

DNA-Induced Immune Response Activation

Part 2:

The Soul Bubble Guided Meditation

(By Robert V Gerard; as of 21 March 2020)

Note: Either sit or stand, as comfortable for you when performing this meditation

The Soul Bubble exercise/meditation offers a way to achieve alpha-theta brain-wave states. It is a cleansing, healing, grounding, and protection meditation.

The Soul Bubble Meditation serves as a powerful tool. The reasons being its unique design to encapsulate the mental, emotional, spiritual, and physical aspects of your Being. It also may provide personal protection from harmful micro-organisms and dysfunctional energies.

The meditation creates a beautiful space in which you can feel your soul and consciousness. The joyful part, you can feel your physical body expand, and the sensation of energy metamorphosis.

1. Sit/stand up with your arms at your sides. Keep your feet apart and comfortably feel secure. Close your eyes, stop thinking, and take several deep breaths.
2. The front of your Soul Bubble begins approximately one arm's length in front of you (about 1 meter). Imagine the outer surface as a translucent Bubble. Now imagine the surface extending around your left side, onto your right side, behind you. Next, create a dome above your head. Now imagine the translucent Soul Bubble extending below you.
3. Sense the shields joining and forming a complete Bubble around you. Feel yourself floating, stay centered in the Bubble, and let everything go.
4. Now, using your imagination, fill the Soul Bubble with your essence, your consciousness, good health, with all your good energy, and with all of who you are. Your inner world has become Divinely defined. Take a gentle breath as you feel secure in a larger Soul Bubble Body.
5. Once the Bubble is filled, take a good deep breath and hold it just for a moment. As you exhale, push the insides of the Soul Bubble out to about two (2) arm's length or several more meters/yards, all around you. Then again fill the soul Bubble with your essence, your consciousness, your good health, and fill it with all your energy of Love. Fill the Bubble with all of who you are.
6. Once filled, take a deep breath, and as you exhale, push the insides of the Soul Bubble out to about three (3) or more arms lengths, or several more meters/yards, all around you. Using your imagination, fill the soul Bubble with your essence, your consciousness, your Love, your beauty, your good health, your dreams and goodness, and all your energy.
7. Take a good, deep breath. Exhale. Take a second-deep breath and hold it just for a moment. As you exhale, push the insides of your Soul Bubble out with all your might, as far as you can imagine all around you.

8. Imagine healing energy from Mother Mary in the form of blue-green colored misty-air surrounding the Bubble.
9. NOW, invite Mother Mary, the Holy Spirit, and Angels to enter your Soul Bubble.
10. At this moment, you have created a Divine Duality; you experienced oneness with Source, expressed your uniqueness, and united your outer heaven with your inner heaven. Hold this feeling of bliss as long as possible. This is the magnitude of your essence on this planet. Enjoy the feelings that activate health and peace within you. This is your sacred space. Remember this always!
11. Now, take a gentle breath, expand your arms outward, imagine embracing your Soul Bubble, and move it upwards to the top of your head. Squeeze and compress your Bubble and push it through the top of your head into your body. Feel your physical body becoming filled with your Soul Bubble's Energy of Life, your essence, good health, and peace.
12. In this moment, let your Soul Bubble's Energy of Life push and purge dysfunctional energy away from your body, and return it to God's Light. Feel this healing process.
13. Now, as you become filled with this loving energy, create the image of a colorful DNA double helix spiral below your feet, and connect your loving energy with the center of the Earth. As you do this, feel that you have grounded with Mother Earth.
14. Take another gentle breath and give thanks to Father-Mother ONE for this healing.
15. Relax for a few minutes. Be at PEACE.

It's good to know that thousands of people worldwide have performed this technique and reportedly loved it. It's great for children, and especially good for seniors.

Health and Peace,
---Robert V Gerard and Zeljka Roksandic
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