

Create New Patterns
In Your Life With The
Goddess Isis



*Guided Meditation Audio
& Illustrated Journal Pages*

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Welcome!

In my work helping people create conscious connections to the high-vibrational Guardian Beings who are here to support us, it's impossible to overlook the many faces of the Goddess, whose Guardian energies have been with us since the dawn of time. Her presence as Guardian has greater and greater positive impact on our lives as we create a meaningful, personal connection to Her every day.

Today we'll be journeying within to connect with the energy of Isis

You connect with Her simply by opening your heart to Her love. Your heart is her temple, and the more you connect to Her love, support, and guidance, the more truly on your path you will be. There are many stories told about Isis, but they all represent the same thing: the power of Her love. Make yourself at one with this love by inviting Isis into your heart, and making for Her a home there.

Guided Inner Journey to Connect With the Energy of Isis

If you're in a safe place to do so, I'd like to invite you to close your eyes, and begin to relax.

Feel into your heart-space, and as you do, feel the all-loving presence of the Great Mother there, within your heart.

Feel Her restoring and renewing your heart, and allow yourself to feel truly safe.

Feel this Divine Feminine energy of safety spread into every part of your being.

Feel it filling your entire body, flowing through your feet and beaming down into the center of the earth.

At the center of the earth, feel the presence of a huge glowing crystal, filled with positive energy and love for you.

See the beam of Divine Feminine energy flow down into the crystal, harmonize with the energy there, and beam straight back up into you.

Feel this beautiful energy flow up through the soles of your feet, into your knees, up into your hips, your chest, your arms, your throat and your head.

*Feel it filling your heart, and spreading out all around you...
and now feel it spread out to encompass the whole world.*

See the whole planet held in a space of safety.

Now come back to your own heart and from that heart space, open to connect with the Goddess in her many forms—She who is here to help you, She who loves you and She who knows who you truly are.

Stand inside the presence of the Great Mother, and allow your heart to connect to the energy of Isis.

Isis comes to you with a warm embrace, and you feel yourself relaxing into Her arms.

All your worries and fears are gone in the presence of Her great power, Her all-encompassing love.

Stay in her embrace, and soak in the transformative energy of Her great love.

Now take a step back, and ask Her wisdom concerning a problem you have—the deepest question in your heart.

Take Her answer into your heart, and let it be absorbed into every part of you.

Now you ask to see yourself through Her eyes, and as you take in a deep breath, you are filled with Her vision of you.

You can feel it in every part of your body, and every part of your being.

You are set free by Her love, set free to truly Become.

You feel a transformation taking place on every level of your being, as ancient codes are unlocked and activated.

You know She will remain with you and within you, guiding you in this journey of Becoming.

You feel the softness of Her embrace once more, as you open your heart to Her completely.

From now on, you are together with Her in all ways.

Keep a space in your heart open to Isis, and thank her for her presence in your life.

Now come back slowly to your normal waking state, and answer this question for yourself: “How will I live differently today with the energy of the Isis within me and surrounding me?”

Create new patterns in your life by working with the following consciously creative statements:

Say silently within yourself now:

I trust in the power of love to transform my life. (Repeat three times.)

The energy of Isis harmonizes every aspect of my life. (Repeat three times.)

I feel loved by Isis, and I am safe. (Repeat three times.)

Deepening the Connection

You may also want to create a collage or an altar to represent your connection to Isis. You might use items or images relating to the full moon, lapis lazuli, outspread wings, feathers, and thrones.

You can call Her to you by singing her name, out loud or silently.



ISIS

Morning Journal



I call in great love to Isis. Please help me today to/with:



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ISIS

Evening Journal



I call in great love to Isis. Thank you from my heart for your:



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About the Author

Kim Wilborn is a Guardian Ambassador and Coach who specializes in connecting people to the Guardian Beings around them while giving them tools to transform the issues that are holding them back from fully expressing their Soul Purpose.

Kim is the founder of GuardianGateway.com where she helps people connect with the high-vibrational Beings—angels, unicorns, faeries, dolphins, power animals, whales, tree and plant spirits, and more—who are guardians and supporters of our gifts and soul purpose.

Kim has been a Transformation coach and teacher to individuals, couples, and businesses since 1994, and loves to host telesummits and other on-line events that show listeners how to experience more happiness, meaning, and fulfillment by accessing the support of a personal team of Guardian Beings. She is a Certified Hypnotherapist, and lives in the San Francisco Bay Area.

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