



# How to Meditate Apprentice training class 4

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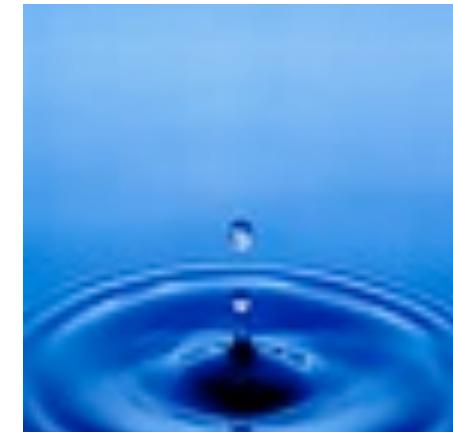
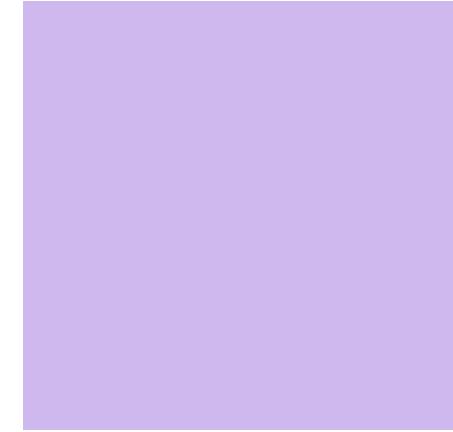
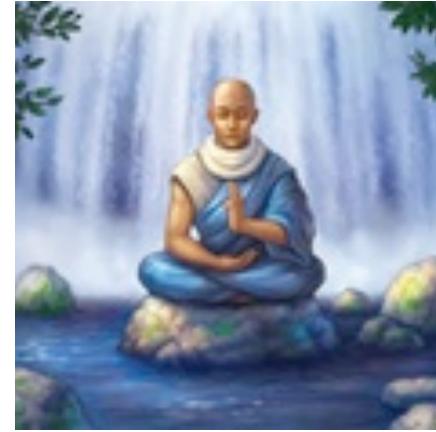


## Opening blessing

Give to all humankind the mind of Christ, and dispose our days in thy peace oh God. Take from us all hatred and prejudice and whatever may hinder unity of spirit and concord. Prosper the labors of those who take counsel for the nations of the world, that mutual understanding and common endeavor may be increased among all people        amen



+ Remove all  
obstacles  
from our path



Clear all that interrupts the flow of useful breath  
meditation and silent 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**



## The lotus mudra and breath

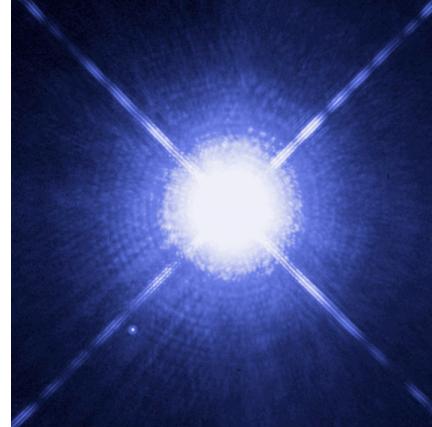
Sat Nam (my name is truth)

Integrating the hearts desire with higher aspirations

Creating a lotus shape with fingers in front of heart

Breathing in say sat and raise lotus above head

Breathing out say nam and return lotus to in front of heart



# +

## Rapid belly breath

## 3 cycles 60 breaths

*Breath in rapidly into the belly and expel the breath by squeezing the abdomen*

*Upon completing 60 breaths exhale  
Deeply inhale  
Exhale  
Deeply inhale and hold for 60 seconds  
Deeply exhale*

*Begin cycle again*





## Clearings for breath

The right to exists begins with our first breath

- The right to exist and take up space
- The right to be fully self expressed
- The right to feel joy
- The right to be loved and cherished and warmly greeted by others
- Cycles and timelines
- Permission to live
- 72% clear prior to 4<sup>th</sup> class



## Clearings for Silent meditation

This is largely disturbed by spiritual parasites

alien type 3

alien type 6

Alien type 8

and guests, ghosts, evil spirits, transmortals

And family ~bloodline ~ghost in body

- Cycles and timelines prohibiting divine silence holographic inserts, portals,
- The ability to experience a quiet mind
- The ability to discipline the mind
- The right to own and enjoyment of ownership of the mind
- Permission to own the god space of silent reverie
- Set point at birth familial permission to know the Divine
- Removal of torture and trauma from past connection
- Removal of Atheist Belief I cannot be this, know this , have this experience of Divine connection
- DNA in the blueprint also undisciplined mind



# 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  
Cycles  
  
Emotions  
DNA



Holographic inserts	
Mechanism	
Seeds	
Implants	Evil spirit
Permeations	Ghost
Portals	Demon
Timelines	Transmortals
	Alien type 3
77% clear as of pre 4 <sup>th</sup> class for breath	Alien type 6
	Alien type 8

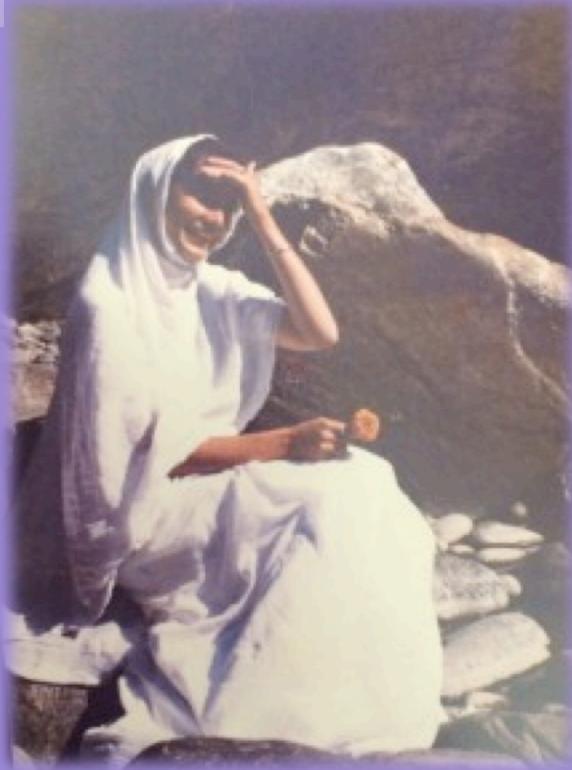


## Chanting while clearing helps move things out faster

- 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

Breath is life

+



Oh Shanti Shanti Shantihi

May the  
entire world  
be filled with  
peace

