

Guided Transmission Script for Receiving Sunrise Energy *For Personal Alignment with Sunrise Mirrored Resonance Therapy*

**The Divine Intelligence of the Sunrise Energy Field can be brought into any meditation at any time, for it is always in your field after you have experienced it.
Use any part or all of it.**

Introduction

Take a moment to come into stillness. Feel your body supported by the surface beneath you. Let your breath guide you gently inward, deeper into presence. With every inhale, invite clarity. With every exhale, release tension. Bring awareness to the space around you... the subtle energy field that surrounds and infuses your body. This is your sacred sphere of resonance. Today, you enter into harmony with the Sunrise Field—a quantum resonance of coherence, healing, and light.

Invocation

**I now invite the Divine Intelligence of the Sunrise Energy Field
to surround, infuse, and harmonize my energy system.
I open to receive only that which is in alignment with my highest good.
May this transmission activate my body's natural intelligence,
restore harmony within my physical, mental, emotional, and spiritual bodies,
and expand my connection to the Infinite Source of Love and Creation.
I allow, I trust, I receive.**

Guided Journey

Imagine a soft golden light beginning to gather just above your crown. This light is the mirrored resonance of the Sunrise Field—pure, loving, neutral, coherent. Feel it gently entering through the crown of your head, flowing like warm sunlight into the space behind your eyes, relaxing your mind, calming your thoughts. Let the energy move down your neck and shoulders, dissolving all tension. Let it continue flowing into your chest, your heart center, expanding light outward. Here, breathe deeply. Let your heart receive the coherence. The light now moves into your belly, your core, your womb or creative center. Feel any discord loosening, softening, unwinding. Let it travel into your hips, legs, knees, feet—grounding you in the energy of wholeness. Imagine your entire body as a glowing, vibrant field of harmony. Now, notice the space within you—the stillness. This is where transformation begins. Let your awareness linger here in stillness, bathing in this gentle, intelligent frequency. There is nothing to do. The energy knows where to go. It meets you where you are.

Closing

Take a moment to thank your body.

Thank the Sunrise Field for its mirrored presence.

Thank your own Higher Self for guiding you to this moment.

Feel your breath return to a natural rhythm. Gently bring movement back to your fingers and toes. When you're ready, open your eyes.

You may wish to journal any impressions, sensations, or inner guidance that arose during the session. Each session builds upon the next.

You are in the flow now. You are supported. You are awakening.

Welcome the changes with grace.