

Shekhinah Light Angels

Eluña Noelle

- 00:00:00 Happy New Year, everyone. It is 2025. I am recording this meditation ahead of time for you, my precious members, because when you see this, I will probably be on my way to Sedona to present at the workshop that I am doing there. So I wanted to record this before I left so that you could still have a meditation to start this year off with the information that I have been given.
- 00:00:27 The brief information that I have been given is that they are going to start in our hips, and the beings that are coming through are calling themselves Shekhinah Light Angels. And I'm not sure what that is. I actually have been meaning to look into Shekhinah light, but that is what they are saying.
- 00:00:50 So they're going to help us start this new year off with some peace. They are saying in our hearts and also some lightness in the places where a lot of energy gets trapped and stored for too long, they say. So that is what we are going to do. If you have not already done so, I encourage you to find a comfortable place to sit.
- 00:01:15 You may wish to have a journal and a pen with you, so that if anything comes through in this meditation, you can write it down afterward. I always find that's very helpful because it's easy for the things to slip away. Once you come fully out of the meditation. So take a moment to settle into your space.
- 00:01:41 Settle into your body. I am being invited to remind you that if your body is twitching or you feel the sensation to move throughout this meditation, really focus on just being still.
- 00:02:08 That is the body calling out for attention. And when you are meditating, you are practicing being in control of your body and determining the energy that you are going to bring through, rather than allowing your body to move the energy through you because your body actually needs your coherent heart and mind working together to bring energy out.
- 00:02:38 So if your body is moving, just settle it down. And if you feel like you have to itch yourself, just let the itch go. Treat every movement or itch of your body like a thought in your mind and just let it go. Don't hold on to it and don't judge it.
- 00:03:00 Just let it go. Let the sensation of the itch be there and bring your attention back to the meditation. So get comfortable. Settle yourself.
- 00:03:22 Deepen your inhales. Your exhales. Relax your face muscles. Your jaw muscles. Relax your shoulders. Your neck.
- 00:03:45 Your arms and hands. On your next exhale, fully relax and sink into the seat that you are on.
- 00:04:26 Bring your awareness to your heart center. Feeling it open and expand. Feel the lightness in your heart.
- 00:04:46 And. Allow yourself to be raised toward the sky. From your heart. Feeling an upward pull of energy from this space.
- 00:05:08 Like there is a rope in your heart pulling you upwards. That is us tugging on your heart cord.
- 00:05:31 It is we who bring you light. Thank you for welcoming us in. Breathe into your heart. Breathe into this heart connection with us.

00:05:59 Continue to relax your body as you exhale. And feel our energy. Feel us calling you higher. Welcoming you to soften even more.

00:06:33 You may let a small smile play on your lips. With our time together. We are smiling with you.

00:06:57 We will use this heart cord To bring energy into your body, as well as to move energy out of your body. With the gentlest touch.

00:07:23 If you will allow us, simply think in your mind I am open. This will allow us to move in. We will begin with the right hip.

00:07:48 You may notice feelings of discomfort. This is tightness in the body made from trapped emotions and energy that has been frozen.

00:08:09 We will warm this energy. Thaw these emotions and release them with love.

00:08:34 Moving to the left hip, we create a figure eight. Connecting these two spaces in an infinite loop. Sharing information with each other.

00:08:54 This maintains balance. We are clearing the left side. Many humans are not able to fully release. Your ego remains attached to these emotions like strings to an anchor.

00:09:24 They weigh you down. We are releasing some of these strings that you are ready to let go of.

00:09:47 We will move now into your first chakra. Your root chakra. Bringing a sense of home and safety to this place. A safe home here in this body, on this beautiful planet.

00:10:24 Releasing tension at the base of your spine and other spaces in this area. You will notice. Soften your body if it tries to tense up, encouraging it to release.

00:10:51 To allow.

00:11:15 We will create a coherent connection between your root chakra and your sacral chakra. Located in the navel area. The very lower abdomen.

00:11:45 You may feel pain. Or tightness. This is outdated wounding. And for some of you, trauma from this and other lifetimes.

00:12:07 When we release with love, we restore balance. That is why we have chosen to help you.

00:12:50 Through the belly button. Up to the third chakra. This center of power is often overactivated or under activated for humans.

00:13:14 With love, we restore balance. Removing egoic attachments from this space.

00:13:45 It is far easier now than it has ever been in the history of humanity to let go of these wounds. The collective is ready and that is why we have come. We can only meet in this frequency with the collective.

00:14:15 We honor your readiness. We acknowledge the effort that many have put in to bring humanity to this point in time. And we are delighted to be with you.

00:14:39 On your evolutionary journey. Into the heart. We climb.

00:14:59 This is our most beloved space. And any time you wish to call on us, it is here that you will feel us, that you will find us. We are expanding your heart capacity by making space.

00:15:27 Releasing the old. If you are ready to release. Think to yourself I release and it is done.

00:16:04 Feel the expansion in your heart. Feel the room that you have made available within.

00:16:24 More energy to love with more energy to live by. More energy to create. Okay.

00:16:54 We will move upward. Still connecting. Always in coherence. Each chakra to the next. To your throat chakra. Some of you still maintain tightness in this area, not yet certain of how to express your truth.

00:17:28 We are here to help you release the energy of doubt and uncertainty. We offer you the energy of certainty and compassion.

00:17:52 Think to yourself if you are ready. I release all wounds of uncertainty. And it is done.

00:18:22 I release all wounds of uncertainty. It is done.

00:18:57 And with a liberated voice. Now you are ready to see. See beyond. We enter the sixth chakra.

00:19:21 We bring with it activation. Relax your body and allow yourself to receive this gentle and loving activation.

00:20:03 Just as you wish to see us. We wish to play with you and see you as well. Open.

00:20:33 And with an upward pull. We move through your crown chakra. You may notice a tugging sensation on the top of your head.

00:21:03 We are making space.

00:21:37 We offer each of you our gift. A tether to your eighth chakra made of Shekhinah angelic light. If you are open to receiving this gift from us, simply say I welcome and willingly receive this Shekhinah light tether.

00:22:18 You will feel an upward pull of energy from your crown to directly above your head. That is your new tether. This strengthens the bond between your lower self and your soul, allowing greater energy, higher consciousness to move through you.

00:22:50 We are honored to give you this gift. We are honored to support humanity. We love you.

00:23:13 We love you.

00:23:33 Begin to bring your awareness back to your body. Deepening your inhale and exhale.

00:24:01 If you feel called to lie down for a few moments. I welcome you to do so. To let your body incorporate what we just received.

00:24:22 And gently come back when you are ready. My energy stays with me.

00:24:43 Your energy stays with you. Thank you all for joining me for this beautiful meditation that we just received. Wow.

00:25:04 That is a beautiful way to start this new year off, I must say. What a gift! I look forward to connecting with you all soon. I have a Lunar New Year ceremony that is coming up this month. At the end of this month, and my other live events will be taking place.

00:25:25 All of those details are on the circle and on my main homepage. I would love to see you there in person. Cannot wait to reconnect again. I am sending you all my love. May you remember your magic today.