

### **How to Meditate \_Part 3 \_Transcript**

Good morning, good afternoon and good evening to all of you loyal meditators. I'm so excited for today's class. Today's class is on breath and meditation. Really, breath is so much more than what we think about in just breathing in and out. I'm very aware of breath. I have a little bit of a winter something going through me, so I'm a little (sniffs) stuffy but we're going to have a beautiful, beautiful class. We're going to clear a lot of obstacles towards breath.

Breath metaphysically is our spirits, our right to exist, our right to take up space and so life doesn't begin, you're actually not fully a person until you take your first breath. As everyone knows, when the baby is born, is it born full of life? Does it take its breath? We have to encourage it and give it a little tap on the bottom. That breath fills the spirit in the body and then the body becomes animated. And so actually, breath itself is our representation of life. And then when we have breathing problems, again if you have like asthma or pneumonia or some kind of along or breathing issue, maybe something in your nose or up above or whatever, again it has to do with your feeling that you have the right to take up space.

I picked out a couple beautiful quotes from an author who I love way back from the olden days. These books are falling apart, but this is from (Rusty Berkus) and from her book 'Appearances.' This one just keeps popping out at me, so I figured it's for everybody. 'Your immune system is only as strong as the dosage of self-love, self-acceptance and self-care that we administer to ourselves daily.' Isn't that beautiful? More self-love, more relaxation. So if you've had a lot of deadlines and trying to get everything done for Christmas, I want to encourage you, just like I'm encouraging myself, time to relax and take a little bit more time and care for yourself. And then the second quote I picked out, again from (Rusty Berkus) in this book that's kind of falling apart, I's beautiful, 'Life is a Gift' and the quote, 'Life feels a lot lighter when we are aware that it is a grand experiment for the universe is a laboratory, where there are no mistakes, only different outcomes.'

And I heard yesterday as I was driving home and I was being a little hard on myself, I never thought of myself as a customer service person, though I respond to hundreds of emails a day and if you've written to me, you've gotten an email from me that's very short-handed. It really just answers a question that I can pick out. You know, I'm not perfect and I realize I'm not perfect. It frustrates me that I'm not perfect but I have people who are wonderful customer service people in place. Someone wrote a little email that was not so easy to get to yesterday about how I -- she used the word 'mean' and I'm like, oh my goodness. So I know that I can just be direct and just answer something and not put any how are you and flowery things in. But as I was driving

home, I heard this wonderful -- there was Christmas music playing and it was a Christian channel and they were talking about something that I thought was so important during this time, especially if you're really striving to do your very best. The whole process, the gal described it as imperfect progression and so if you're doing your very best and really striving to do your very best, you're never going to be perfect. If you're a parent or you work with a lot of different personalities, just know that this life is a process and there is room for mistakes, and there is room for being magnificent, and there's also room for being imperfect. It makes you more lovable and more real if you're not just completely perfect. So we start our breath meditation with a 'it's okay not to be perfect.'

Welcome Haruko, Tony, Nina, Janice -- good morning everyone. I'm sure there are some people on the phone lines. What a nice group of people. So we're going to go into our presentation and we'll get started with our meditation. It's a blistery winter day here and what that means in California is rain and wind, and actually I woke this morning with the wind howling and the furniture blowing around outside. I could hear banging going on and lawn chairs moving. It was very exciting. Sharon, good morning. It's a wonderful day. We're beginning to open to the light but again, yesterday was the darkest day of the year for us in North America. It's definitely long, dark days still.

Back to How to Meditate. Today we're going to be working on the process of meditation and breath and the opening blessing. Since it's the week of Christmas, we'll be doing a beautiful blessing from the Christian tradition. 'May the Lord bless you and keep you. May the Lord make his face to shine upon you and be gracious. The Lord be gracious, gracious on to you. Amen.'

We're going to start with removing obstacles from our path and removing anything that is going to interrupt the ease of the breath meditation and breath or Prana as meditation. I've put all of the clearings that we'll be doing today on one PowerPoint so you can have a look at everything that we're going to cover today. We're clearing for owning the breath, life force and spirit in body. Let me just jump down there. There are a couple more things that we can add to this as we're clearing. For breath itself, 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. We'll be clearing cycles and timelines around breath, especially for people who may have breathing issues during specific times of the year, and permission to live, permission to exist and to live. Sometimes from the very beginning of life, you have trouble with breath and so we'll be clearing those things also. We're going into now, starting with bloodline and Lucifer stops, again clearing for owning breath, life force and spirit and body, and then the additional things that I showed you below. We'll get everything all at once. And we'll be

doing soul contracts, demonic curses, satanic curses, evil spirit curses, group mind, group mind virus, black magic curses, Atheist though forms, trauma and cycles, emotions, DNA. And then in the breath and being able to use breath as meditation, I've seen problems with holographic inserts, mechanisms, seeds, implants permeations portals, and timelines. It's interesting because transmortals show up, but I don't see the transmortal wormholes as interfering. That's a funny thing; you have to clear the wormholes when you clear the transmortals. Okay and then evil spirits and ghosts and those would be humans so they would have more of a connection to your body and how your body functions. Demons, transmortals, and then aliens Type 3, 6 and 8 are also issues with breath. So let's go ahead and clear. Clear, clear, clear. Yay! And I'm happy to get everybody going here.

Nina, I don't know about light portals and dark portals. I'm sure there are vortexes of light and darkness. I certainly don't want portals of any kind in my body. My body is equipped to be the light, so I wouldn't want portals and things of light or darkness coming into my body, but that's up to you. I'm talking about vortexes on the planet. I don't know about vortexes in the body. And alien type 3, 6, and 8, you know Janice, I've just defined eight alien types and I have been talking about eight alien types for about a year. I don't have full descriptions of them. Let me see if I can find what I have written about them so far. It should take a minute for me to find that chart.

Well, while I've got this one chart up, why don't I share my screen with you guys so you can see what I'm looking at. I don't have the alien chart up yet, but you're welcome to look at – let me see, I will stop this share and I will open up to a different share. So we're just clearing again on breath and we'll share this screen and we'll take a look at this one first. This should be quite helpful. So Lucifer stops are blocks in the blueprint that prevents the issue from incorporating the shift. And then your bloodline is both related to your blood in your veins and your family heritage. Think of the information as your clan has passed down to you, so that it's the information that they hold valuable. Soul contracts, this read as having been made with Satan. Satan, not being a being but like an energy like the astrology of Saturn which is disruptive and challenging, so not Satan a being, but challenging. Demonic curse is a curse that has a demonic mean or evil quality of it. To be a curse implies, come from another one outside yourself. Satanic curse, similar to soul contracts, this read as having been made with Satan being not being but energy like astrology Saturn which is disruptive or challenging. We'll just go down here and you can see the rest of that. There we go.

And then evil spirit curse is from someone outside yourself. These curses are done by a live human. What some cultures call black magic is where their actual spell is cast,, perhaps a feather, an eye of Newt, and a frog leg are used, done intentionally to cause

harm. And then cycles, something that is repeating or on a loop, like a behaviour or pattern out of the norm when confronted with specific circumstances and situations. Timelines an event triggered from a previous trauma and then karma, unresolved relationship issues from past lives. So, this is kind of helpful. Let me see if I can locate the other one; maybe it will show up. One second here. And we're just pumping to clear.

Yes Sharon, I'm happy to send that to you and if I can just put my fingers on the other one, sorry I'm not techie person; I save things but who knows how I save things. I might be able to find it the other way. Hang on. Okay let's see; just keep pumping as I look for the chart on spiritual parasites. That's what I'm looking for right now. Yup, yay! One second and I'll have it up. Here we go. Oh hold on just one moment, here we go. There we go. So here you can see the aliens. Can you guys hear me now? I think you can probably hear me. I hope so.

So I've been working on defining all this stuff you guys and so then the classes that you'll come into in the future where we'd be working on some kind of a clearing, we'll have this all available. I've been very devoted to spelling things out better. And by the way, our second edition of 'Your Divine Human Blueprint' is now out. It arrived on my doorstep a couple days ago and it's also up on Amazon. It has the indexing in the book and a new cover design. It's the basic information; nothing in the book has changed but we've got it all sorted out in the second edition this year. However, what I've been thinking about with the definition that I've been working on for everything it to maybe do a 'Your Divine Human Blueprint' advanced training where we put these kind of things into it. It's possible. Anyway here you can see the different alien types and what so far I've defined, I think it's a work in progress because I've never taken apart -- we just called them aliens and we haven't taken it apart and looked at what is the alien. I think eventually there will probably be names other than types, but in this case at least I can identify what they are, how to clear them. Most of them, with the aliens, the doorknob and chopping are the most effective way to clear. And then you probably want to peek at the rest of the chart, so as we're pumping for breath, I'll just show you the rest of the chart so you can have a little look and see at the rest of this particular chart. And I'm doing charts on just everything now, so there we go. My desire is to get everything spelled out a whole lot better for everyone so that there's not just a mysterious pumping going on, but everybody knows exactly what we're working on.

Thank you. Thank you Sharon. It has taken me days, and days, and days working on this, but I think it's really helpful because even in these kind of things, you can see where it can embed or where it can show up in your essence, or your soul, or in matter. It's definitely a work in progress. I think it's changing in that I continue to keep asking the questions and more information seems to come in. It's a good start. I wouldn't say

that it's completely completed but at least you can kind of get a sense of what we're up to here with the next level. And next year is going to be exciting, 2016. I'm excited about the people coming in as apprentices. In March, we officially start the online apprentice training. We'll have apprentice classes in January and February and I'm very excited about those and we officially have a certification program starting March, the apprentice program, so something to really look forward to and know that there's a whole lot more information coming now.

Okay, let's stop that. We'll get you the charts that are related to today's class. You'll get the amplification and those clearings you'll get the definition, and you'll get the alien stuff that we're working on too. Yay! So let's just pop back and look at what we're clearing. Actually, this is supposed to be a meditation class and not a clearing class, but you know what I found is that if you clear in every area rather than just attempting to do something that you haven't had success in before, it's the best because then when you go to meditate, you really get to meditate. Or you go to do breathing meditations, it really works.

So let's see, we've cleared bloodline, Lucifer stops, soul contracts, demonic curses, satanic curses, evil spirit curses, group mind, group mind virus -- no. Nope. Okay, so we're on group mind virus. The black magic, we haven't gotten through that yet. So we're plugging away here. You're doing a wonderful job.

Oh good Heather, welcome. You'll get the replay so you'll be able to see everything and we're sending out a couple charts for you guys so you'll have an understanding of what you're working on. I'm hoping to have charts for all the classes, in addition to the beautiful PowerPoint slides we're doing. I'm hoping to do worksheets and charts for every class, so it should be wonderful. I've got a new manager helping organize all of that and she is just a delight, so everything should be coming in to a greater divine order. It always helps to have help.

And while we're pumping, I did put up -- let's see, I don't know how well my voice is going to sound this morning. I'm just at the tail end, about 99% through a could but I've just got a little, tiny bit left. Let's see. I thought maybe we'd chat a little while we're clearing, which always makes things go faster. Okay, so we're going to chant...

*[Singing]*  
*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*

*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*

And Nina looks like she has a question on how portals can be 2% in the body as that is what the chart says. I think Nina if you just maybe muscle test to see, as I said, I'm working on these and they are far from perfect but they are giving a good guideline. So I think if you wanted to muscle test and see what you've got, if you had more than 2% in the body, you could test that and you could find out. Portals for the most part aren't going into bodies. Portals for the most part are going into the earth. We just see wormholes from transmortals, so I think that might be actually what I'm probably saying in that. I don't have that one up anymore. I have the spiritual parasite one up, so I have to now look for that one and try to explain it to you. Anyway, I think mostly portals go into the earth and maybe 2% of the time, they go into the body and I think that's what I meant. Oh and Heather, we'll be sending the charts themselves too, so you'll get the replay and you'll see the charts.

Wonderful Heather, great to hear that. Should we do another song? Let's do this. I think this is perfect because the dark times and light times are coming soon. Wonderful Nina, happy to help.

*[Singing]*

*Be my guide in dark times,  
Be my guide in light times  
Be my light in dark times,  
Be my light in light times*

*Be my love in dark times,  
Be my love in light times  
Be my hope in dark times,  
Be my hope in light times*

*Be my help in dark times,  
Be my help in light times  
Be my wealth in dark times  
Be my wealth in light times*

There's two little song books that I've put together. Let's see. Good news, I found the stones. Here we go. Here are 'The Stones.' Heather loves that.

*[Singing]*

*The stones they are calling me.*

*Echoing through an eternity*

*(Laughs) Okay, let me start a little low.*

*[Singing]*

*The stones they are calling me.*

*Echoing through an eternity*

*Calling out to set us free,*

*The power of the stones.*

*At dawn I walked in the circle of stones,*

*A solar temple to me yet unknown.*

*'Till by the strength of morning light,*

*Shone the power of the Stonehenge stones.*

*They grounded the energy of this place*

*And held us together in loving embrace*

*While beings of light danced above the space*

*Bestowing on us their wisdom and grace*

Let's go back to the main verse.

*[Singing]*

*The stones they are calling me*

*Echoing through an eternity*

*Calling out to set us free*

*The power of the stone*

*The Avebury stones were laughing at me*

*Taunting me, tempting me, dancing with glee*

*Playful stones make love to me*

*In the circle of the stones*

*The heavenly chambers from days of old*

*Newgrange stones were a circle to behold  
I knelt in prayerful reverence  
Of the power of the basin stone*

*I touched my forehead to the rock  
It filled me with bright light and talk  
Of the ancient people and their ways  
And the spirals of the stones*

*The stones are everywhere we look  
Medicine wheels and monolithic books  
The wisdom of the circle flows  
In the temple of the stones*

*The stones they are calling me  
Echoing through an eternity  
Calling out to set us free  
The power of the stone*

(Laughs) Yay! That was wonderful. You guys rock. Let's take a look at where we're at and see how far we've got to go. So we have cleared through group mind, group mind virus, black magic, curses, Atheist thought forms, trauma, cycles, emotions, DNA, holographic inserts. We're at mechanisms and then why don't we go to a doorknob now for the rest of this. I think just straight through and we'll go through mechanisms, seeds, implants, permeations, cords, timelines, evil spirits, ghosts, demons, transmortals, alien type 3, type 6, and type. So we're all doing doorknob now. Oh my goodness, that's so fantastic Heather. You found the goddess stone on your property; my favorite of all of them. That's fantastic. Stonehenge is about a hundred miles from where I live. Tell me, that's amazing. Yes, I've done ceremonies in Stonehenge a couple times. It was very, very magical. When we went in, it was very close to summer solstice. It was like three days before the summer solstice. We went in at 6 in the morning with a spiritual group. There were 16 of us and it was a solar initiation with these beings of light. They were like star beings and it was amazing. We did a spiral dance and I saw a very beautiful, angelic female with yellow streams coming off of her and she was above our leader Judith. Judith Strip was leading the group and then I was kind of the spiritual support in the back and while it was raining on the outside of Stonehenge, the sun was shining and we were amazing this amazing experience on the inside of Stonehenge. And as you know it's uncovered but magically, we had a beautiful sunlight experience in the circle of the stones and a beautiful initiation in the solar temple. It was amazing.

And so everybody is doing the doorknob right now. Yes Heather we've talked about that and Nina is over there, and Tony is over there. It certainly could happen that I could lead a group over there. We just have to have enough interest that it makes sense to go. Like there's enough people that it's not a struggle, that we have plenty of people lined up and some extras on the waiting list. I'd love to do that also in India. I often get requests to take people to India, to the sacred sites and the sacred activating places. That would be amazing too. In England, Avebury and Avalon and ... I pronounce it wrong but we -- Saint .... , all the King Arthur legends, Merlin's Cave, that's all there. It's very wonderful to go there and to do a mystical tour of England. Ireland's amazing also. Yes, I'm up for that. I'm definitely up for that. Yes Tony, I've been to Glastonbury a few times. I think the one thing to know about it is that it's got a lot of power and the power isn't necessarily directed for good or for bad and so you have to be discerning and right, a bright light when you go to Glastonbury. I know one of my friends is a scholar and he lives there. He says there are moments when there's quite a bit of force for darkness there, but it's the old world falling away. It's the thing where domination and control like cursing and spell casting and things, that's really completely falling away as we become such empowered beings of light. Definitely, Glastonbury is amazing. The old church that you're talking about, the ruins there, I've done a ceremony there too and that was such an amazing experience for me. My friend who basically, he's a monk and a scholar lifted me up and seated me on the altar. It sounds a little sacrilegious but it was actually the most amazing experience for me. I had what felt like the emanations of my life here on planet earth, so the different beings that I've been in different forms appeared. He said it was like watching a light show. And I had the experience of going through the six incarnations; the different expressions of self in beautiful balance, beautiful light energy. That was so amazing. I've written some songs about that too. I bet many of you have had mystical and beautiful experiences at sacred sites. It's incredible.

(Sings) 'I am the altar...' (Hums) This is the song I wrote for that experience. It's so amazing.

(Singing)  
*I am the altar  
I am the lamb  
I am receptive  
I am, I am*

*I am Sophia  
I am dark night  
I am the low ghost  
I am the light*

*I am communion  
Body and blood  
I am forgiveness  
I am the love*

*I am the mother  
I am the son  
I am the father  
I am as one*

Okay, let's see where we're at here. Mechanisms we've cleared, seeds, implants, permeations. We're at permeations. You know what guys, we might be doing some of the breath work in our silent meditation next week. I see we're really doing a deep level of clearing on the right to exist, the right to take up space, the right to have your spirit in your body, and this is very deep and very important work. So if we don't get to all the breathing today but we do get all of this clearing done, I will be thrilled. I will be absolutely thrilled for you.

Permeations are kind of an overlay of a spirit. So it permeates you, like it sinks into you; it becomes part of you. It permeates you. "Can you describe what kind of a spirit? Does embodied spirits, how is permeation different from a ghost in your body?" It's really in just one area of the body and let's see, permeations happen from aliens and they permeate a part of your body. Let's see, is it just your body? They can permeate either some part of your energy body or the matter part of your body. Alien type 3, it looks like alien type 3. Permeations is something brand new Heather that I defined with the help of the new students coming in who were asking what about this and what do you call it. And I could see it and the word that came up was permeation, so that's what we call it. I don't think it as -- maybe 5 or 6% of the time when you're doing a clearing, it would affect that clearing. I don't think it's really a huge impact on things, however when we're defining everything, we're looking at everything so that would have not been -- actually, it wasn't something that I would have picked out necessarily as problem energy and then when we saw it, it was like they occupied or they permeated it, so it looked like they were one with. And sometimes when you get a confusing reading on a gland or organ, you can test and see if you own the gland or organ or if someone else is owning it or if it's permeated by something else. That could be a problem, or even a joint, if there's a problem, is there a permeation of someone else. You're getting a different reading. Because it could be that your reading is high but then there's something else on it that's taking over it. Is it an alien that takes a part of the body field? Potentially, yes.

Okay, we've cleared portals. We're on to timelines. While we're looking at that, I'll just go through the exercises. You'll get this, even though we'll do this next week. I'll just show you the exercises we'll be doing next week because you'll get the PowerPoint. So this is the first one. It's the balancing of the right and left hemisphere. The words that are used that are activating our Sat Nam, which means 'My name is truth.' And your right hand you bring your right hand close to your face, middle and fore finger are pressing down towards the palm of your hand. The thumb pressed against the nostril. Count in for four seconds. Hold for 16 counts and then release for 8 counts. Let me show you how that works. This is called alternate nostril breathing. So essentially you're doing this, this is your right hand and your right is on the right nostril and your left red finger are there. So it looks like that. You count to 16 and then you release. Breathe that in and you hold you count, release. So that's alternate nostril breathing. I'm sure my nose is going to be better next week too. It's perfect timing.

And we have another breath, rapid belly breaths. This is you're breathing down deep into your belly and you're making your belly pump. It's kind of a pumping, but you're doing it through your nose. So you're doing 30 rhythmic breaths in and then you're exhaling, then you're deeply inhaling, and then you're exhaling, and then you're inhaling, and then you're holding for 60 seconds and letting that rich, oxygenated blood just fuel the body, it just floods the body, and then you do the cycle three times. So we'll go through it in much more detail next week, since we're so close to the end here. And then there's the lotus Mudra breathing which we've done before, which is up and down. We've done that one before.

Alright and then we're just coming back to here. Let's see, so we are on timelines. There are two more things on timeline. By the way, timeline, the best clearing for timeline is this side to side. It looks the same as what we do with the DNA clearings. That side to side gets the timeline cleared the fastest. And then I'll send you both charts – the amplification chart and the spiritual parasite chart, so you'll have which hand technique to use if you seem to get stuck. So you'll just keep clearing; you'll clear the spiritual parasites from the list. Sorry, you can't see me and the list at the same time. (*Laughs*) But you have about six hours of clearing probably this week and I just love to have you practicing meditation each day. We'll be doing the breathing meditation next week and we'll also be practicing silent meditation next week. I'll give some nice instruction on how to go into that silent meditation which is probably one of the harder ones to master. A lot of people say, I just can't meditate, and you think about that silent meditation. So we're going to clear some stuff also for you so that it's easier to do the silent mediation and then you'll have a chance to take it out and try it.

Nina says she's doing some serious yawning. Good. Yay! Alright, so it's 9 o'clock. Unbelievable! This hour went way too fast. I love you guys. I'll send you homework and I'll see you next week/ Have a fabulous Christmas. Join me if you are in the Illumination Class on Christmas Eve. We're doing the .... Amazing! Have a blessed and beautiful week and I look forward to seeing you next week; same time, same bat channel. Bye! Love you.