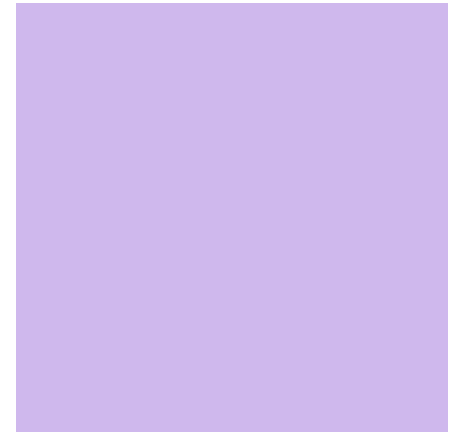


# How to Meditate Apprentice training

*JulieRenee.com*

+ Remove all  
obstacles  
from our path



Clear all that interrupts  
the flow of easeful  
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 easeful 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

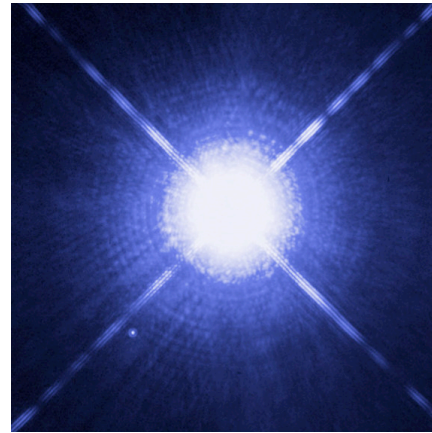
Group mind

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 programming

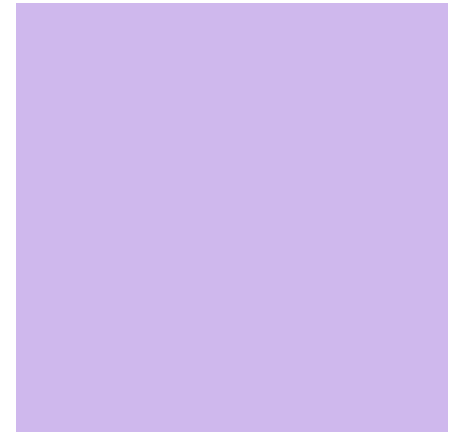
Aura ~ Etheric Body

Emotional Thought forms





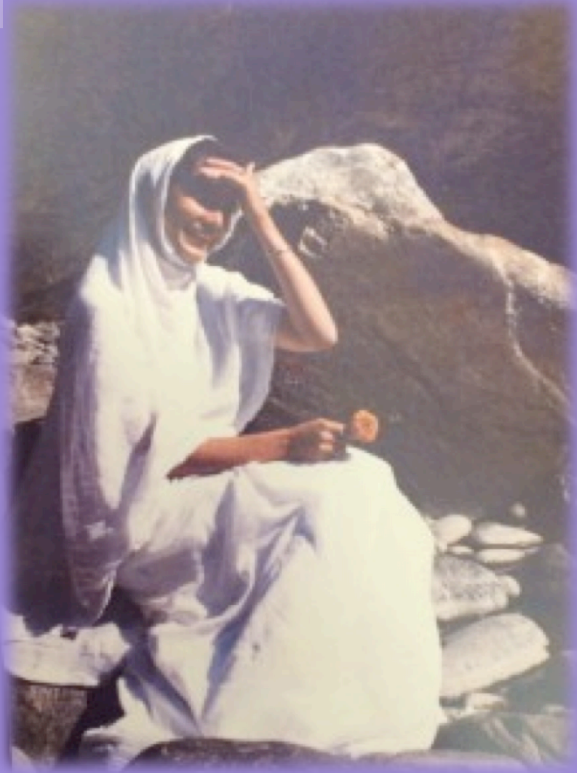
# DNA



DNA self and from  
transplant

DNA Reset





## Guided Meditation

May the entire world be filled with peace  
Oh Shanti Shanti Shantihi

