



How to Meditate Apprentice training

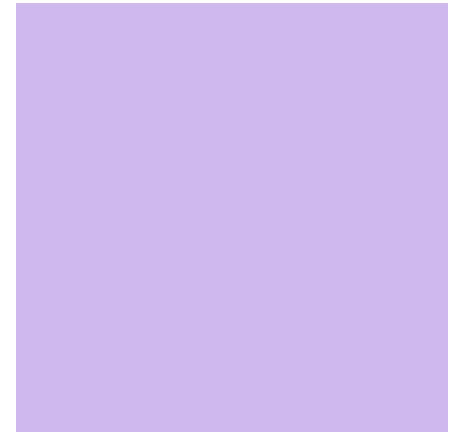
JulieRenee.com



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

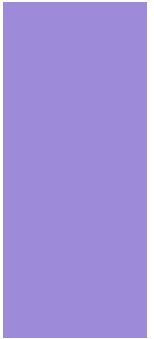
+ Remove all
obstacles
from our path



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**

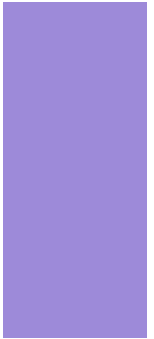
Right hand close to face

**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

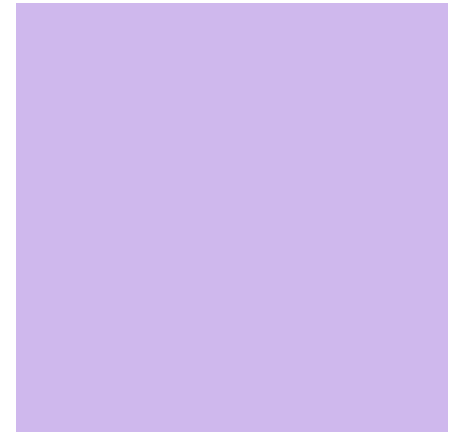
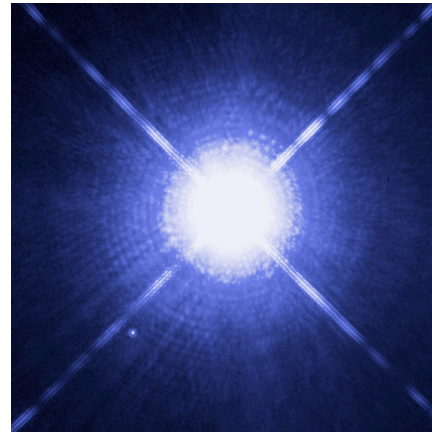
Group mind

Group mind virus

Black magic

Curses

Trauma





Blessings for Love

To invoke the blessings of a love match 108 lotus beads

Either for

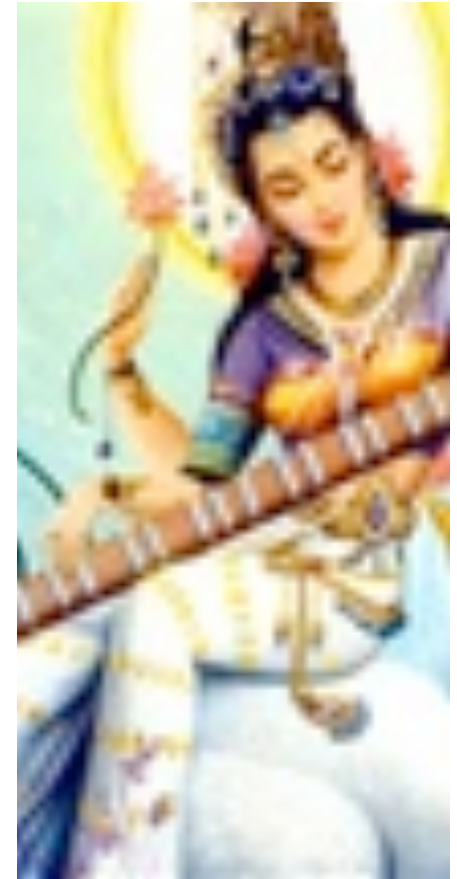
- 40 days in a row or
- 15 Mondays
- Energized with flower pedals on the shri yantra image

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





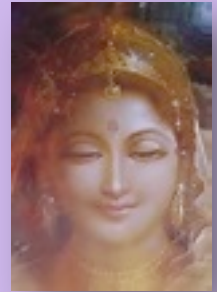
Feminine Blessings of
Mother Goddess
Sarva Mangala Maangalve
Shive Sarvaartha
Saadhikae;
Sharanye Tryambakae
Guari
Narayanee Namostute.





Enlightenment Gayatri Gyatri Mantra

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





Emotions and Mantra

Emotional Brain

Religious programming

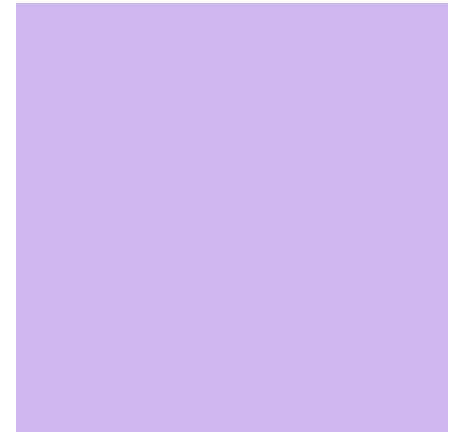
Aura ~ Etheric Body

Emotional Thought forms



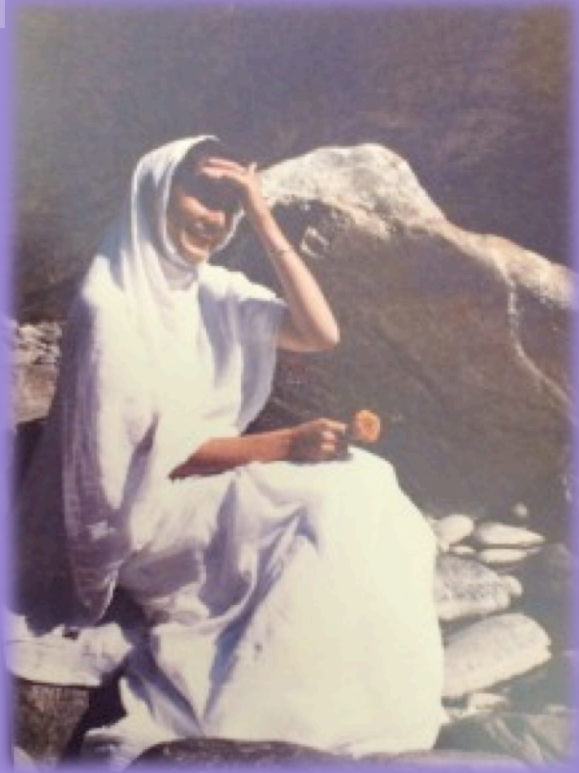


DNA



DNA self and from
transplant

DNA Reset



Oh Shanti Shanti Shantihi

May the
entire world
be filled with
peace

