and connected to your inner divine spirit. Now that your body is in its divine state, while continuing to take long deep breaths, imagine that this higher state of consciousness allows you to travel across the ethers to a realm of even higher consciousness. You find yourself sitting in a lush field of the greenest grass you have ever seen. There are majestic trees, in the most amazing shapes and sizes, sporadically situated in the field. Choose one to sit under. As you look around at this new heavenly environment, you start to notice all the beautiful flowers – flowers that you have never seen before, in colors you have never seen before, and they emit the most glorious scents that you have ever experienced. You begin to notice that there is a melodious sound that is coming from all around. You realize that this sound is coming from everything around you. Everything in this ethereal place actually vibrates with a mesmerizing frequency that creates music more tantalizing than any sound that you have ever heard. As

you are sitting under the tree you also notice that everything is emitting love to you. Love is all around you. You gaze into the distance and you realize that you can see for what seems like miles and miles – stunning blue skies with shimmering white puffy

clouds. You squint a little bit because you notice that there are dazzling flickering lights surrounding your periphery. They are coming forward and you begin to feel intoxicated by their uplifting and loving energy. As they get closer, you see that they are all angels, the angels of Heaven, and they are surrounding the field, creating a protective ring around you. You feel so much love, almost too much to bear. They do not speak, but you somehow understand that they want you to meet someone, and that someone is approaching you. It is a magnificent being, in a regal violet-colored robe. You feel so much love from this being as you look into their clear and wise eyes. You feel an immediate upgrading of your energy in the presence of this amazing being, and you also feel a familiarity, like you have known them before. Suddenly, you realize that this being is you. This is your higher self, the most ascended and perfect entity you have ever known. Your higher self places a hand on your shoulder and imparts new wisdom to you, letting you know that while you are having your human experience, he or she is always with you, and that with your positive thoughts, you can be healthy, safe, successful, confident, courageous, and strong, and that all your experiences on Earth have been grand and wonderful, as they have led you to this moment of

awakening to your light. You need to forgive yourself and others for any negative experiences, because all that you have done has brought you to this one moment in time – the moment that you learn of your divinity. This is the most important moment of your life. Your higher self lets you know that you always have a team of divine beings and angels surrounding you and looking to connect with you and guide you. You just have to call on them, through meditation or prayer. In that moment, you feel all their love and light accelerating in a beautiful swirl of white protective light

around your pillar. Your higher self tells you that this energetic protective barrier is staying with you as you return to your human experience. Nothing has ever felt more real and amazing to you. Your higher self-embraces you and lets you know that the time has come for you to return to Earth and be the divine beautiful spirit that you are, because the future of humanity lies in everyone's remembrance of their divinity. You are a powerful creative being that will always retain healing abilities – abilities that work not only on yourself and others, but for all beings and on the planet itself. Further, you can always call on your higher self and the angels whenever you desire. They are your team in spirit. Just then, you become light again and travel across the ethers, soaring like an eagle, scanning the glorious Earth below. You feel powerful, because you are. You land on your mat or chair and return to your physical body. As you ground yourself back into this human existence, continue to take deep breaths. Your pillar is still filled with the white

light, but you notice that now the light has expanded all the way into your aura creating dazzling rays of white light that, upon closer inspection, contain all the colors of the rainbow. You smile and realize that is the gift promised by the angels. You did take it with you. You are divine, and all will be well because you now remember your divinity and the powerful being that you are.

Chapter 3: Meditation to Connect with a Deceased Loved One

I need to tell you where this one comes from, because I believe it's the most personal thing Kathie has ever written.

You read the dedication at the front of this book. Kathie lost her mother, Diane, suddenly and far too young, and not long after, she lost her twin brother, Tommy. Two of the deepest soul connections of her life, gone within a handful of years. Grief like that either closes a person or opens them, and in the original book Kathie shared what it did to her: she read everything she could find about the other side, she begged her mom for a sign — and her mom, who had always promised she would send one, kept her word. The visitation Kathie received, resting on the couch after the funeral, is told in her own words in the original book, and its lesson — that we come to Earth to learn to give love and to receive love — became the spine of everything we've written since.

This meditation is Kathie handing that experience to you. Not the story of it — the experience. She can't promise you a visitation; I don't believe anyone honestly can. What she can do is build the meeting place and walk you to the door: a beach whose sands glitter like stardust, a lighthouse with a spiral stair, and at the top, a crystal temple where a golden orb resolves into the one you've been missing. The words your loved one speaks in this meditation are words Kathie

needed once — I am still with you; let go of the grief but keep the memories; be happy, at any cost — and I'd wager she wrote them by remembering what it felt like to hear them.

If your loss is fresh, be gentle with yourself here. Have tissues nearby; there's no shame in it — I've never once made it through this meditation dry-eyed, and I've had plenty of practice. And if the grief is heavy enough that you're struggling to carry it, please hear me say what Kathie would say: this meditation is a comfort, not a treatment. Grief counselors are angels of a different kind, and seeing one is an act of strength.

Regular readers will notice, partway through, a familiar sentence about life being good even when sad things happen. It was true on the first page of the second book. I believe it's true here, in the hardest room of this one.

What Happens in This Meditation

This journey begins by trading weight for light. Three long sighs, the body sinking toward the Earth, and then a breathing pattern found nowhere else in these meditations: breathe in spiritual power, breathe out physicality. Kathie says plainly why — the place you are going cannot be entered by physical beings — and breath by breath your body becomes translucent.

Then you are standing on a beach that is not of this world: white sand with energy in every grain, water that seems to sing as it reaches the shore. A path of marble steppingstones leads to a lighthouse with its door already open, and a spiral staircase inside carries you up, each step lifting you to a higher vibration.

At the top is a temple of quartz crystal — white, pink, purple — with statues of saints and angels and light moving on the walls. You sit in a violet chair and you wait.

A golden orb appears and grows to your own size, and your loved one is standing there. They sit with you and they speak. Then comes the embrace, and a promise made inside the script itself: you will be able to recall it, back on Earth, whenever you think of them.

You walk down the stairs, rest a moment on a bench by the water, and return.

What This Meditation Can Do for You

Grief, for most of us, has nowhere to go. The person is gone; the love isn't; and the love keeps reaching for someone it can no longer find. Every ritual humanity has ever built around death — the graveside visit, the candle, the framed photograph — exists to give that reaching love a destination. This meditation is such a destination, and an unusually generous one: not a stone with a name on it, but a meeting place, furnished and waiting, that you can reach in fifteen minutes from any chair in your house.

It helps to know that the wisdom about grieving has changed in Kathie's direction. For much of the last century, the accepted goal of mourning was detachment — "letting go," closing the door, moving on. Those who study bereavement have since largely reversed themselves: the healthy pattern, they now say, is a continuing bond — an ongoing inner relationship with the one who died, carried alongside a full life rather than instead of one. Notice that this is exactly the settlement Kathie's script negotiates. Let go of the anguish; keep the memories; talk to me. Nothing in this meditation asks you to release the person. It asks you to release the pain, and it treats those as separable — which, I've found, is the single most liberating idea a grieving heart can be handed.

There is also the matter of permission. Many grieverers are secretly stuck on a question they're ashamed to say aloud: am

I allowed to be happy again? To laugh, to love someone new, to enjoy a meal without guilt? In this meditation, the answer comes from the only voice with the standing to give it — the loved one themselves — and it could not be less ambiguous: be happy, at any cost. I have watched that permission land on people like a key turning. Whatever you believe about where the words come from, hearing them in your loved one's remembered voice reaches a place that a counselor's reassurance, however wise, sometimes cannot.

And the embrace deserves its own mention, because it is a tool you keep. Kathie deliberately anchors the feeling of that heart-to-heart moment so you can return to it at will — eyes closed, one deep breath, there it is. Grief tends to ambush; now you have something to reach for when it does.

A Few Words Worth Listening For

The first word isn't in the script at all — it's the one this book's series uses for what happened to Kathie on the couch after her mother's funeral: *visitation*, never "dream." The original book is careful about the distinction, and it matters here. A dream is something your sleeping mind assembles; a visitation, as Kathie experienced it, arrives — vivid, coherent, and more real than waking, in that half-awake borderland where the veil is thinnest. People who receive them almost universally report the same thing: this was different, and I know the difference. Such experiences are among the most commonly reported of all spiritual events — those who study bereavement have catalogued them in the thousands — and if one ever comes to you, this chapter will have taught you its name.

Listen for the apology: *I am so sorry that I hurt you*. Notice who is apologizing. In life, it's the living who rack up guilt toward the dying — words unsaid, visits not made. Kathie reverses the ledger. The departed one apologizes for the pain their leaving caused, asks nothing, and forgives everything. If you carry guilt about a death — and nearly everyone does, deserved or not — attend closely to how weightless this conversation is. That weightlessness is the lesson.

Notice, too, where the meeting happens: a *lighthouse*. Of all the buildings Kathie could have set on that shore, she

chose the one whose entire purpose is to send light to people lost at sea, so they can find their way home. And the spiral staircase inside it turns climbing into the meditation's own teaching — you rise, level by level, vibration by vibration, because that is how one reaches the departed: not by digging down into grief, but by lightening upward toward where they are.

And when the familiar sentence arrives — *life is good, even when sad things happen* — you'll know it now for what it is: the epigraph of this book, the closing truth of the second one, and Diane's own curriculum, spoken back to you in the voice of whoever you came to that temple to see.

The Meditation

I invite you to get into a comfortable position, either sitting in a chair or lying down. Let out a big sigh and feel the weight of your physical body descend into the Earth. Sigh out two more times, and release all of your burdens. I would like you to imagine that you are the most relaxed you have ever been in your life. As you inhale, imagine the air coming into your soul is spiritual power, filling up every cell of your body. As you exhale, imagine the air coming out of you is your physicality. Breathe in spiritual power and breathe out physicality. We will do these three more times, each time powering up your spiritual self, and eliminating your physical density. You are preparing to take a journey to a wondrous place. Physical beings cannot go to this place, but the inhalations of spiritual power and the release of physical density will allow you access for a moment. Breathing out for the last time, you experience an amazing lightness. You look at your body, and while it is like your physical body, it is now translucent and glistening. It is a most incredible feeling, because you feel only love and light. You take a moment and enjoy the feeling of this complete and utter calm, as it is like nothing you have ever known. Suddenly, the scene around you changes. You are on the shore of an enchanting beach. It is not like any beach you have ever seen. You can tell that this beach is in a realm of higher vibrational frequency. You sense that you must be somewhere in the Heavens. The sands are white and glitter

like stardust. They envelop your feet as you walk, and you can feel energy in every grain. It feels so delightful and nourishing. The water is a dazzling light translucent blue color, and it seems to be singing as the gentle waves lap at the shore. This is truly a magical place.

There is a pathway to your right, made of large marble steppingstones, which leads to a beautiful stone lighthouse. You innately know that the reason you are here is to go into this magnificent tower. The ornate wooden door is open, so you walk right in. It is an enchanting entryway, with a grand spiral staircase that calls you up. As you are no longer physical, you feel only elation and joy as you ascend the many steps. With each step, you feel even more light, as you reach higher states of vibration with each elevation. A building sense of excitement permeates every photon of your light body as you reach the top step. You know something really extraordinary happens at this level of awareness. Before you is a small decorative door that has bright white light pouring in from its sides. You open the door and find yourself in an exquisite crystal temple. You scan the temple and are in complete awe of the majesty. There are millions of luminescent and energetic white, pink, and purple quartz crystals on the walls and in the ceiling, and there are mesmerizing statues of saints, angels, and ascended beings. Light and sound dance all around you. It feels so good to be there. You are compelled to sit in the violet velvet chair in front of the exquisite large archangel statue at the center of the temple. You let out a big sigh and breathe in all the

spirituality that emanates from this glorious place. As you sink into a wondrous feeling of peace, a golden orb appears before you. It vibrates in ever increasing pulses until it is as large as you are. You feel like you are in the presence of all the love in the Universe. Suddenly, your dearest departed loved one stands before you, glowing and magnificent, with so much love emanating from them. You can tell from their radiant appearance that they are happy, calm, and completely at peace. Nothing can make you happier.

They sit down and tell you that they have a few moments to spare, and they are so elated that you came to visit. With love in their eyes, they say, “I know you miss me. I miss you too. You need to know that I am still with you, and I will be with you forever. Our souls were connected before Earth life, and they will be connected after Earth life. I know that, at this time, you cannot understand why I had to leave, and I am so sorry that I hurt you. All will be revealed and make sense in time. I promise you that. Keep thinking of the wonderful times we shared, and please let go of the grief and the pain. You need to know that whatever happened in our lives was meant to happen – good times to celebrate, and bad times to grow as souls. Where I am now, there is no remorse, no regret, no hurt. I live in a place of love. But you can have that too. Love is the answer to everything. I beg you to take that into your heart right now. I beg you to keep our precious memories, but free yourself of anguish. I so badly want you to be happy. I so badly want to see you be the most magnificent person that you can be, because that is why you

came to Earth. Know that I will be your biggest cheerleader, your own personal angel. I want you to do things that make you joyful, at any cost, even if that means having another child, wife, husband, friend, dog, or cat to love. Everything is okay. Everything! I want to see you experience and live your divinity, so that you can make your life, our lives, matter. You have everything you need in your soul to do that. You are a divine being of love and light. Shine that beauty into the world, and after your life mission is complete, I will be waiting for you to celebrate the wonderful life that you lived and the incredible soul growth that you experienced. I love you so so much – much more than you can ever know. And, please talk to me, I hear every word you say, and I love hearing from you.”

Just then, your loved one embraces you. For that moment, you can feel the physical sensation of two bodies embracing, heart to heart, and you know, by the love and glory of this divine union, that you will be able to remember this feeling forever. When you think of your loved one, while you are back on Earth, you will be able to close your eyes, breathe deep, and recall this beautiful embrace. Your loved one tells you that it is time for them to return to their heavenly dimension. You do not feel sad, however, because instead you feel a tremendous upliftment. The weight of grief you were holding onto has been lifted, and you are excited to return to Earth and make your loved one proud as you become the best you that you can become. As they fade away, you take one last look around the temple. It is so

beautiful, but you are going back to a beautiful place too. You learned the truth – that love is the most important of all, that life is good – even when sad things happen – and that life is eternal, and soul connections never end. You are completely at peace. You walk down the spiral steps and out the lighthouse door. The beach looks even more beautiful now than it did before, as if that is even possible. You walk down the beach and notice a wrought iron bench. You sit down, close your eyes, and take several long deep breaths. As you do this, you feel the physical sensations coming back to you, except now you do not have the burden of grief, anxiety, and worry. You feel like the being of love and light that your loved one said you were. You take three more long slow breaths and awaken to the reality that all is divine, and your loved one is your most beloved angel, always with you, guiding you, and cheering you on.

Chapter 4: Meditation to Heal Mother Earth

Lesson 1, from the second book: everything has a spirit. Not just people. Not just animals. Everything — and Kathie would tell you that the biggest spirit in the neighborhood is the one we're standing on.

Her relationship with Mother Earth is not an abstraction. This is a woman who finds saints' prayer cards on hiking trails, who has spent her life outdoors with dogs and gardens and shorelines, and who talks about the Earth the way you'd talk about a beloved grandmother who has been working too hard for too long. That's precisely the picture this meditation paints: a mother who keeps providing — food, water, oxygen, beauty — to a household of children who rarely think to ask how she's holding up. From Kathie's perspective, meditation is how we finally ask.

The mechanics of this journey will feel familiar if you've practiced the earlier chapters — the crown opens, the healing light pours in, the heart center becomes a lighthouse — but the direction of the gift is reversed, and I've come to believe that reversal is the real medicine here. So much of spiritual practice, mine included, is receiving: asking for guidance, for comfort, for signs. This meditation asks you to be the one who gives. You sync your breath to hers, your heartbeat to hers, and then you spend a quarter of an hour doing for the

Earth what the angels in Chapter 1 did for you.

Does breath and intention actually reach a planet? I believe consciousness touches more than we can measure — I've staked three books on it — but I'll hold the claim the way I hold all of them, as belief rather than proof. What I can tell you without hedging is what this practice does to the person doing it. You cannot spend fifteen minutes loving the Earth like a grandmother and then toss a bottle out the car window. The meditation changes the meditator, and the meditator walks more gently ever after. If enough of us walk gently, I like Kathie's odds.

This is also, by the way, the most beginner-friendly journey in the book — no encounters, no conversations, just breath, light, and love flowing outward. If someone you know is curious about guided meditation but shy about angels and temples, this is the chapter to hand them.

What Happens in This Meditation

Kathie opens this one with an introduction rather than instructions, because before you can heal someone you have to see them. She presents the Earth as she knows her — a celestial body who has hosted us for eons, who keeps providing no matter how she's treated, and who is weary.

Then comes the most intimate opening in the book. You lie or sit directly upon her and synchronize: your breath falling into rhythm with her breath, your heartbeat with hers,

until you are two parts of one thing.

Only after that does the healing begin. Your crown opens, the angelic realms pour light into you, and it gathers at your heart until it radiates in every direction. Then the exchange: each inbreath expands the light around your heart, each outbreath sends it circling the Earth. You fill her in layers — the planet, the atmosphere, and every living creature on her, including the ones too small to see.

As you work, your sight clears until you can see all of humanity at once, and at that frequency the angels become visible. They come from across the galaxies and add their light to yours. They thank you, and say they have been waiting a long time for humanity to remember it could do this.

What This Meditation Can Do for You

I want to name something that has crept into the modern heart, because this meditation is aimed straight at it. A great many people — the young most of all — now carry a quiet, persistent grief about the planet. They read about the oceans and the forests and the changing sky, they love the Earth genuinely, and that love has nowhere to go, so it curdles into anxiety or numbness or a guilty looking-away. If that describes you or someone you love, understand what Kathie has built here: a place for the love to go. Fifteen minutes of actively giving to the Earth will not, by itself, change her chemistry — but it profoundly changes the giver, and the change runs opposite to despair. Despair says nothing I do matters. This practice has you spend a quarter of an hour in the felt experience of mattering — and people who feel they matter to something are the ones who keep showing up for it.

The syncing is its own medicine, separate from the healing. Long before any light gets sent anywhere, you have spent several minutes breathing in unison with something ancient, patient, and alive. Every tradition that sends its people to the wilderness to be restored — and nearly all of them do — is drawing on what those minutes deliver: the nervous system settling into a rhythm older and steadier than its own worries. You can practice just that first movement, breath and heartbeat only, any time you can find a patch of grass, and it will repay you.

And there is a relational shift underneath it all that I think is the deepest gift here. It is one thing to believe, as a proposition, that the Earth should be cared for. It is another thing entirely to know her — to have breathed with her, felt her weariness, and spent fifteen minutes being, for once, the one who gives. Propositions produce opinions. Relationships produce behavior. After enough passes through this meditation, gentleness toward the Earth stops being a position you hold and becomes a way you walk — and you'll find you didn't decide it; it simply followed from the friendship.

A Few Words Worth Listening For

Start with the name itself: *Mother Earth*. Kathie didn't invent the kinship; she inherited one of the oldest ideas our species has. The Greeks knew the Earth as Gaia, the primordial mother from whom all life descends. In the Andes she is Pachamama — World Mother — honored with offerings to this day. Indigenous traditions across every continent have addressed her as mother, grandmother, or relative for as long as their memories run. And in a wonderful modern echo, when the scientist James Lovelock proposed his theory that the Earth's living systems regulate themselves like a single organism, he reached past the technical vocabulary and named it the Gaia hypothesis. When you address the Earth as someone rather than something, you are not being fanciful. You are rejoining the oldest conversation there is.

The phrase *3D to 5D consciousness* comes from the vocabulary of today's spiritual community, and if it's new to you, here is the plain version: the dimensions aren't places, they're states of awareness. "3D" is ordinary material consciousness — the world experienced as separate objects and separate people, competing. "5D" is consciousness raised to the register of unity — the world experienced as one connected, loving whole. Whether you take that map literally or hold it as metaphor, what the script is describing at that moment is recognizable to anyone who has ever had even a glimpse of it: the shift from seeing the world as things

to seeing it as one thing.

Notice the *electromagnetic field* Kathie has you build around your heart, because that image has one foot in the measurable world. Your physical heart genuinely does generate an electromagnetic field — the strongest your body produces, detectable by sensitive instruments at a distance from the skin. Where the meditation goes past what the instruments can say, it goes with the same breath the whole book breathes — as belief, offered honestly. But I've always loved that Kathie's imagery so often turns out to be leaning on something real.

And listen for *transmute* — the Earth transmuting our negativity, the light transmuting darkness. You met the word in Chapter 2, where Mother Earth received everything your cleansing breath flushed away and turned it to positive. The picture to keep is this: in Kathie's cosmology, nothing dark is ever merely dumped. It is composted. The Earth has been doing that for us, the script suggests, for eons — which makes this meditation, among everything else, a thank-you long overdue.

The Meditation

During this meditation, we will focus on Mother Earth - our home. She is a beautiful celestial body who has allowed us to evolve on her sacred sphere for eons. We have not always treated her with kindness. Yet, she keeps providing us with food, fire, water, oxygen, and tremendous beauty. It is time that we turn our attention to Mother Earth's needs and send her the same healing that she consistently sends to us. I want you to imagine that you are a most powerful healer because you truly are. As you sit or lay upon Mother Earth, feel the part of you that is connected to her. Take a moment to feel her energies, her heartbeat, and her love. As you breathe in and out, imagine that you are breathing in unison with her. Take a deep breath in and begin to feel your heartbeat syncing with hers. You are now breathing and beating together and feeling like two parts of a whole. As you connect with her energies, you can sense that she has been working so hard trying to please the endless demands of humanity. She wants so much to keep her inhabitants healthy and happy, but she is weary and can use some light herself. The divine healer within you wants help her. As you breathe deeply, imagine your crown chakra opening. With each breath, you take in all the healing energies of the angelic realms in Heaven. These swirling energies of love and light pour into your body and illuminate every cell and every organ of your body, especially your heart center. You see your body becoming light as these invigorating healing

energies become so powerful that they create an electromagnetic healing field in 360 degrees around your heart. Now, imagine each in breath expanding this light around your heart, and each out breath circulating this light around Mother Earth. Visualize these healing energies filling each layer of our

beautiful Earth Mother. After Mother Earth is completely filled with this healing light, visualize these healing energies filling the atmosphere around her. Now, visualize these magnificent energies healing all of the inhabitants that live upon earth – the people, the animals, the insects, the fish, the plants, and any other living creatures that are not visible to us. With each breath, you start to see the consciousness of Mother Earth and all her inhabitants shift to the highest light and resonance. At this level, there is only love, light, peace, happiness, prosperity, and compassion. As you focus on continually beaming your powerful healing energies, you begin to have a clarity of vision you have never had before. You can see the entirety of humanity at once, and it is in a state of nirvana. When all beings vibrate at their highest light frequency, the collective consciousness does so as well. You can see and feel Mother Earth's ascension, and you can see and feel the ascension of each of her inhabitants. It is the most incredible feeling. As you breathe even deeper and become one with all of creation, you are aligned with the light of the Heavenly realms. You begin to see glowing orbs surrounding Mother Earth. As these orbs come closer, you can see that they are angels. The angels know that you are

vibrating at this ascended frequency, and they can now come into your vision. They know that you are sending healing energies to Mother Earth and her inhabitants. and they wish to join you. Legions of angels come from all over the galaxies and begin to send their light as well. Your spirit is soaring as you participate in the most incredible experience you have ever known. These collective energies are so powerful, and you feel Mother Earth shift from 3D consciousness to 5D consciousness. In 5D consciousness, all beings ascend and emit only energies of love and light. What a glorious existence.

The angels smile and thank you for this important healing. They have been awaiting this moment for a long, long time. They are so grateful that you finally recognized the need to use your divine inner healing abilities to help Mother Earth and all that dwell on her. For, when Earth and humanity shift, the angels and Heaven shift as well. The angels retreat now with the confidence that you have ascended and awakened to your new higher consciousness. They know that you will continue to periodically use your divine healing powers to help Mother Earth and all of creation in the future. As you see the angels disappear as they go back to Heaven, you feel so blessed. As you now bring your attention back to your physical body, you wiggle your fingers and toes and acclimate to your new state of being. You open your eyes and see the world in a whole new light. You feel a new reverence and connection to Mother Earth and her inhabitants that you never had before. You are

happy and grateful.

Chapter 5: Meditation to Reconnect with Your Partner

After a chapter that asked you to hold the whole living Earth in your heart, Kathie brings the journey home — all the way home, to the person across the kitchen table.

Here is a truth from her perspective that I've come to treasure: love between partners doesn't usually break. It buries. Bills, jobs, worries, the long grind of hard seasons — they pile up over the heart connection like leaves over a garden path, until one day two people who genuinely love each other realize they can't quite feel it anymore, and each quietly wonders if it's gone. Kathie wrote this meditation to say: it isn't gone. It's under the leaves. This is normal, forgivable, and correctable — her words, and notice there's not an ounce of blame in them.

The centerpiece of this journey is an image I find beautiful: a bridge, built from your heart to your partner's heart, and you may build it out of anything you like — wood, stone, energy, a rainbow. Then, breath by breath, you send love across it. Not a conversation, not a negotiation, not a rehearsal of grievances — just love, pink and glistening, traveling from your heart to theirs until both are full. Because love, as Kathie reminds you mid-journey, is a limitless power; you have enough for both of you.

There's a mantra woven through this one — breathe in "I am love," breathe out "I give love"; breathe in "I receive love," breathe out "I deserve love" — and I'd encourage you to notice that last line. Kathie put it there deliberately. Plenty of people can give love all day long and quietly believe they've stopped deserving it. This meditation feeds both directions of the current, which is, if you remember Diane's teaching from the dedication, the entire curriculum: give love, receive love.

Two practical notes from our own household. First, you don't need your partner's participation, or even their knowledge — this journey happens in your own heart, and we believe the connection does its work from one side of the bridge. Second, it's even lovelier practiced together, separately — each of you in your own chair, sending across the same bridge from opposite ends.

Lesson 12 says love is the ultimate intelligence in life. This is the meditation where that intelligence rolls up its sleeves.

What Happens in This Meditation

Kathie begins where the introduction left off, and then does something you'll recognize from the previous journey: she asks permission. The highest angels of love are called, and your partner's higher self is asked to allow this healing. Even here, it is offered rather than imposed.

The gathering comes first. You breathe not through your mouth but through your crown and straight into your heart, drawing unconditional love down as pink light and letting it pool there until your heart is full and the sore places in it are soothed. This is where the mantra enters, if you want it.

Then your partner appears, and you are given a task that sounds simple: look them in the eyes and remember. Their good qualities. The good times. From that remembering you build a bridge, heart to heart, out of whatever you like — wood, stone, light, a rainbow — and the love begins to travel across it. In, and your heart's love expands; out, and it crosses to theirs. You watch their heart fill.

Then you step toward them and embrace, breathing as one. Your higher selves are asked to bless this love and keep it through whatever comes, and the angels to remind you of it when life gets heavy.

What This Meditation Can Do for You

Here is a hard truth about buried love: most attempts to fix it start with a conversation, and most of those conversations fail — not because the love is gone, but because two hurt people trying to talk their way back to warmth are digging with the wrong end of the shovel. The words come out as grievances, the grievances trigger defenses, and both walk away more convinced the connection is lost. Kathie's meditation reverses the order of operations. Warmth first, in the safety of your own heart, where no one can say the wrong thing. Talk later — and I can tell you from the household I share with the author: the talk that follows a week of this practice is a different conversation than the one that would have happened cold.

The remembering deserves special attention, because it is doing more work than it appears to. When a connection is buried, the mind develops a terrible habit: it keeps a running file of the partner's failings and consults it constantly, while the good — the qualities that made you choose this person, the seasons you weathered together — goes unvisited for months. Kathie's instruction to deliberately recall the good qualities and the good times is a direct reversal of that habit, and it happens to be the very thing that those who study lasting marriages keep finding at the center of them: not the absence of conflict, but the stubborn habit of fondness — a well-tended inner catalogue of what you admire in the person you chose. This meditation is that catalogue, reopened

weekly.

And then there's the fourth line of the mantra, which I flagged in my introduction and want to press on once more, because for many people it's the hinge the whole meditation turns on. *I deserve love*. You would be amazed — or perhaps you wouldn't — how many devoted partners can give endlessly and cannot receive; who deflect the compliment, wave off the kindness, and quietly run their half of the marriage on an empty tank. A heart that won't receive eventually has nothing left to give; that's not poetry, it's arithmetic. If the fourth line snags in your throat, that snag is information. Stay with it. The bridge Kathie builds carries traffic in both directions, and the meditation isn't finished until you can stand at your end and accept what comes across.

One more honest word, since this chapter touches real marriages with real trouble. This practice mends buried connections; it does not treat every wound a partnership can suffer, and Kathie would be the first to send a struggling couple to a good counselor with her blessing — the same companion-not-substitute principle that runs through this whole book. What the meditation will do, even then, is keep your own heart soft while the harder work proceeds. In my experience, that alone changes outcomes.

A Few Words Worth Listening For

The *mantra* is the one to hold closest, and not only for what it says. Notice what it is: a mantra, woven into a guided meditation — the two halves of this book's title working a single job, the word anchoring the mind while the journey carries the heart. You're watching the old craft of the mantra put to work here. And notice that Kathie hands it to you at the end for keeps. Waiting in line, driving home, lying awake — four lines, four breaths, and the current is flowing again. Of everything in this book, it may be the single most portable practice.

The *bridge* is worth a moment of admiration. Kathie could have merged the two hearts into one light, and didn't — and I think the restraint is the wisdom. A bridge joins two shores without pretending they're the same shore; it honors the distance even as it crosses it, which is as good a definition of a healthy marriage as I know. And notice that you build it, and you choose the materials. Wood, stone, energy, a rainbow — the meditation quietly insists that reconnection is constructed, by someone willing to start construction, and that there is more than one right way to build.

Listen for the *heart link* and the return of the *pink light* — the color of love and compassion in the palette you learned in Chapter 5, where pink carried healing to wherever it was needed most in the world. Here it's aimed across a

kitchen table. Same light, same source; only the distance has changed.

And notice, one last time, the *permission* asked of your partner's higher self. This is the third meditation in a row to include that ethic — the healing offered, never imposed — and here it carries a special tenderness: even love, even from a spouse, even for their good, does not barge in. It knocks. If you take nothing else from these chapters into your relationships, take that.

The Meditation

This is a meditation to reconnect to your spouse, partner, significant other, or soul mate, using healing rays of love from the highest realms of love and light in the Universe. Although we have love for the person with whom we share life, there are times, especially during the recent global hardships, that we lose that heart connection. This is normal, forgivable, and correctable. So, do not feel that the situation cannot change for the better. Please find a comfortable position, either seated or lying down. Close your eyes and allow yourself to just let go for a few moments. Any thoughts or actions can wait for this brief moment so that you can take care of you and the person that matters to you most. We call on the highest angels of love in Heaven to assist us as we reconnect you to your partner. We call on your partner's higher self to allow this love healing to take place. Begin to take long deep breaths, but instead of breathing into your mouth or throat, imagine your inbreath is taking unconditional love from the Universe in through your crown chakra and right into your heart.

You can visualize this energy as glistening pink light. And with each inbreath, imagine it expands and fills your entire heart center. As you take in this beautiful energy, feel it healing the areas of your heart which hurt. As a divine child of God, you have a right to feel love in every moment of your life, so pull in all the love you can and truly feel that your heart is so full of the most amazing love you have ever

felt. If you like, you can use a mantra as you are pulling love down your crown and into your heart center – breathe in “I am love,” and breathe out “I give love.” Then, breathe in “I receive love,” and breathe out “I deserve love.” Love is the most important and powerful thing in this world. Feel that power of love in your heart. Now that your body is full of beautiful love, envision your partner standing before you. Look them in the eyes and remember all the good qualities they possess and the good times you have shared. With a smile on your face, imagine sending the love you collected in your heart center across a bridge which connects your heart to their heart. This can be any kind of bridge you like – a wooden bridge, a stone bridge, an energy ridge, or even a rainbow. Visualize the love energy traveling across the bridge. You can visualize the love as being pink healing light, or red hearts. As you breathe in, expand your heart love, and as you breathe out, see that love going from your heart to your partner’s heart. This is a powerful heart link that allows energy to travel from you to your partner. Visualize your partner’s heart filling up completely with the love that you are sending. You have enough love for both of you, because love is a limitless power from Heaven. Feel the compassion, kindness, and gentle love returning to both of you. See your partner’s smile as they accept the glorious love healing rays from your heart. Take a few steps toward your partner and look into their eyes. Look deep and see the love. It has always been there, but it is even more powerful now. Hug your partner and

remain in a comforting embrace. Begin to breathe as one with your partner, with your heart centers connected and sharing tremendous love. You can visualize this love energy surrounding both of you in pink brilliant light. We now ask your higher selves to bless this sacred and divine love and to allow it to remain in your hearts no matter what difficulties life throws your way. We ask the angels from Heaven to also bless this love and to gently remind you of its truth and its power when Earth life gets you down. Know that you deserve this love, you need this love, your partner needs this love, and that love is the ultimate intelligence in life. It is now time to say goodbye to your partner. Look them in the eyes and say “I love you.” We thank your higher selves and the angels for joining us today and helping you with your reconnection. Take a deep breath and come back to your physical body. Begin to wiggle your fingers and toes and get some circulation back into your body. Remember that as you go about your days, you can breathe in and out love energy at any time. Breathe in “I am love,” and breathe out “I give love.” Breathe in “I receive love,” and breathe out “I deserve love.”

About the Author



Figure 3 — Kathie at the Cassadaga Hotel, Florida.

Katherine Plant — Kathie to everyone who knows her — has been writing and leading guided meditations for years, in rooms of ten people and rooms of fifty, in her own voice, week after week. The journeys in this book come out of that practice.

She is the co-author, with Stephen Weber, of *The Place Between Here and There: A Beautiful Near-Death Experience* and *The Lessons Learned*, the first two books of the series. Readers of those books already know a good deal

about her, because she narrates much of the first one: the loss of her mother, Diane, and the visitation that followed; the loss of her twin brother, Tommy; and the assignment her mother left her, which she has been carrying out ever since.

Kathie came to this work the long way round. She retired from a corporate career and spent years in childcare, watching what she calls the little souls entering this Earth plane, and later in elder care, where she sat with a woman named Eleanor through the last stretch of her life and came away convinced she had been sent to be taught rather than to teach. She has trained in spiritual yoga, Reiki, energy work, sound healing, and crystal work, and she is the reason Stephen ended up in most of those rooms himself.

She keeps two homes and calls them both sanctuaries: Ananda on Long Island, named for the Sanskrit word for bliss, and a second in Florida. She collects beach glass, walks at first light whenever she can, and shares her days with a Pomsy named Timber who is stopped by strangers on nearly every walk.

What people who meet her tend to notice first is that she sees the spirit in everyone she talks to, and that they leave the conversation a little lighter than they arrived. That quality is in these meditations too. Read them closely and you will find that she never once tells you what you ought to feel, never grades you, and asks permission before sending healing anywhere near another soul.

She would want you to know that none of this requires any particular belief. Just a quiet place, and a little time.

List of Figures

Figure 1 — Kathie at Callahan's Beach at sunrise — title page	
Figure 2 — Diane and Kathie, Ireland, 1986	5
Figure 3 — Kathie at the Cassadaga Hotel, Florida.	68