

How to Meditate

Apprentice training

class 4

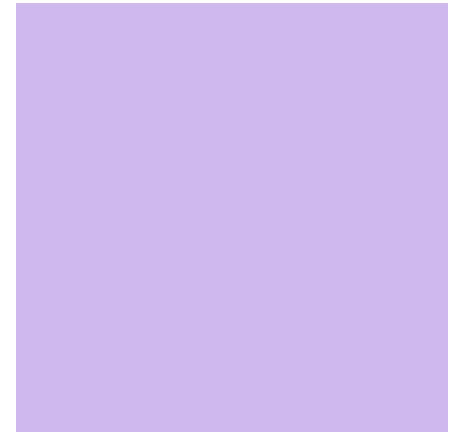
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Opening blessing

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

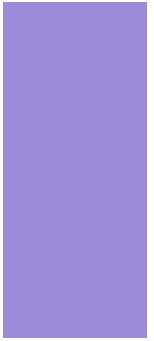
+ Remove all
obstacles
from our path



Clear all that interrupts the flow of easeful 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

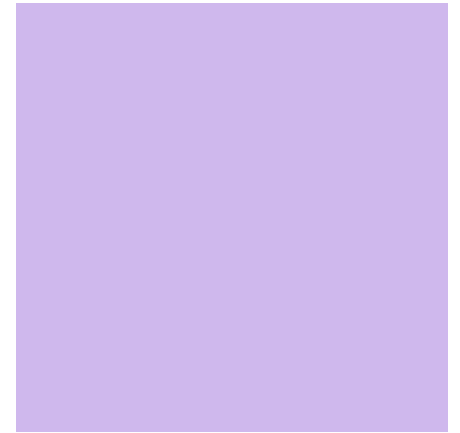
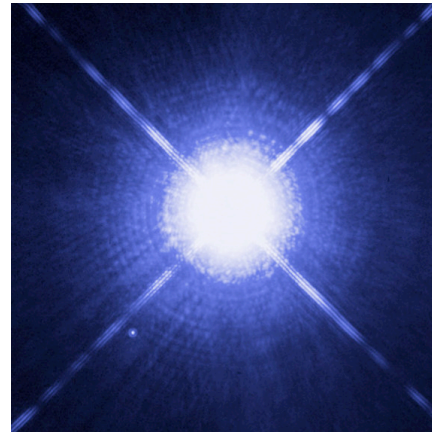
Sat Nam (my name is truth)

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

Breathe 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 4th class



Clearings for Silent meditation

This is largely disturbed by spiritual parasites

alien type 3

alien type 6

Alien type 8

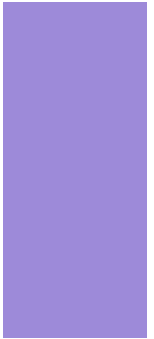
and guests, ghosts, evil spirits, transmortals

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
Permeations
Portals
Timelines

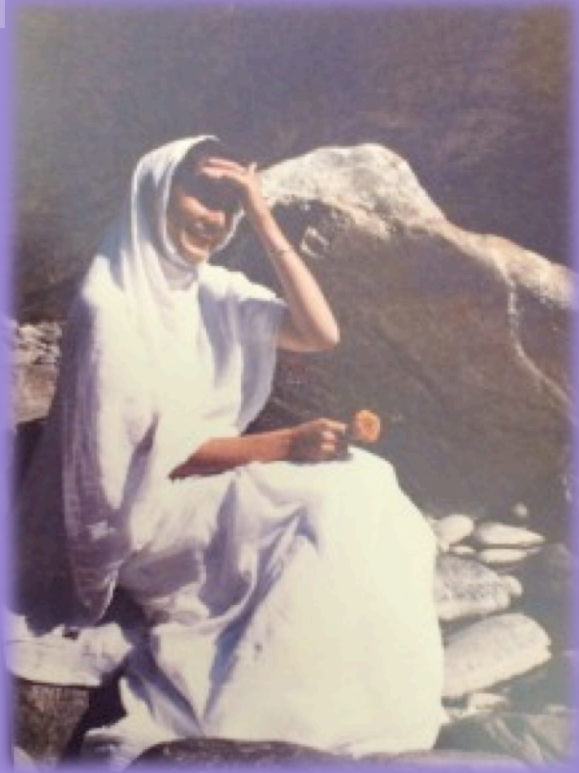
77% clear as of pre 4th
class for breath

Evil spirit
Ghost
Demon
Transmortals
Alien type 3
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

