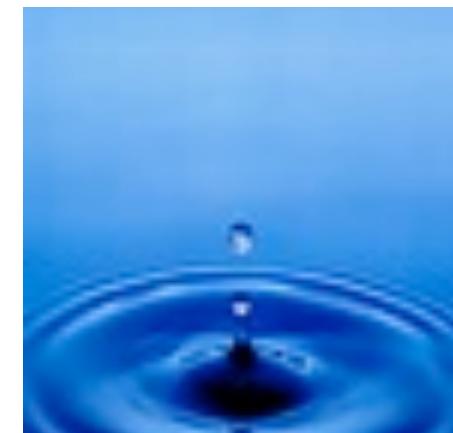
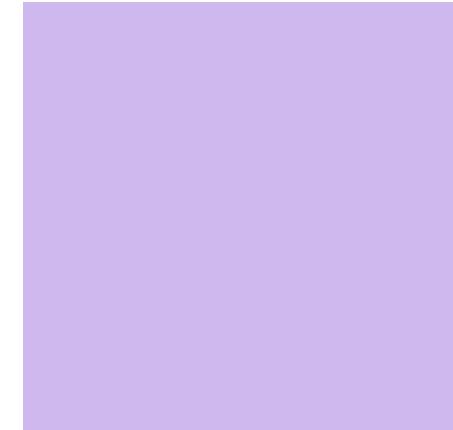
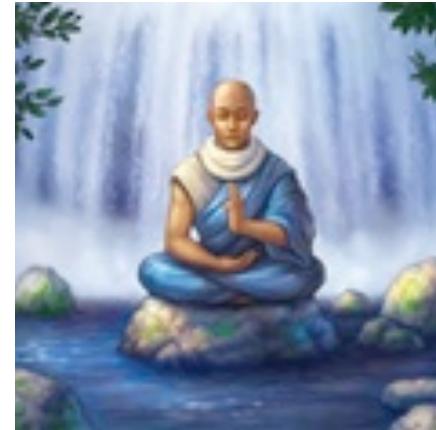




How to Meditate Apprentice training

JulieRenee.com

+ Remove all
obstacles
from our path



Clear all that interrupts
the flow of useful
meditation



Opening blessing

Mother Father God
Bless our efforts for full connection and
Easeful meditation, bless our families and
friends with good health long life and
happiness. Amen





Clearings for Meditation

What is old and in the way

- Religious abuse torture interrupting useful meditation
- Bloodline preventing self awareness and the vibratory rate of meditation
- Spiritual interruption guests guides pests and parasites
- Time factor, landing a consistent time daily for the practice of meditation
- Rested and clear ~ clearing away that which prevents your ease and alertness
- High vibrational setting ~ sometimes meditation is challenging because we are in fear depression envy anxiety
- Wondering mind ~ anxiousness stimulated by the practice meditation



Amplification

Removing controlling energies

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



Perception

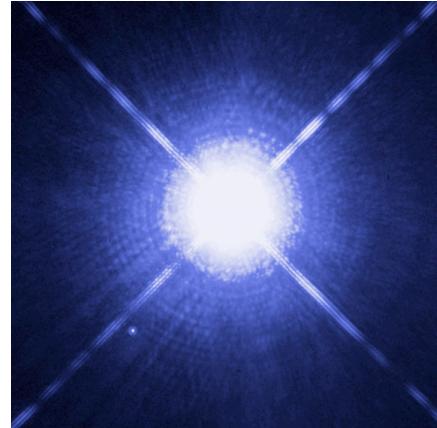
Group mind

Group mind virus

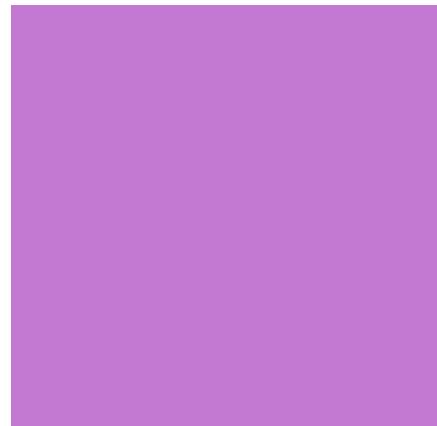
Black magic

Curses

Trauma



Om tryumbicum ya
Jama hey sugundim
Pushdivardinam
Urvar rucummevat
bandanaot mytryour
Muckshea mom
retato





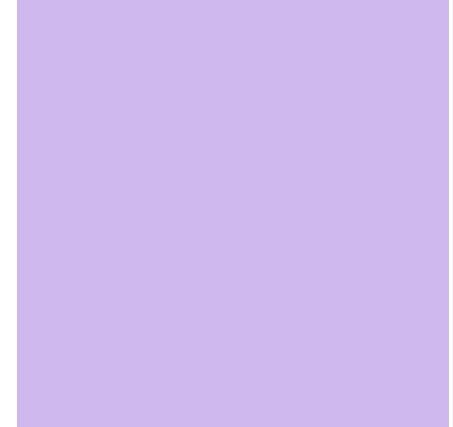
Emotions

Emotional Brain

Religious programing

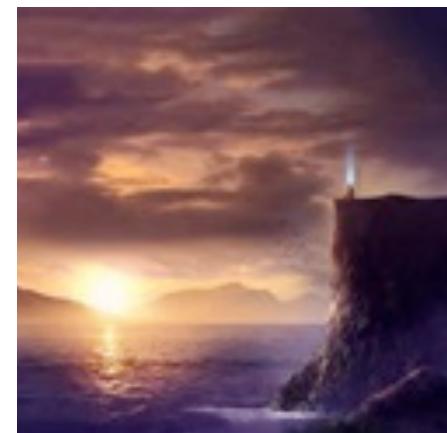
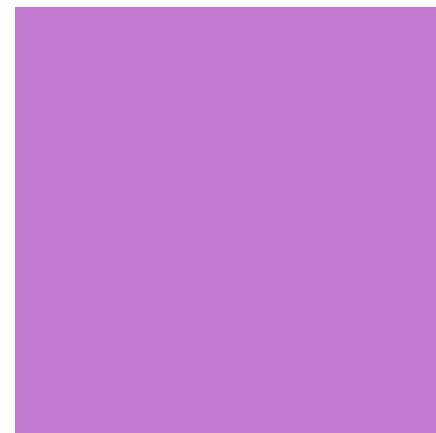
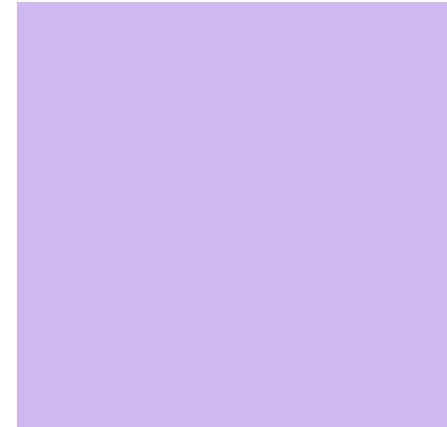
Aura ~ Etheric Body

Emotional Thought forms



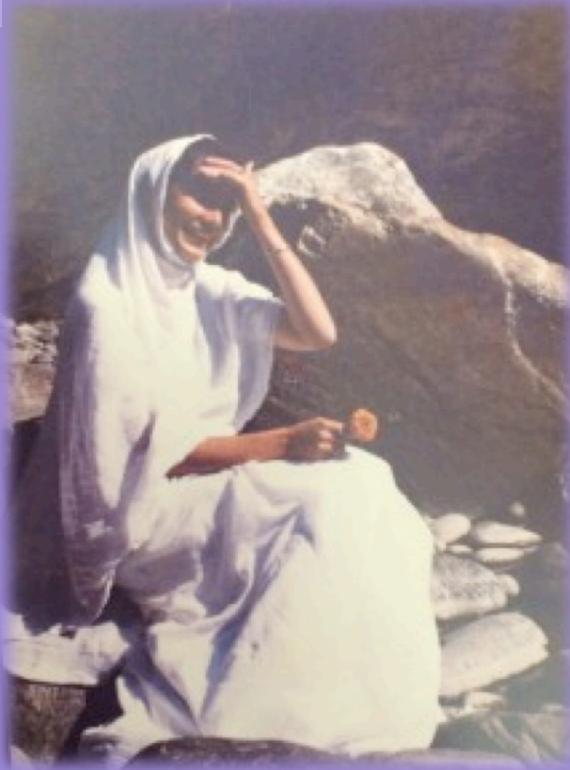
+

DNA



DNA self and from
transplant

DNA Reset



Guided Meditation

May the entire world be filled with peace
Oh Shanti Shantihi

