

# Drink From the Well

Eluña Noelle

- 00:00:00 Nice to see you. Hi. Carolyn. Very nice to see you. Hi. Welcome, Brian. Good to see you again. Hi. Hello, Salam. Welcome. Thank you for being here.
- 00:00:22 Hi. And Dorina, very nice to see you. Thank you for being here. Hi. Amanda Sullivan. Very nice to see you here. Hello. Hi. Welcome, Tanya. Thank you for being here.
- 00:00:42 Hi. And Tatiana. Welcome. Hi, Ziva. Nice to see you. Oh my goodness. Wow. it's so beautiful to feel your hearts right now.
- 00:01:02 I have truly missed you all so much and it's actually quite surprised me. I will be honest because being being on this journey, it really opened fully the temple of light that I have been holding with this sacred, resilient body.
- 00:01:23 Thank you body. It really opened on May 3rd because that was the day that I went to the Sphinx. And when when I go to her, it just always feels appropriate to ask again about the journey that I'm preparing to lead, how things are going to unfold, and just really ensure that everything is aligned energetically, that I'm aligned energetically, that what I am coming in with is, is a proper enough understanding to really start the journey with integrity.
- 00:01:55 And so it started on May 3rd. That evening it was raining gloriously here in Cairo. I had a another day after the journey concluded. There was this final piece that I was unaware of at the start of the journey that I would be taking care of, just at the very end, when when all of the other people had had left already.
- 00:02:21 I ended up going very far north to this oasis in Egypt called Siwa, and there was a temple there that has been, unbeknownst to me, waiting to be re-activated, because it is actually a temple for that that maintains and keeps the light of the new earth.
- 00:02:43 Wow. And I had never heard of it. I had not been there previously. And when? In this lifetime anyway. And when I went there, I truly was not sure what I would be doing, But when I had concluded that and then left that space, it rained again that night. Actually, there was thunder and lightning and rain.
- 00:03:06 And then just yesterday, I had the final closing ceremony with the entire group that came here to Egypt. And then yesterday evening it rained again. I said, I said, it's going to rain tonight. And it did. It did rain just to show this full conclusion and ending of everything.
- 00:03:29 And it was only after that final ceremonial call that I finally felt the temple that I have been holding for a month, a little over a month, technically, it closed, and I truly felt like I was able to come back to my human body. It it has been a very, very interesting experience to be so out of my human body.
- 00:03:58 It's just been a lot. And so then after that was closed and I tuned into today and getting to see all of you, my heart was overflowing. But then moments before you all came on, that is really when my heart was just bursting. So it is truly a joy to be with all of you right now.
- 00:04:22 I am so, I am so elated to be with you and to feel your hearts in this space right now. And I'm not going to laugh as much as my heart wants me to. So wow, what a month it has been this May. You know, I didn't know I was going to go into all of this, but I now that I'm here with all of you, I have to.

- 00:04:43 I have to say some of this before we actually get into this meditation. I have been feeling into and and being called to look into the energies for this midway point of the year. And as I mentioned, it came through in one of the previous public forums. Actually, I believe that this this time frame of the middle of this year, it's really an overlap from, from next year.
- 00:05:13 So we have already drawn 2026 to where we currently are, and I couldn't fully understand what that meant at the time. Energetically, I could very clearly feel this overlapping of timelines, but other than that, I could even even trying to tune in, I could not really work out what that meant, and also what that would mean, what the implications of that are for us being here right now, being in Egypt, however, everything that came through during this journey, I have now been able to understand a little bit more about what that means.
- 00:05:50 And I will say so much, so much more about that in the coming. The coming days and weeks. I will say a lot more about that, but a lot of Timeline convergence has taken place. And then I came to learn that during this particular time that we are now in, it was actually starting from May 24th, which was the very ending day of the journey.
- 00:06:10 Of course, of course, starting from May 24th through the very end of August, technically September 1st, this is the time that is astrologically as well as what I can feel in the timelines energetically. This is like a rehearsal for the beginning of 2026.
- 00:06:33 Those those are the words that Pamela Gregory actually who is a beloved astrologer, she's the only person that my guides ever tell me to go listen to. Very occasionally I will listen to her. She's a beautiful, a beautiful elder and being. If I ever have the honor of meeting Pamela Gregory? I wow, that will be a high point in my life.
- 00:06:55 But she used the words rehearsal. She said, this is a rehearsal for the beginning of 2026. And I couldn't believe when I heard that it was just a few days ago that she said this, that I, that I heard her say this because that is what I have been feeling energetically. That's what my guides have been saying. And lo and behold, it's in the astrology, of course, of course it's in astrology.
- 00:07:15 And so this time period that we have from now through the end of August, it is a significant time because we are preparing and setting ourselves up for what the very beginning of 2026 is going to look like. I won't go into all of the details energetically or even astrologically about that right now. I encourage you to look astrologically into that more.
- 00:07:39 I will say more about that in coming videos, but what feels beautifully aligned is that my guides are really inviting us into a deep time of self-reflection right now because of what we are preparing for, really going within and not being so distracted by what's happening outside of us and taking extra time to be in ceremony with ourselves, with other beloved soul family members, and really taking time to assess what is it that we want to see in this world, and how do we want to show up in this world?
- 00:08:22 Because when a new calendar year begins, although it is just a human construct, it still holds significance. It holds power in our lives because we give it power and it runs our year. So having the opportunity right now to set up how we are going to start and move forward at the beginning of 2026 is quite an opportunity.
- 00:08:45 It really is. And of course, I don't fully know what's going to come through in this meditation, but I do believe it is connected to our inner child, our divine child. That is the energy that I keep feeling. And there is something about empowering our divine child to come forward.
- 00:09:08 That again when just in my own mind, what that tells me is this personal overlap and convergence of timelines from way back when, in our own childhood, and possibly parallel lifetimes of childhood that we have had. It is about pulling that toward us and

creating a sense of empowerment and truly giving it golden energy, golden light energy to that divine child and to that space within our timeline.

- 00:09:41 What better way to start the year than to have our divine child empowered, and to have that part of our Timeline really, really held in a healing golden light. And that that healing golden light is also very empowering. So that's what I know. And maybe, maybe it won't look like that at all.
- 00:10:02 But that's my understanding from just tuning in briefly about this meditation. Okay. There's really so much more that I want to just tell you. But we are here to have a meditation, so we will save that for another time.
- 00:10:24 And I will say, if you have never been with this group before, welcome especially to you. If you are a first time person, maybe you've been a member or maybe you're you're brand new to this membership. It is beautiful to have your energy here. Your heart is very keenly felt in my own. I will tell you that. That's why it makes me laugh sometimes.
- 00:10:47 And I want to say about this meditation, this particular one, I encourage you to have your eyes closed. If you have an eye mask or something that that blocks out the light, all the better. It's just very supportive to help you really disappear. So I, I tend to always encourage wearing an eye mask if you or covering your eyes in some way.
- 00:11:10 If you have one turning the lights off, closing the blinds, whatever it might be. It has taken a lot of practice for me to actually be able to meditate and disappear in in so much light. So if you have that practice, then beautiful. But if not, then I encourage a blindfold or or eye mask of some kind. This meditation, they are encouraging you to be sitting up.
- 00:11:31 So if you have a comfortable chair, a comfortable seat of some kind where you're going to be okay for 30 to 45 minutes or so, I don't I don't entirely know how long the meditation will be, but it tends to be somewhere in that range. So just make your body comfortable, because when you are meditating, you really want to not move.
- 00:11:53 Even when your body tells you that your eyebrow needs to be itched when it never itches at any other time during the day, really don't itch it. The reason why I encourage stillness that is for two reasons. Firstly, stillness is peace and what we are always doing is creating a deeper sense of peace within us because that is what we are here to create.
- 00:12:21 We are here to create peace on earth. And so there is deep peace in deep stillness. So that's the first reason on an energetic and emotional and multidimensional level. The second reason is that when you choose to override the impulses of your body and not move and not itch when it's telling you no, no, I have to itch my eyebrow.
- 00:12:48 When you do that, you are reclaiming your willpower and choosing what is more important to you, which in this case is going to be focusing on this meditation that's going to come through as well as cultivating peace, because now you are deciding how you are going to respond. Even when there is this reaction happening in your body, you are choosing to remain in stillness and maintain a sense of calm and inner peace.
- 00:13:16 So no matter how much your body wants you to move, I really encourage you to be in stillness. You can move any other time outside of this meditation, but during this meditation I really encourage stillness. And so that's why sitting yourself in a comfortable position now, so that your legs and your body can be comfortable for as long as possible without moving is what I recommend.
- 00:13:40 Great. That covers it. Even if you feel like you have to drink water. I promise you will be okay for the next few minutes with no water. Because actually, really, just to tell you, if you really are tuning in, you are receiving chronic life force during this meditation. During any meditation you do with me, which is why sometimes people totally fall asleep.
- 00:14:05 If that happens, that's okay. I do encourage you to try to maintain your concentration so that you can stay awake as best as you can without moving, but you are receiving

chronic life force so your body truly is okay without water. It's just a way that your body is trying to get you to move, and we are working to master that. So find a comfortable position, a comfortable seat.

- 00:14:29 I encourage your back to be as upright as possible without without strain, right? Without without contraction or tension in your body A soft, upright position where you are still able to be relaxed and fully present. Closing your eyes and putting your eye mask on if you have one.
- 00:14:52 You can let your hands rest gently in your lap in any position that feels good to you. And start by inhaling deeply. And exhaling fully.
- 00:15:14 Inhale. And exhale. Letting the day go. As you inhale. Filling your heart.
- 00:15:35 As you exhale, relaxing your body, the muscles in your shoulders. Inhale into your heart. As you exhale, relaxing your face muscles.
- 00:15:57 Your belly muscles. Your legs. Inhaling. Becoming present to the very center of your chest.
- 00:16:18 Exhaling and letting your body soften. Inhale.
- 00:16:38 And as you exhale, staying aware of the very center of your chest. Maintain your focus in the center of your chest.
- 00:17:02 Your heart center. Letting your breath return to a natural state A relaxed breathing.
- 00:17:32 Becoming aware of the energy in the center of your chest. Bringing more energy to your heart. Center with your awareness.
- 00:18:10 As you continue to breathe. Staying aware of your heart. Noticing the increase in energy in this space.
- 00:18:54 Bringing in the emotion of joy into your heart. Remembering what joy feels like in your heart center.
- 00:19:26 Not forcing. Simply welcoming the energy of joy into your heart. Into the very center of your chest.
- 00:19:54 Joy. The lightness of the heart.
- 00:20:31 Allowing this joy to open your heart. To expand this center.
- 00:21:17 Inviting joy in as you slowly inhale into your heart. Hold at the top. Gently exhaling. Relaxing.
- 00:21:37 Hold empty. Feeling your heart. Inhale slowly. Welcoming more joy. Hold at the top. Feel your heart.
- 00:21:59 Exhaling. Slowly. Hold empty. Feeling your heart. Inhale. Expanding your heart. Hold at the top.
- 00:22:25 Exhale gently. Relaxing. Hold empty. Feeling your heart. Inhale slowly. Filling your heart.
- 00:22:46 Hold at the top. Feel your heart. Expand. Exhale slowly. Relaxing. Hold empty. Feel your heart expand.
- 00:23:10 Inhale. Hold. Feel the energy of your heart. Exhale. Relax the body completely.
- 00:23:34 Feeling your heart. Notice the energy.
- 00:24:06 Allow this joy. This energy. To be a key that opens the doors of your heart. Temple.

00:24:28 Enter the sacred space of your heart. Now. Feel this space in your heart.

00:24:52 The sacred temple. It is just for you. Your heart. And the divine.

00:25:17 Feel the presence of the divine in this space.

00:25:45 Feel the soft presence. The energy in this sacred space.

00:26:28 Feel the presence of joy.

00:26:51 Become aware that this joyful presence is a being. An inner being that represents you.

00:27:26 Allow this being to take form within you.

00:27:48 Feel the presence of this joyful being in your heart.

00:28:16 Invite this being to come close to you. See if you can look it in the face.

00:28:41 Feel the presence of this being beside you.

00:29:07 Sharing the space of your inner heart temple with you.

00:29:31 This being represents your pure joy. Your pure innocence. Your pure childlike wonder.

00:29:56 Your pure trust.

00:30:29 Allow this being to take you by the hand and lead you deeper into your heart. Temple.

00:31:05 Allow it to take you to the inner sanctum. The deepest part of your heart. Temple.

00:31:31 What do you feel in this space?

00:31:57 What do you see around you?

00:32:29 In the very center of this space, there is a deep pool of water. This is the well of wisdom.

00:32:53 It lives within your heart. Allow this child to sit beside you at this pool.

00:33:32 Feel the energy that moves through the water. The water is filled with ancient memories.

00:33:55 Wisdom of the Aeons. The light of stars.

00:34:34 Your child offers you. A small cup filled with this water.

00:34:54 When you look inside. What do you see? What do you feel?

00:35:39 This water in your cup. Is the living consciousness of the creator.

00:35:59 It holds information for you to remember yourself by.

00:36:22 Express your gratitude to this water in your cup. For it is about to share with you a memory.

00:36:44 Ancient wisdom from your soul.

00:37:06 Slowly bring the water to your lips. Feel this living water. Enter your being.

00:37:38 Notice the energy within your heart. And ask this water. This living matrix of memory To share its ancient wisdom with you.

00:38:11 Listen and feel. For the answer.

00:38:57 It may come in words. Images. Emotion. Or sensation in the body. Listen deeply.

00:40:14 Bring your attention to your divine child. Your guide. Feel the heart energy that emanates from them.

00:40:45 Their pure love. Their pure compassion. Allow it to fill you.

00:41:13 Allow it to remind your heart. Of this feeling. The feeling of purity.

00:41:46 The feeling. Of joy. The feeling of innocence.

00:42:21 Notice how open your heart feels. Remembering. These truths.

00:43:14 Your divine innocence is what keeps. The well of wisdom within you, pure and sacred.

00:43:44 Your divine innocence is your guide to the deepest well of wisdom within you.

00:44:08 Always holy. Always pure. Your divine child. Lives within you.

00:44:36 Beckoning you. To return. To your heart. To your joy. To your wisdom.

00:45:14 Ask your divine child. If they have a message for you. And listen with your whole being for the answer.

00:46:15 Feel your heart. Notice the energy.

00:47:05 Notice the lightness of your being in this moment.

00:47:30 Your divine child leads you always to joy. Your divine child invites you always to open your heart to life again.

00:48:10 Inviting you to feel the world new, pure and innocent again.

00:48:37 Your deepest wisdom lives here. In your joy. In your purity. In your innocence.

00:49:18 Allow the energy from your heart to move through your body. Finding a place in your body that is asking for more heart energy.

00:49:41 Asking for more radiance.

00:50:05 Feel the energy of your heart moving to this space in your body. Restoring purity. And vitality.

00:51:14 Feel the energy of your heart again. Expressing your gratitude to this divine beloved child.

00:51:59 Expressing your gratitude to your divine Beloved Heart.

00:52:19 Expressing gratitude to your Divine Beloved Body.

00:52:41 Slowly bringing your hands to your heart. Saying to yourself, I bless my heart.

00:53:01 I bless my creative power. I bless my power to create. I bless my mind. I bless my body.

00:53:23 I bless my past. I bless my future. I bless this eternal now moment. I bless this earth.

00:53:44 I bless all of life. I bless all of creation. Thank you, thank you.

00:54:08 Thank you. Allowing your awareness. To come back to your body.

00:54:34 To come back to your breath. To come back to this shared space. And when you are ready. Slowly opening your eyes.

00:55:19 I would like to invite you to take a moment to write down on your phone or in your journal what you experienced. The memories that came through from the water. What you learned or shared with your child.

00:55:46 What emotions came up for you? Whatever feels relevant to remember. I invite you to write that down and take just a couple of minutes and I will be here.

00:56:14 Even if it is only a few words and not complete sentences.

00:57:42 Please continue. If you are still writing, I just want to share with you all what that experience was because I am being guided to. So that was a connection to the Christ consciousness that lives within you.

00:58:02 I did not know that's what was going to happen. That well of wisdom that you were guided to that is real and lives within you. And that is where Christ consciousness dwells within you.

00:58:23 And the act of sipping from that water is taking in the most healing energy. The energy that is the representation of wholeness, of completeness, which is why you are then guided to bring the energy that you had taken and that was now in your heart, and move it to a place in your body that was asking for attention, because you are bringing wholeness to that place in your body.

00:58:56 This meditation, this is a way of bringing in Christ consciousness into your own heart and your own consciousness. And it's also a way of healing your physical body, your emotional body, and your mental body.

00:59:17 So I really encourage you to use this beautiful gift that we were all just given. That was Very unexpected and absolutely immense. And I also want to acknowledge that it is because of all of your hearts that we were able to receive this together.

00:59:40 This is a co-creative experience. So even though the words are coming through my mouth, the energy is created with all of us. So thank you for being open and ready to receive that. That is absolutely profound. Wow. What a way to start 2026.

01:00:04 I am really going to have to sit with this experience. This was very deep, what we all just did. So if you are still writing, please continue. It is really significant what you experienced, what came through and truly come back to this meditation as often as you feel called every day if you wish, because you will receive more wisdom, more healing, and you will open more deeply to Christ consciousness as you do so.

01:00:39 Wow. What an absolute honor and blessing to be a part of this with you all. My deepest gratitude to each and every one of you. Thank you.

01:00:59 I will see you all again as soon as I possibly can. I love you all so deeply. Thank you. And please sit in this joy, in this heart energy.

01:01:21 See you all again very soon.