



# How to Meditate Apprentice training

*JulieRenee.com*



## Opening blessing

May the Lord bless you and keep you

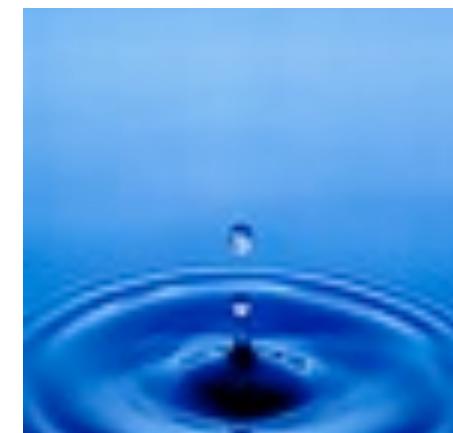
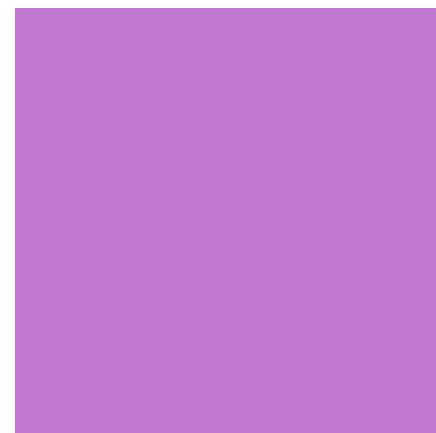
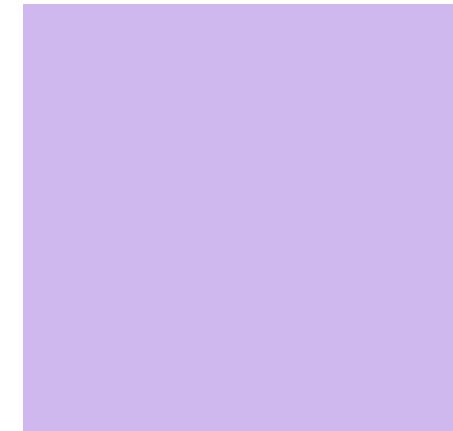
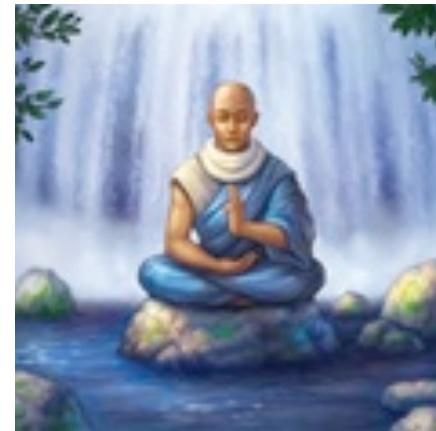
May the Lord make His face to shine upon you

And be gracious the

The Lord be gracious, gracious unto you



+ Remove all  
obstacles  
from our path



Clear all that interrupts the flow of  
easeful breath meditation

class 2

Breath or prana as meditation

+

Sat Nam  
10 cycles



**Balancing the  
right and left hemisphere  
of the brain**

**Right hand close to face  
Middle and fore finger down pressing  
thumb to nostril  
Count in for 4 hold for 16 out for 8**

+

# Clearing for owning breath, life force, spirit in body



Bloodline  
Lucifer stop  
Soul contracts  
Demonic curse  
Satanic curse  
Evil spirit curse

Group mind  
Group mind virus  
Black magic  
Curse  
Atheist thought forms  
Trauma

Emotions  
DNA

Holographic inserts  
Mechanism  
Seeds  
Implants  
Permeations  
Portals

Evil spirit  
Ghost  
Demon  
Transmortals  
Alien type 3  
Alien type 6  
Alien type 8



## Clearings for Using Sacred Word as a path to profound Meditation

Mantra, ~ Jappa ~ Rosary and  
Repetitive chant opens the door to  
profound stillness

- Religious righteousness, (the idea that mantra is wrong, or our way is the only way)
- Bloodline preventing self discipline
- Spiritual interruption guests guides pests and parasites
- Cycles and timelines
- Can only do this with others or in a temple
- Permission to do it my way ~ (fear of doing it saying it wrong and causing a bad result)



## Mantras for Health and Love

This Mantra invokes the aspect of Creator/ Destroyer, God/ Goddess attributed to Lord Shiva. It is known to create and restore health as it destroys the unwanted illness.

### ■ Tryumbakam Mantra

- *Om Trayambakam Yajamahe Sugandhim Pushtivardhanam*
- *Urva Rukamiva Bandanna Mrityor Muksheeya Mamritat*
- *Om Namah Shivaya, Om Namah Shivaya, Om Namah Shivaya*

### When to use this Mantra

- The mantra restores health and personal power and is a great mantra to say on a daily or weekly basis. A good time to use this is when you need a big force for change as this is a powerful mantra activating the Quantum field. The tradition is to use a strand of 108 rudraksha beads and to repeat this mantra 108 times. It's takes a good long while so the common use is repeat 10 times with an open heart.



## Amplification

Removing controlling energies

- Lucifer stops
- Bloodline
- Soul contracts
- Demonic curses
- Evil Spirit Curses
- Satanic Curses
- Ghosts

**Chanting while clearing helps move things out faster**

- In the stillness in the quiet
- in the open heart there I am
- I am essence I am breath
- I am Light of God I am I am

# +

# Illumination Rosary



**Hail Mary, Mother of humanity, all Deities Love Thee, Blessed are you throughout creation and blessed are your children on earth.**

*Holy Mary, Mother of the Highest One, Nourish us with wisdom and inspire us through our experience in and out of body. Amen*



# Perception

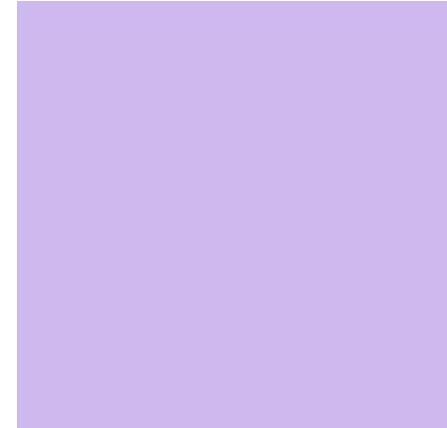
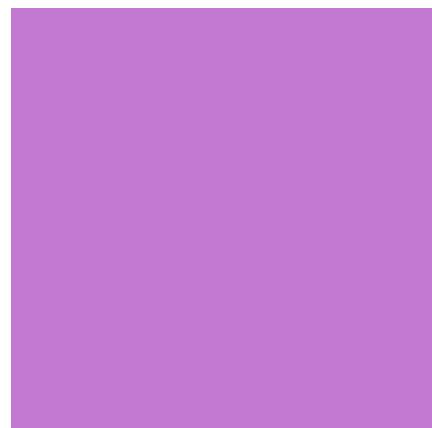
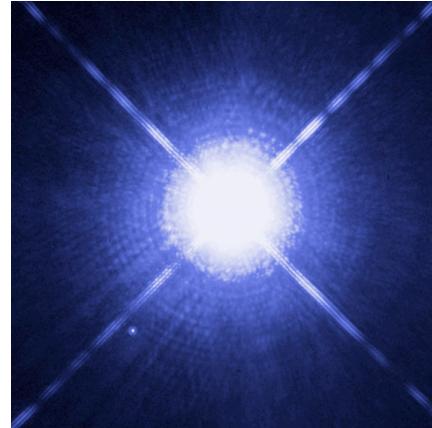
Group mind

Group mind virus

Black magic

Curses

Trauma





## Blessings for Love

To invoke the blessings of a love match 108 lotus beads

Either for

- 40 days in a row or
- 15 Mondays

- Energized with flower petals on the shri yantra image

- ***Lakshmi Mantra***
- ***Om Maha Lakshmyai Namaha***
- ***Om Maha Lakshmyai Namaha***





**Feminine Blessings of  
Mother Goddess**

**Sarva Mangala Maangalve**

**Shive Sarvaarth  
Saadhikae;**

**Sharanye Tryambakae  
Guari**

**Narayanee Namostute.**





## Enlightenment Gayatri Gyatri Mantra

***Om Bhur Bhuvah Svaha,  
Om Tat Savitur Varenyam  
Bhargo Devasya Dheemahi,  
Dhiyo Yonaha Prachodayat***





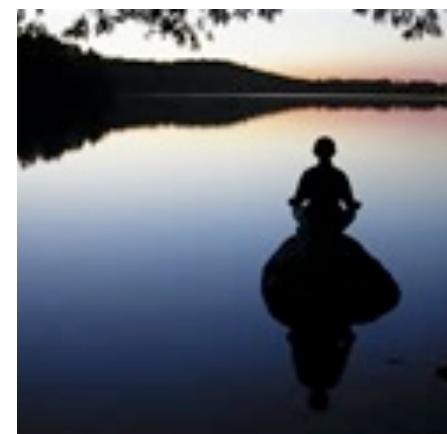
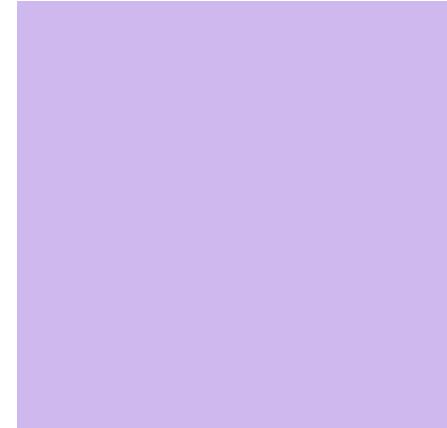
## Emotions and Mantra

Emotional Brain

Religious programing

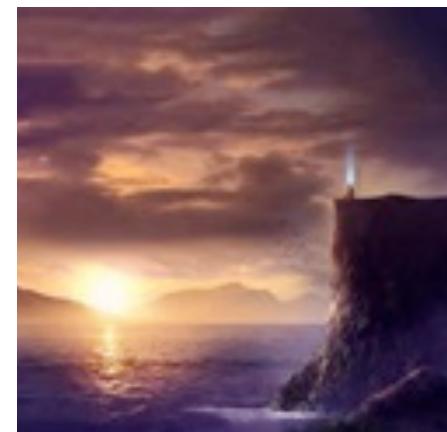
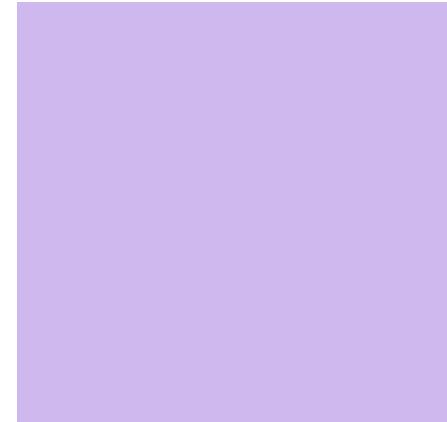
Aura ~ Etheric Body

Emotional Thought forms



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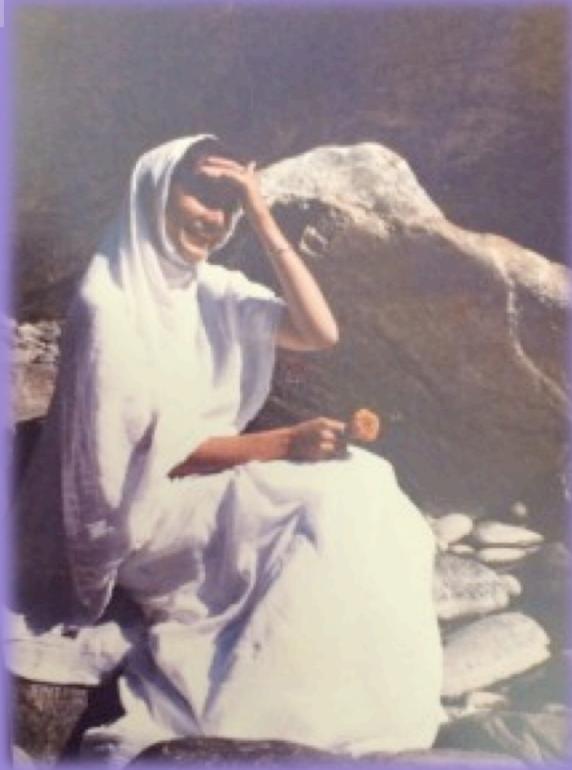
# DNA



DNA self and from  
transplant

DNA Reset

+



Oh Shanti Shanti Shantihi

May the  
entire world  
be filled with  
peace

