



Asia Voight
Professional Animal Communicator
& Intuitive Life Guide
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Meditation: Your Pathway to Connection

Guest: Vincent Genna

Asia: Good evening everyone. This is Asia Voight. Welcome to our beautiful gathering tonight from people all over the world on our Meditation: Your Pathway to Connection. I just wanted to acknowledge everyone for being here. I am looking at people from Canada, Georgia, New York, Colorado, Wisconsin, North Carolina, New Zealand, and France. All of you from all over the world and when you are here on your phone at home, allow your energy to expand and know that there are so many others gathered with you. Allow yourself to feel their presence and that connection. I'm so glad to be with all of you. This is our last class of the second series of our meditation. I also want to say that it has been beautiful and incredible being with all of you. We do have a bonus call for those of you who are part of that. We have sent out an email about that bonus call. We'll make sure to send out another reminder on that. It has been an honor to be with you all and what we have been learning.

So, now this evening, we have with us Vincent Genna, who is an internationally acclaimed, beloved intuitive messenger and spiritual teacher. Vincent draws on nearly 29 years of experience in the fields of psychology and metaphysics to receive guiding messages from your soul, God and the universe. He uses those insights to help you clarify, heal concerns of your body, mind and spirit. His work has been featured on NBC, Lifestyles magazine, and international radio and television shows.

Vincent, I'm glad to welcome you to our call today.

Vincent: Thank you Asia. I am so enjoying being here and sharing some of my meditation experience and techniques with everyone and thank everyone for joining us. And boy, a worldwide connection, I absolutely love that. You've got to love that we are in all different places all over the world and yet we are one. That's the whole reason we are all over this gorgeous planet, because I can experience myself through people living in New Zealand. I can experience myself through people living in Italy, living in North Carolina, living everywhere. We get to experience ourselves in so many different ways because

we are all connected and one and how fabulous. Thank you for creating this and bringing everyone together, Asia.

Asia: Thank you. We had a couple very interesting ways that we connected at spiritual gatherings. I knew that, just when I met you and I saw you that you were and are a messenger of light. I feel so honored to have you join us and share your wisdom on how the listeners and my students that are here and those who are listening to this in the future, can use your wisdom that you have gleaned and learned over all these years, how to make that connection with source, how to quiet ourselves, how to hear our animals, how to hear our spirit guides, how to hear the voice of God. So, I'm so interested. Yes, I have goose bumps.

Vincent: So do I because that is what this is all about. Edgar Cayce had said - he was the contemporary prophet from the 1800s. He said, "Prayer is talking to God and meditation is listening to him." And when we refer to God, for everyone and particularly me, I'm referring to the all-inclusive part of you because you are that God. The higher source of you is God. We are here on this earth intentionally carrying with us that higher source connection but also carrying with us our current physical conscious minds. There is a slight difference between the two and a disconnect so that we can experience ourselves physically. Back in the days of Atlantis and Lemuria, we explored experiencing ourselves spiritually. What happened was we got caught up in our spiritual power. It's like taking a kid and setting them free in Toys are Us and say, go play. Okay? Eventually, some of the toys are going to get broken because they are all over the place because that toy store is overwhelming. Well, when we got here to earth, this toy store was overwhelming. We got caught up with the powers that we had and remembering that we did have powers and that we could co-create with God. We were taking his creatures and we were taking the wings off of one and putting them on the body of a horse and we called that Pegasus. All those mythical creatures you heard of back in the old days, we did that. That was our creations. Some of them beautiful, but no matter what, we were playing and eventually we wound up destroying ourselves with that same power.

Well, we needed a way to learn how to do it the right way. So, we had to forget the power we had until such time we were spiritual enough and evolved enough to handle it. That could take life time upon lifetime upon lifetime. And a matter of fact, I mean, we had several of them already. Each of us has an average of about 20 to 30 different lifetimes and some more, some less, some not at all. Those are the archangels. So we come down here with the physical mind, still having our conscious minds attached.

Now, remember the story from the bible where we lost our spirit in the Garden of Eden, and so we lost that connection to our higher source? Well, that's what was meant. The metaphysical meaning of that is, we lost a total connection but we needed to find the way to reconnect with those messages with that source. So, meditation is the tool we have now and the more evolved you become, the more effective your meditation is going to be. Now is the time we need to remember. We need to reconnect because we've gone too far with this disconnect part, okay? We've come down here and we've created a lot of issues and problems as you can see in the world. Look, I'm not a negative person. I'm a positive person but I can open up my eyes and I can see and listen to a person, a kid going into a school and shooting up his classmates and bombs being dropped and people being killed and people being homeless and dying of all the diseases. That's not being negative. That's called being aware.

And we are creating all of that. Consciously or subconsciously, we are creating all of that. So, it's time that we reconnect with our higher source, with God, with our angels, with whomever else that you wind up feeling comfortable communicating with. And meditation is the primary way of doing it because

here's the thing. Meditation has nothing to do with turning off your conscious mind. Turning off your conscious mind is called sleep. You do that at night, alright? There is a time to turn off your conscious mind. It allows your body to relax. It allows your soul to communicate. And it allows the necessary biological processes to occur that need to occur during that time without conscious awareness. However, meditation is total conscious awareness. But, what you are doing is you are shutting up the mind, you are not turning it off. You are quieting it and you are attempting to shut it off.

Now, as soon as I say that I know I feel a whole bunch of energy out there going, oh my god, if I can shut my mind up, I would pay a million bucks. I feel the same way. Let me tell you something. I am married to a woman who the moment she sits down to go in a meditation, it's like she has a switch somewhere. I'm still trying to find that switch. She can just flip it off and the brain shuts up on her, no more thinking. That to me is amazing. Mine, the minute you tell me to shut up, I talk more naturally. So, when I go into meditation and I try to tell my brain to be quiet, be still, it works even harder. Well, you know what, that's okay. It's actually releasing and I will talk tonight about some methods and ways that you can help to stop that and slow it down. Because it does get in the way but you just need to know the only thing you are doing in meditation, the most important thing you are doing is to hear. To hear, to be able to hear what your higher self wants to say, what your soul wants to say, what God wants to tell you, what your angels want to tell you, the universe or the earth wants to tell you, what your pet is trying to tell you. Like Asia was talking about, we've got all of these incredible gifts on this planet to help guide us and we will still smash our car into the brick wall in front of us because we can't hear it. That's the primary thing.

Now, the promise of meditation is this. Everything that you practice, becomes better. It becomes easier. I personally like doing my meditations in the morning or in the evening. Anyplace that you can do it, in the afternoon, depending on your schedule, there is no set rule or regulation that is going to make it more effective. It's whatever is more comfortable to you. One of the reasons why it's great to start your day in a meditation is to set up your guidance for the day. Most of the time, you get out of bed and you go, okay, let's see what do I have to do today. Oh god, I've got a meeting at work today and meanwhile I have to pick up the cleaning and the kids have to get picked up at three. No, Johnny has softball, so that means I have to pick him up at 3:30. That's how you start your day. That's a horrible way to start your day.

Louise Hay has a perfect way of starting her day. She gets up in the morning and after she goes through her ritual of thanking her dad, thanking the world, thanking God for a new day, looking in the mirror and saying I love you, she takes her time and she meditates to hear inspirations, guidance. Those who listened on 9-11, a few years ago, avoided going to work that day. People you will hear stories of constantly avoiding a car accident, avoiding or hearing that somebody, gee, I should call my husband, I should call my son. That's hearing and you can tap into that hearing right first thing in the morning by doing the meditation. If you do it no other time, then the other time is right before you go to bed. Taking five, ten minutes to set yourself up for a wonderful sleep, you rid yourself of all the stress of the day. You relax your body to the fullest that you can. Then you go into your meditation and you listen, again, you listen. Listen to the rest of you. Okay, you've been thinking and talking all day long and God has not had a chance to get a word in edgewise. Now is the time you are going to take to communicate with him.

One of the meditations I'm going to share with you tonight and guide you through is a very special meditation. You wouldn't do this meditation in the morning or in the night. You would do it in the mid-day because it does take a little bit longer. It gives you the opportunity of bypassing a bunch of filters

that you have inside of you, defense mechanisms and old things like that that filter out some of those messages and directly facing. You are going to face your soul tonight. Whether you know what it looks like, you are going to get a visual of it, of what your soul wants to appear to you tonight. You are going to come face to face with that part of you that was created by God. Not that the rest of you wasn't created here, but understand, your physical life was created by you. Okay? Your soul was created by God and that is the reason why we are in its image. God is not in physical form. God is spiritual. We are spiritual beings and sometimes the physical gets in the way especially when we are trying to hear those messages.

So, tonight we are going to jump past that and you are going to have a face to face meeting. You can experience all different things from that tonight. So, I just want to let you know that is one meditation. You have been learning different meditations through these Tuesday night sessions with Asia, which I think is fantastic. So many people ask me what I use that works. You could use anything. Right now, I have some background music playing that happens to touch me. It's good if you use non-verbal music unless it's a guided meditation, something that is going to be peaceful, something that is not going to be distracting. You might actually want some distraction if your voice just goes crazy inside your head, you may need something in the background that you can focus on to distract yourself from your own talking. Whatever method you use, meditation is prime in getting past the defenses and the habits and the issues that we so created for ourselves that get in the way.

Last night on my radio show, I had a couple of people insisting that they wanted something and my message to them was, no, your soul is saying you don't want that and you're not hearing it. You are just not hearing it. And if they took the time to listen, after a while, it took me a while to get them to a place to dig deep down and go, hey, you know what? You are right. I do get that feeling. It's a feeling that you are looking for. Sometimes it comes in words. Sometimes it comes in message. Now remember something. There are 7.3 billion people on the face of the earth now. That statistic went up not too long ago from 6.9. So that means that 7.3 other voices that God can use to get you a message. So, tonight for example, we are going to be looking for a message from your soul but you might not receive it tonight. It might be silent tonight. But tomorrow you wake up and you turn on the radio and all of a sudden, based on something you said tonight, you will hear an answer tomorrow right through the radio. Oh yes, it's not schizophrenic, as long as it's not telling you to go shoot up your next door neighbor. No, we get a lot of our messages, there's no such thing as a coincidence. I can't tell you how many times I've turned on the TV or the radio right at the moment that the person is saying something that has everything to do with what I was just asking. So, your messages can come in all different ways.

If you have pets, pay attention to your pets. Your pets can answer your question. I was able to tell that there was something going on emotionally with a family member based on how my pet was acting. Now, I'm not as gifted in the way that Asia is that could hear the pets, but I certainly could interpret by listening. I was listening to its body language. I was watching my dog. I was watching the way it was acting and I just knew something was wrong. Son of a gun, he knew that there was something going on with one of my family members. So, meditation is absolutely vital like drinking water is to your existence. You do things for your physical body daily. You do so little for your soul and spirit daily unless you intentionally set up to do it. Meditation, above anything else, is the primary way that we are going to make the necessary shift to heal this world. You have to hear who you are. You have to hear your guidance. I know you are longing for your guidance because you wouldn't be on this phone call if you got it so freely.

We are in a state of confusion and flux and change. The only thing that is going to guide us is sitting down and meditating. As a matter of fact, Abraham Lincoln before he declared civil war and made his act of war on slavery and freedom, he had his entire white house staff sit in a meditation to hear guidance. Then you wouldn't believe some of the guidance he received. He actually received entity visitations in the White House telling him what to do and that's how he made his decisions. Boy oh boy if we can have a White House meditation now? I don't know if you have anybody from the White House on the phone right now but they can use this. Do you know what I mean?

Asia: Yeah, while you are talking, I've never wanted to say Amen more than any time in my life. Amen. I mean everything you are saying, I love it. I love listening to you. Oh my gosh, your passion, your insight, the White House, everything you are sharing with us is phenomenal.

Vincent: Asia, thank you so much but it is. Anybody who is involved spiritually right now, all of your listeners have a sense of this resonating with them. They know, they know that we need to change our consciousness. They know that we need to make a shift. And they know that with all the mundane things we need to do in life that have become so difficult, it is so difficult to get up in the morning, get to work, get home, do what we need to do, without some type of issue, crisis or negative thing occurring these days. That's not the way life was meant to be so something is wrong. But, we have to take responsibility for that. Because, once again, we create life. We are not victims here. We create it. So if there's something we don't like, we have to uncreate what we don't like and recreate what we do like. The only way we are going to do that is by tapping into the highest part of us. And that highest part of us is right with you right now, right here. You just don't see it. And it can't interfere.

Here's the other thing, the other reason why meditation is so important. You will get intuitive messages. You know how you get your intuitive messages. Some people get them like the door slamming them in the face, okay? Boom. I think I better make another turn here or open up the door because I just walked into it. Some people get messages like that. But for the rest of us they are so subtle, we turn around and we go, wait, what was that? Was that a feeling? Wait, am I supposed to do this? Then what happens is your conscious mind takes over and analyzes everything you just felt. Here is the reason for logic. The two most important parts of us are intuition and logic. We don't need anything else except those two things because with intuition and logic, we feel, we experience, we understand and we understand what we are feeling and experiencing.

Here's the process. This is the way it's supposed to happen. And intuition will always happen first because whatever is occurring in this physical life has already occurred. We don't need to go there in great detail right now unless you really, truly understand that principle, okay? But everything that we are sensing actually is a delayed reaction to the brain. Scientifically, everybody is able to show that. By the time you get a response to the brain, you are already living in the past. So, the intuition happens first. In order to understand what that is and what that feeling is, you need logic to label it. So you go with your logical brain. You know what? I feel like I need to go to the doctor and set an appointment and see because something just feels wrong. Or, I think I need to take my daughter to the doctor or I think I need to turn down this street. That's the intuition that comes up and then the logical brain labels it. This is where the logical brain makes the mistake. It continues and it turns around and it says, now, why do I have to do that? No, you are just being silly. That's just a fear. That's because you heard on TV last night that there was an accident over here. No, there's nothing wrong. You don't have to bring him to the doctor. No, don't go there. Don't apply for that job. They aren't going to hire you anyway. The logical mind doesn't know when to shut up. Kind of like me. I never know when to shut up. But your logical mind, I guarantee you, is worse than me. It will never shut up until you tell it to.

Meditation not only helps you hear your intuitive mind, but it trains our logical mind as to when to shut up, when to stop thinking and just feel. So, you have to practice that and get into the habit of stopping the thoughts and turning them off momentarily. You actually can get through a day pretty well without thinking about what you are doing, but you don't want to do that. Voltaire was a writer from a long time ago and he wrote a couple of stories that posed theoretical and philosophical issues. Would you rather be the most ignorant person on earth who is the happiest person on earth, or the smartest person on earth who is the saddest person on earth? He gave that as the two choices and everybody was supposed to come up with an answer. Well, you know, that was extreme because of the choice between the two, it's the middle. Neither one is good. You can't be ignorant and happy because we are here to experience ourselves. In order to experience ourselves, we need to know what we are experiencing. We need to know what it is that we know and the way you know that is through your logical mind. However, you need to know what you are supposed to know and that's through our intuitive mind. Our intuitive mind gives you the core knowing. Our logical mind defines it for you. You train your logical mind by quieting it, by talking to it, every day.

If you're not talking to yourself every moment of your life, or at least telling yourself and having conversations with your higher self – I talk to my higher self and God every single day. What's happened now, I don't have to go necessarily into a meditative state to hear God within me. I can immediately turn around and hear. As a matter of fact, as I'm talking to you I can hear him at the exact same time.

I'm used to it and I'm a recovering Catholic. So, I hear that snicker in there Asia. You want to be able to hear and talk but control it at the same time. So meditation is your primary way to be able to do that.

I want to leave time for questions and answers and go into the meditation so I'm going to stop talking now. I'm telling my mind to shut up but I also have to tell my voice to shut up too because they act independently sometimes. Okay, Asia. Do we want to open it up to questions now?

Asia: Yes, that was absolutely beautiful. You all receive an email today containing Vincent's tips and information about music and the ones that you have listed here to remind you Vincent, the humpback whale and dolphin sounds. So, that's kind of general. Meditation by Mark Thurston.

The question coming in is where do you get your favorite meditation music?

Vincent: Okay, first of all, you can get it on line if you go to Amazon.com or iTunes. iTunes is a great place because it allows you to at least test and hear some of the music to see if you would like it. Meditation music is picky for the body and for your mind. You have to listen to a lot of it in order to tap in. So, I got a lot of mine from back in the old days, at music stores. But, nowadays I get it from iTunes. And I listen to my body because you want the music to touch your body and help you to relax and help you relax your mind. So, you have to listen to some songs in order to be able to decide what's going to work for you. Okay, like some songs work for me. They do not work for my wife. She wants absolute silence. I like some of that music, especially with some ocean noises or humpback whales or the dolphins. Oh man, they just vibrate with me. You want to feel your vibrations. So that's where I got my music. iTunes is a great source or Amazon or any of your online sources.

Asia: Alright, wonderful. Tom wants to hear more about a reasonable amount of time to meditate. Like, what amount of time should you shoot for or is it just more of an intent?

Vincent: Okay, it's both Tom. That's an excellent question because I didn't cover that. You want to at least meditation for five minutes a day. Some people are capable of meditating up to an hour. Well, I find that unreasonable for me, but a half hour, I do practice at least once or twice a week depending upon what I need. If there are some major questions I need answering or I just want to settle myself because there has been some stress, I will take 20 minutes to a half hour to meditate. So, yes, your intent will determine how long to meditate. But, you can meditate 20 times a day if you have 20 different questions. I advise anybody before you answer a question for yourself or anything else or anybody else, meditate on it first to get the answer. That only takes five minutes. Okay, you set yourself up, getting yourself comfortable. I created a space that I love now. There's a lot of energy. Meditating creates energy. I recommend reading on Edgar Cayce's meditation. I did include that because he talks about how you raise your energy and you want to direct it somewhere. So, even using a meditation room helps with that because your room will be nice and energized. So, yes, intent and time, five minutes on up, whatever you feel comfortable with. But, at least five minutes.

Asia: I'd love to go to your meditation now. It's Meet Your Soul Face to Face. Is that correct?

Vincent: Yes, it is. And, Asia, just so everybody knows, any questions that are unanswered, they can email me if you give them my email. It's believe@vincentgenna.com. I will answer their questions that were unanswered tonight, okay?

Asia: Beautiful. And, tell us your website.

Vincent: My website is www.vincentgenna.com and you will find all my information there, links, resources everywhere and a way of contacting me where I can get you more information on anything you do need.

Asia: Definitely go to his website and check it out your website is like going into a candy store. It is gorgeous and delightful and a beautiful experience in itself.

Vincent: Thank you for that. I put a lot of time into that and I meditated on it. That helped to create it. So now, I'd love to do the Meet Your Soul guided meditation for everyone.

What I need everybody to do right now is to just position yourself as comfortably as possible. For the most part, you want to sit in an upright position. Lying down is not necessarily good for meditation because you wind up falling asleep then. So, sitting upright with your back straight and leaning up against the back of a chair is good.

Now, the interesting thing is, if you want to receive energy, people put their hands palm face up. You can lay your hands whichever way is comfortable and natural for you. Then take some very deep, slow breaths. We don't know how to breathe as people. There is so much stress in a day that we actually breathe shallowly. And yet, oxygen is our number one source of food and life sustaining energy. So, deep breaths to reach the bottom of your abdomen. Watch it extend and feel it extend. Your rib cage will just expand to let in more oxygen and just breathe comfortably, slowly, warm comfortable air. Filling your chest and your abdomen. I like to do a visualization to help lead into this.

Just imagine an empty one gallon clear plastic milk container. You are by your kitchen faucet. Much of what I am doing tonight is visualization. Don't be afraid if you have a difficult time visualizing, just do the best you can. The image may slip in and out. It's okay, try to grab hold of it and go back. See with

your mind's eye. Take this gallon container. Turn on your faucet to a nice steady luke warm flow. Don't make it too hot or too cold, nice and luke warm. What you are going to do, you are going to breathe as you fill the jug up with water so you get visualization as to how you should be breathing. You fill up the jug. You put it under the faucet and you see that the bottom begins to fill first, then the middle until it comes all the way up to the top and you can put no more in. Then when you pour it out, it pours out from the top to the middle to the bottom. So, now visualize and let's do three deep breaths that way. Exhale first and breathe in, filling up the bottom, the middle, to the top. Pour it out from the top to the middle to the bottom. Do it again. Breathe, filling up the jug of water, bottom, middle and top. Then exhale and pour it out, top middle, bottom. One more time fill up the jug all the way to the top then pour it out and exhale with it, letting out all the water, all the stress, all the thoughts to the day that are unnecessary. You are comfortable and relaxed. You feel deeper and sinking into your chair, sinking into the earth. You are stable, strong, the air is comfortable and warm. The air is comforting and relaxing and each breath you take, no matter what sounds are around you, doesn't bother you or distract you. Only my voice you hear and only that which I tell you to hear. Nothing else matters.

I would like to bring you on a journey with me. To bring you on a journey where you have been to before many times that you may have forgotten. You trust and feel comfortable going there. As we go on this journey, you know you have been there before. You feel warmth where we are going. Right now, I want you to use your mind's eye as comfortable and relaxed as you are and remove yourself from your place deep in your home, wherever you are. I want you to envision being in a field, outside, a field of green that goes on limitlessly to the horizon. It's a warm, sunny day, comfortably warm with a slight breeze blowing. The only clouds in the sky are small, white billowy clouds moving along gently with the flow of the breeze. You look around you and see green, a field of grass, and maybe to the distance, to the right of you are wild flowers just filling that area. To the left of you is a rolling valley. It's beautiful. It's comfortable and though you are the only one there, you feel safe. You feel secure. As a matter of fact, you feel warm. You feel loved. You feel comforted. You know you have been here before but it doesn't look as familiar as you would like it to be but that's okay. You've been there and you know it's beautiful. You know at any time you can return there whenever you want and if that image slips away, it's okay. Grab it back. Try to stay at my pace but if you get ahead of me, that's okay too. We are going to go on this journey together. We are going to take a walk in this field.

If you look down by your feet, you can see a path that is cut into the grass. It's a path that lies ahead of you. It's about two and a half or three feet wide. It's not much wider than your own steps, your own body. But, it's there. It has been walked. It has been traveled before and you can walk that path. You begin to walk ahead, straight through this field of green covered on one side with flowers, covered on another side with rolling hills. Maybe in the distance you hear some birds, you hear some life. What you hear is comforting and beautiful and you continue to walk straight ahead with a familiarity like you know this feel right. This feels comfortable. This feels warm. You can breathe in and smell the freshness of the air. It doesn't make a difference what other life is around you. It is you and nature right now. Hearing my voice just guiding you along the way and you are walking this path.

As you are walking this path, you begin to see trees in the distance ahead of you, a forest of trees in the distance. It's not too far to walk to. As a matter of fact, that's the direction you are going in now. And you know you can get there and you aren't tired. You are comfortable. Every step you take gives you more energy and makes you feel vital. As a matter of fact, you don't even feel attached to your body. It's as if you are floating in the field but you are there. You are going with direction, with intent and purpose. You know that wherever it is you are going, you are going to feel more of the love you are feeling now, more of the power that is surrounding you and embracing you. It is as if the color sky and

the air and the sun are just embracing you while you are there. You feel comfortable and relaxed and sink deeper and deeper into this field and into the experience.

As you look ahead, the forest is getting closer and closer and it is not so dense that you cannot see light coming into it. It is not a dark forest. Beautiful rays of light are filtering through the tall trees and the green and as different greens in there and vines and beauty and you begin to see the details of it. Right in front of you, just as there was a path cut out for you to walk, there is a path through the forest with clear trees as if somebody, as if it was intentionally created this way so that anytime you came to walk this path, there would be no obstructions. It is your place. It is your special place where you feel comfortable and safe and can come back at any time. It's your vacation spot. You know you have been here before. As a matter of fact, as you get closer you might even find evidence of you having been here before.

The forest gets closer and closer and it's within a few steps reach at this point. If you turn around from where you are, you can see where you came from just now. You came so far, even though it didn't feel that way, you look at the horizon and you see where you just appeared in this beautiful valley. Bring the image back as much as you can. Keep it in your mind's eye, this beautiful green valley. If it fades, the feeling is still there. Just bring it back. There in the distance you can see where you landed and now you look and you can see on one side now where the rolling hills are and the other side where the flowers were. You have come so far yet it doesn't feel it was that far at all.

Now, you turn back around ahead of you and you find you are right at the beginning of the forest, this beautiful forest. There is more life you hear. There's more animals you hear, safe animals, nobody is going to harm you because this forest belongs to you. It is yours. You are in control of it. Your power allows you to keep yourself safe in it. The animals, the life there know who you are and no harm will come to you. You can see whatever life you choose to see there. Whether there be tree animals such as squirrels and birds, or little chipmunks. Everything is beautiful. Everything is safe and it's almost as if they are greeting you, deer and does in the background, playfully coming into your forest that look at you and they hear you. They see you. They sense you. But, they have no fear of you as you have no fear of them. You feel comfortable as if this is a fairy tale forest and land. You might even be able to see beyond the animals and see the other entities and energy that lives in that forest there. Sparkles of lights pass you. You can glimpse and see not only the rays of the sun coming through but energy surrounding you that lives there in that forest, that comes and visits any time it wants to, in and out. You are there with it all and it is all with you.

Now, as you are walking through the forest, there is a clearing ahead. In that clearing, is a beautiful cabin, a log cabin, small, modest, not major size. It doesn't need to be. It only houses one being. Maybe the cabin has an open window and a chimney and you know the fireplace may be working inside because there is smoke coming from the chimney, very gentle, very light. But, this cabin is welcoming and it looks familiar. You just know you have been there before and you know you are welcome. You are not a stranger coming up. You have no fears as to who or what is inside that cabin because it is expecting you. The being inside that cabin knows and is waiting for you to come visit. It waits for you all the time to visit and it is always prepared and it is always welcoming. There is always food ready. There is always a place for you to rest. You get closer and closer to that cabin. Look around the cabin and see what else is there. See a path cut out or stoned just to get you directly to the front door of that cabin. It is in a beautiful place in the forest with a beautiful view all around it with sunlight and beams of light radiating right on top of it, coming right out of the sky and hitting the roof of that cabin. Somehow you know you built this cabin a long time ago at some time or another. You just don't always remember it.

You just don't always recognize it but you feel it. You know it. It's yours and right now you are at the front door of that cabin. See that image standing. The door is closed still. See that image. Bring it back to your mind's eye. If it drifts away, that's okay. You are standing right now in front of that cabin door, ready for the occupant to open it. You don't even have to knock. The occupant knows you are here. You have arrived. It's been waiting for you. It's missed you so much. And with a welcoming force of love, it opens the door to greet you.

There it is. It stands before you. See it, feel it, keep it in your mind's eye. No matter what it is, no matter what appearance or shape it takes, see what it looks like. Hold onto that, don't release it. Enter the cabin with it. It is the best being. You know this being. You talk with it. You feel it. You express feelings with it. You may not always recognize it. Sometimes you don't even know that you are communicating back and forth but you do all the time. And you know that in your heart. Your heart is beaming and filling with incredible peace and love and comfort and you know this is the place you are meant to be. This is who you are. This is the joy you always want to experience. This is the companionship, the relationship you've been longing for. Right now, you and this being are sitting together, looking at each other. You don't even have to talk to hear each other. But, you do. And you talk and you converse with this being. There is so much you need to catch up on. There is so much it wants to tell you. It tells you the most important thing you need to hear today, tonight. It tells you that and you hear it clearly. You love this communication. You know that even though it's not going to be long that you will be able to stay for the visit, you can always come back to visit him or her. Whatever it is that you see there with you, hear its message. Hear his message. Hear her message. Embrace her. Embrace him. Tell him how much you love him and you hear how much he or she loves you. You are just one. You are cut from the same mold. You are from the same source. You know that. You are from the same family.

You know this being. It doesn't make a difference how familiar it looks, you just know it in your heart. You don't want to leave. You look around the cabin and you see how comfortable it is. You see the décor. You see how beautiful and warm and inviting that he or she has made this cabin to keep it for you. To keep it the way you would love it to be anytime you return. It has your memories there. It has not just the memories of this life but it has memories of other lifetimes on the wall in pictures. In little books on the table there are pictures there. If you had the time, you could go back. You can revisit any time you want and pick up any one of those picture books and remember and experience yourself all over again. But it's time. It's time you must say goodbye for now. You must take with you all he or she has given you. You will feel it and you will remember it. You will keep it in your mind's eye and you will keep it in your mind and in your heart as you return.

It's time to leave the cabin and you quickly leave and say goodbye and say I will return. I won't wait as long the next time. I will be back and it is sad to have to leave this gorgeous cabin, this beautiful peace. But you know it is yours. It is always a part of you. You can return anytime you want. You leave the cabin now. He or she stands at the door waving goodbye with the greatest smile, knowing it had the greatest time visiting you. And it says, listen to me. Listen for me. I will always be there for you and with you. All you have to do is hear.

Now, you are walking through the woods, back to where you started, back to where we arrived. You look back and you can see the cabin but you know, you continue walking because this is where you've chosen to be, this lifetime. You know you need to be here. You have to fulfill what you want to fulfill while you are here but you know you don't have to do it alone. When you come back to this life as you are walking through the forest and to the open field that you reached now, you know you are taking

with you all the information that he or she gave you in the cabin. You are taking with you the feeling, the comfort, the warmth, the love, knowing you do not have to do this life alone, ever. You are powerful beyond measure and you were just reminded of that on this visit. Nothing will stop you now. Walk through the field and back to the place that you arrive. You look behind you and the forest is at a distance now. The cabin you can no longer see. You cannot see the occupant or the person or whoever it was that was in that cabin anymore but you can feel it. You can hear it and you will take it with you forever, knowing you can return at any time.

Slowly and when you are ready, on some deep breaths, taking with you all the peace, all the comfort, all the relaxation, all the wellbeing, all the abundance, all the love you felt while you were there and bringing it back with you to this life where you are now, your current awareness, never to be without it again. When you are ready, and if you choose, you can open your eyes and return to full consciousness.

I thank you for allowing me in this journey and trusting me. I bow to the Great Spirit within all of you and say that I love my brothers and sisters. I'm glad we can get together like this. Thank you.

Asia: Thank you so much. I feel a little speechless here, really, utterly, beautiful. I had a very profound experience. Actually had to mute myself in there, I was crying so hard. It was so beautiful.

Vincent: Wow, that does happen sometimes Asia. People experience all different types of things when they see. What you are seeing is a part of you inside. I want people to remember if they didn't experience anything now, they have to keep their eyes and ears open because they will. Does anybody want to share the experience?

Asia: I do have one person typing in. She said, I'm crying too hard. I can't seem to stop. It was so beautiful. Yes, it is. It was so absolutely vivid and profound.

Right now, we have our phone callers being a little shy.

Vincent: I'd love to hear what you experienced Asia. That will help others to open up too.

Asia: Great. I saw the field so beautiful and vivid. I love that the path was there and it was worn. I was just running for part of it then just appreciating the birds and the flowers and the rolling hills. Getting into the woods, actually reminded me of when I was with my horse Rocket, who died at almost 38. My first horse and such a precious soul, just riding him through the woods and how safe and grounded and connected and powerful I felt with him. Just at home, being so at home and missing that and missing him and his grounded presence. I guess I just forgot how much I miss him. I haven't been able to trust a horse in the same way that I trusted him to gallop and knew he wouldn't hurt me. He was so brave and galloping through the woods so just remembering that part. Then getting to the cabin, just pausing in front of the door. I loved that and seeing the handle, just before I touch it, start to turn and feeling that excitement inside. Opening the door to seeing this translucent, tall, gorgeous being. When I hugged her, my head, and I'm like 5'6", my head came to her chest. I felt absolutely loved and joyful and her power. I'm like, this is me, my soul, me. I'm like, wow, just blown away by her brilliance. I have done a lot of past life work throughout my whole life, even during my near death experience, and I did have to chuckle a little bit because I had, when you said, we have had 20 or 20 lives, I one time had one of my spirit guides tell me I had 800.

Vincent: Wow, you don't wait long enough to come back again do you?

Asia: No, I'm just like, what's next, you know. A few of them I just didn't get it. Talk about the door in the face. I had that a lot. So, I just saw her brilliance and it reminded me of Atlantis and Lemuria and how we were so in touch with our brilliance and our power. For her to say to me, and to all of us, she said, let your students know this, that this is available to them. That brilliance and power they are seeing doesn't have to wait. It doesn't have to be another time. We can bring it in and incorporate it into our hearts and souls now and live that way, live from that connection. I actually kind of had a hard day today and I've been so overworked and so stressed. Literally, I just sit in front of my emails and just watch them, boom, boom, come in. I have other people helping me and I work every single weekend like 16 hours a day. And I love it.

And, I'm like having a hard time becoming a bigger business and switching into that mode and she was just sending me the energy of how to do that. She said, you have to stop your overworking. You have to stop this. This is silly. She said come back again and I will give you this new energy. When you have the energy, it will just shift. It's not like I'm going to have to do things. There's going to be some doing of course, some action. But, it's going to just click in and then it will just show up. The new method for my business, the new method for me, it's just getting that energy and it will shift. I will be getting back and visiting and so that is there for everyone to whatever transformation or change they want to make in their lives or their business or their relationships, their communicating with animals, the physical body. It's just going there, getting that energy and having it downloaded and just watching everything click and shift in front of you.

Vincent: One of the reasons why I like this meditation Asia, is because of the experience people have gives insight as to where you are. So for you to be able to see that Asia, you are extremely open and ready to accept who you are. So many people are fearful of accepting who they are. It's just like MaryAnn Williamson said, our greatest fear is not that we are inadequate, but that we are powerful beyond measure. You have to be open to accept that. You saw your power and just in feeling that, doesn't that give you a sense of oh my gosh, and you know what? It doesn't make a difference if you are making this up. The greatest part of life is our imagination because you cannot create anything that hasn't been created already. We would love to think or doubt that some of these things we visualize are fantasy but you can't even think it if it doesn't exist already. Because you have a limited physical mind here tapped into an unlimited ability and source. Just the mere fact alone that you visualized that, doesn't that vision in itself make you feel more powerful?

Asia: Absolutely. I'm still in its residual. I'm sitting here and I'm seeing another vision coming forward about my family. We were acknowledged for working. You are German and you work and that's success. That is it. And I'm just going huh? Already, I'm just hearing that and going, oh, that doesn't even feel like me anymore. And it was just what, a minute? How it is already starting to shift.

Vincent: Yes, absolutely. Do you realize? Didn't it feel like we only did the meditation for about five minutes? The time went by so quickly and yet you got so much information. You got that it does cause a shift.

Asia: Yes, and that we are all going through this. Sometimes some of my students are like, really, Asia, you are having things you are working on? I'm like, yes, I'm going to keep having those. I don't want to put myself on a pedestal. I may be a few steps ahead of you but I want to be with you and I am with you. We all are on this path together. Very beautiful.

We have Eva who wrote in ABSOLUTELY AMAZING. She said, my soul inside the cabin was very bright energy, a large source of white light. There wasn't a physical body. It was beautiful. She said, I left my cabin skipping very much love and power, thank you so much. She said Asia, I'm crying with you and then a hug symbol. Thank you, Vincent. Wonderful Eva, that's fantastic.

Vincent: I love when that happens.

Asia: We have Sherri who writes, ditto with Asia. The meditation very comforting, safe cozy warm, beautiful like going home. A place to not think or worry about anything, so relaxed and peaceful. Wonderful, thank you so much for that, Sherri. She said, yes, thank you Vincent, it was a wonderful oasis. Beautiful.

I also want to remind my students that they have for the whole mediation series we have done here, I would love to hear any testimonials or feedback that you would like to share about this series. You can email me at asia@asiavoight.com.

Debbie said, I had similar experience as Asia's and Rocket. She experienced a guiding angel, moonlight under her, flying along the path and found the door in the cabin along with white wispy cloud sweeping me into a comfortable chair, surrounded me with love and forgiveness. I'm so happy Vincent guided me to this place and gave me permission and encouragement to return often. Thank you both very much for sharing our gifts with us.

Vincent: Wow, that's special. I feel blessed being able to do that. You know Asia when you are fulfilling your passion, there is nothing more rewarding. You know what I'm talking about. There is just nothing more rewarding than somebody saying you have touched my life. That's why I wish people just got a taste of that because they would rush to get along with each other and rush to help each other so that they know what that feeling is. It's an amazing feeling and thank you so much for inviting me to do this with you.

Asia: My hands are at my heart and a slight nod to you. My arms are going out and around to everybody in a beautiful loving hug to all of you in the United States and the world. It has been an honor and pleasure to be with all of you. And again, thank you Vincent. This was utterly beautiful and perfect for what I needed today. I'm so hopeful now. It has changed our lives. So to everybody have a beautiful evening.

Vincent: Good bye everybody. Namaste.