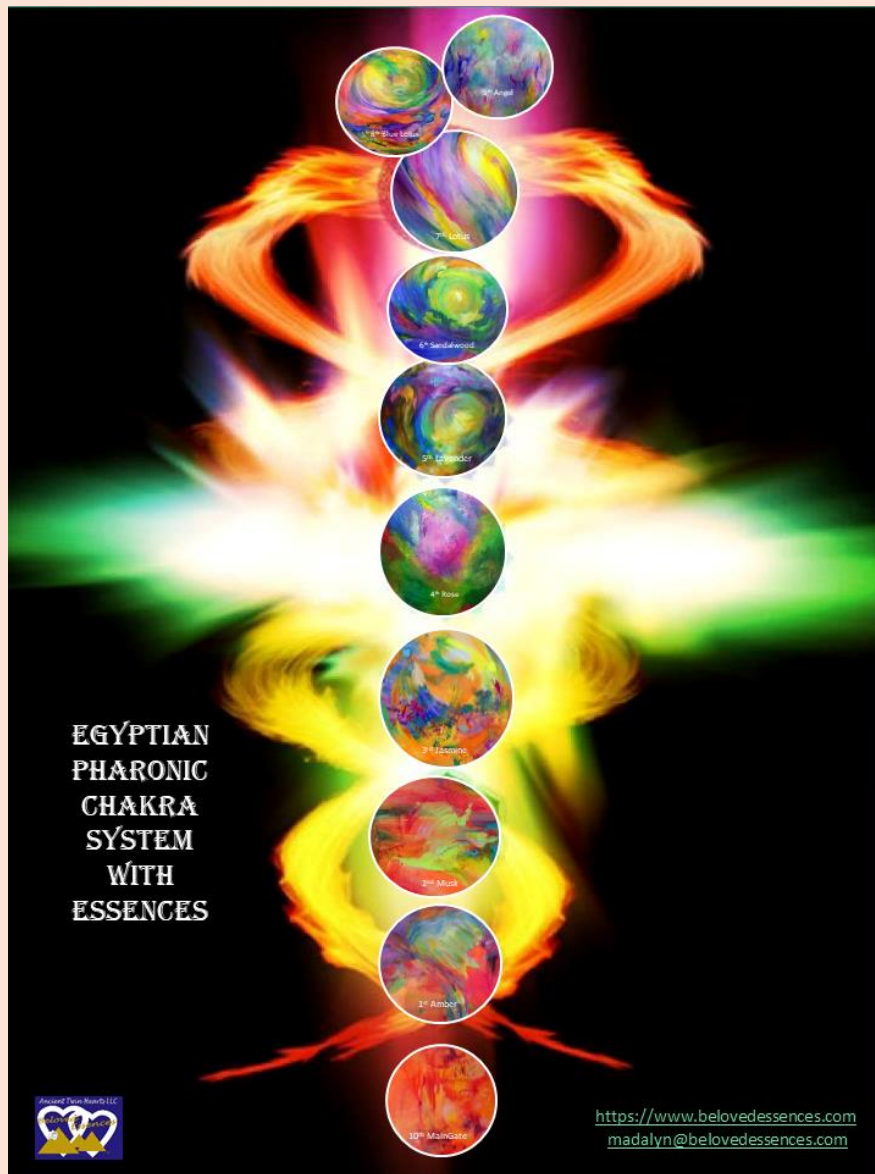


*Special Meditation Instruction Guide and  
Light Being Meditation  
from the Goddess Isis  
Channeled to Dr. Rajenaira-Madalyn Kennedy*



## *Preparation for Meditation*

You can use any of the Beloved Essences with this meditation practice that you might have on hand. I found I have gotten the best results using the [Divine Feminine](#) on my heart area, and [ISIS and RA Essence](#) on each wrist pulse point. Then rub your wrists together, close your eyes, and smell. You can alternate this with the Divine Light Body set of the [Pineal Gland and Kings Chamber](#), but this set is to be used only twice a week at the most. It's too powerful to be used daily.

[When we are in Egypt](#), the Holy Man always uses the [Mint and Eucalyptus Essence](#) before any meditation. It clears your head, helps you to relax, and be more open to receive and understand and any guidance that may come through. The easiest way to do this is to place a tiny bit in a steamy cup of warm to hot water. Carefully put a few drops in small amount of hot water. Cover the cup and let sit for about ½ minute or so. Remove cover and as you do so close your eyes, lower head over steaming cup and gently inhale vapor in through your nose. Be extra cautious because

the cup and water vapor will be hot. Hold your breath for a brief period then softly blow a little out, not all of it. Hold breath again and place hands on hips to inhale a little more deeply, hold breath. Then softly exhale and little more but still not all of it. Inhale one more time even deeper, hold and softly exhale completely through your mouth. As you do these steps you will start to feel the vapor of the Eucalyptus and Mint move up through your nose, it will be felt gently moving to your head and brain, then down your throat and to your ribcage and your lungs. It will continue this movement for about 10 minutes and you will still feel it. You can also place the Eucalyptus and Mint in an Egyptian Candle Burner as pictured below and either hold the bulb base over a flame or put a small votive in the base, so the essence will heat up. It will not evaporate out of the candle burner because there is no alcohol, chemical, water or chemicals added to these essences.

They are pure essences.



## *Light Being Meditation*

*“Sit back, Relax. Get yourself in a calm space, close your eyes and focus on your breath.*

*Gently and slowly breathe in and out and in and out. Releasing tension and worry. Breathe in and out. Relaxing more and more. Releasing more and more. Continue to breathe in and out slowly*

*You are one of us dear one and we are one of you. There is no difference you see. We are so connected that one breath breaths for all of us. One breath, one being - One. Consciousness is One. Expand that consciousness to become the One that is the loving, nurturing, healing and compassionate that it has always been. As for any other entities with a different agenda, they do not matter. All will become one with the light anyway.*

*The time is now, and we are with you consistently. The little everyday dramas that go on in the human evolvment back to spirit will soon be recognized as just that; little melodramas that are not real nor are they important. They are what you created to learn, grow and enjoy through each aspect of your adventure on this planet. Once you really get*

*a grasp of that and know you are the true creator, your human drama and issues will just melt away. You will step forth each day in awe, wonderment, gratitude, love and excitement for all who are sharing this planetary space with you.*

*We are here to help you come to that understanding if you will allow our help. Just breathe calmly in and out and relax into the wonderful calm place of love and protection. Let yourself drift to your beautiful sacred space which you love to do and continue to breathe. Relax complete and totally.*

*Now - see yourself as the beautiful, perfect, complete and whole light being as we see you. Can you see you? Imagine your image if you are not seeing this just yet. The imagination is very powerful, and it becomes a reality soon enough. Imagine your true self, your powerful self and imagine you seeing us light beings surrounding you and being with you daily for encouragement and support in every aspect that you could possibly imagine or have a need of. Now notice just how our energies and light bodies seem to connect and in places merge together and in places are separate.*

*You see, we are part of you and have always been. Now breathe more deeply and stay relaxed. Let us guide you with any questions you may still have as to the how's, whys and*

*when's; and the what if's and why not's. We will always send you the correct answers which will resonate true for you.*

*We ask that you view yourself in this space of the true light being that you really are; the powerful messenger that you are and return to your daily activities with that understanding and knowledge.*

*So now gently return yourself to your physical form, easily, and slowly. And when you are ready, open your eyes and let them smile.”*

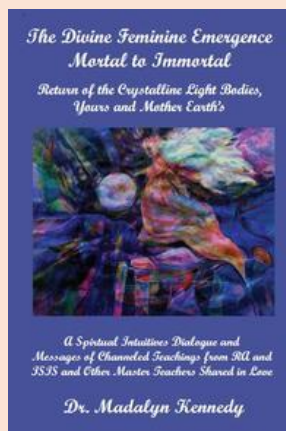
Meditation from Isis channeled to Madalyn Kennedy

From [“The Divine Feminine Emergence-Mortal to Immortal, Return of Your Crystalline](#)

[Light Bodies, Yours and Mother Earth's” Book](#)

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Thank You! I hope you enjoy the  
*Special Meditation Instruction Guide and  
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from the Goddess Isis*



You can find most of the information you need  
about the [Goddess Isis Priestess Training in our website](#) and if you have any questions please  
contact me at [madalyn@belovedessences.com](mailto:madalyn@belovedessences.com) Either myself or Rosalie Muir will get back to  
you as soon as we possible can.

RAJENAIRA (DR. MADALYN KENNEDY)

ISIS HIGH PRIESTESS, ASCENDED MASTER & MULTI-DIMENSIONAL CHANNEL, INTUITIVE

MASTER TRANSFORMATIONAL AND SOUL AWAKENING COACH/ MENTOR

*I LOVE HELPING AND EMPOWERING OTHERS*

**Beloved Essences**<sup>©</sup> of the Ancient Egyptians

*"Divine Magick - Our Messages are in the Essences" - RA & ISIS  
Exclusive USA Supplier for the Blessed Pure Egyptian Essences*



Rajenaira means "old powerful one of the land (Egypt), the mirror female split self of RA

*Rajenaira (Dr. Madalyn Kennedy), Divine Feminine Expert, Founder-CEO*