

Start stepping into your true potential!

So many people are talking about the benefits of meditation. We know that it calms our souls and minds, that through meditating and mindfulness practice (Staying present in each moment), we can actually change the neural pathways in our brains. This can also, help slow the motor neurons slow down to a walking pace, instead of running at high speed, which when they do, we feel stressed or overwhelmed.

So how many times do we sit down to meditate only to start thinking about situations we have in our lives and before we know it, we start to feel more stressed than when we started!

To understand this we need to learn about vibrations and resonances within us. We have seen gurus in the Tibetan Buddha and Hindi religion meditating, they sit crossed legged, palms up, humming the word "AUM" or 'OM" so we ask ourselves why, why do they do this.

It's very simple.

Om symbolically embodies the divine energy, or Shakti, and its three main characteristics: creation, preservation, and liberation. The mantra, or vibration, derives from Hinduism and is considered to have high spiritual and creative power.

When pronounced correctly, Om has four syllables and is pronounced AUM, beginning in the solar plexus and sending vibrations up into the chest. The second syllable - U - moves the sound up into the throat as the sound moves forward along the upper palate.

The third syllable - M - is a prolonged syllable and brings the vibration through the upper chakras as the teeth come together to touch gently. The final syllable is the deep silence of the Infinite as the overall vibration rises through the body and into the Universe.



There are many reasons why we chant "Om" at the beginning and end of a yoga class: Om allows us to separate the time of our practice from the rest of our everyday lives, signifying that our practice time is a sacred time in which we care for ourselves while also practicing mindfulness. There are several other reasons why we Om, such as: When chanted Om vibrates at the frequency of 432 Hz – the same the vibrational frequency found in all things throughout nature.

Om is the basic sound of the universe; chanting it symbolically and physically tunes us into that sound and acknowledges our connection to everything in the world and the Universe.

The rhythmic pronunciation and vibrations have a calming effect on the body and the nervous system similar to the effects of meditation. This lowers blood pressure and increases the health of the heart.

Ultimately, Om connects us to our practice in a deeper way, creating a spiritual bond to our practice that is more than just physically sitting, meditating.

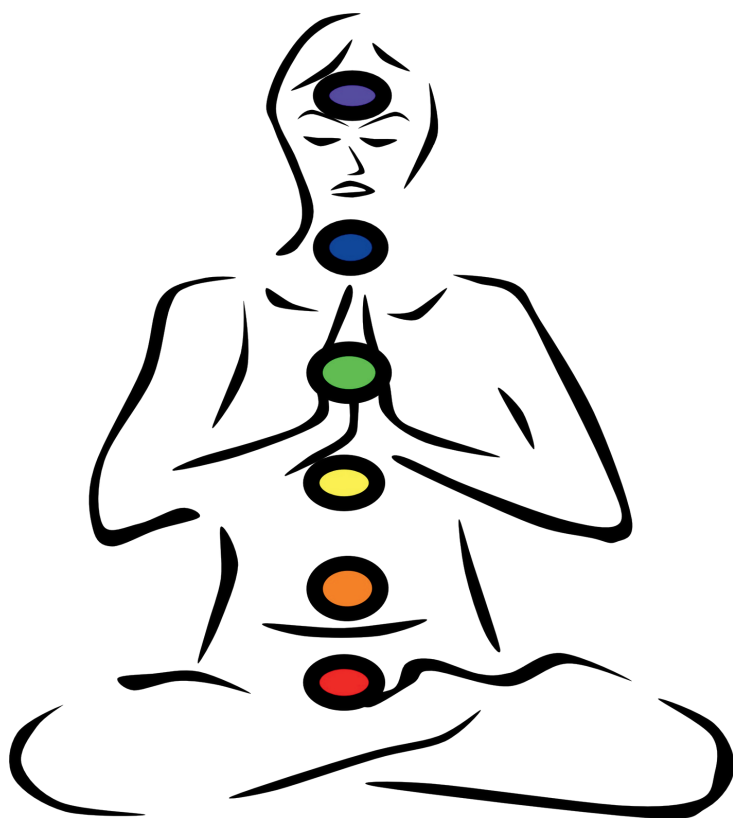
However, when we become adept to tuning into ourselves with OM, we find it becomes easier to resonate quietly, therefore not needing to spend the first few minutes of meditation humming away happily.

So now, we are comfortable, we are humming waiting for the universe to send us amazing messages... and we hear... nothing. This is where it becomes so frustrating for many and they give up... but don't be so quick!

Look at this way, you have turned the radio on... but you haven't tuned it into your local or favorite radio show yet... see? If you only turn the radio on, all you are going to get is "white noise", which is

great if you want to try and hear spirit, not so great if you are wanting to tune into the universe!

So, we sit and now we are able to help our minds become blank because we have practiced the AUM, Here is where we tune in. We sit and relax completely, let the tension out of your body and slowly visualize our chakras lighting up within us from the Root Chakra to the Crown Chakra, visualize them as if you are turning them on, like a light switch.



Connecting our chakras to our emotions makes it easier for us to remember and understand them

My Root Chakra is...

My Sacral Chakra is...

My Solar Plexus Chakra is...

My Heart Chakra is...

My Throat Chakra is...

My Third Eye Chakra is...

My Crown Chakra is...

Chakra Colours

Once we have lit up our chakras, we then visualise a golden stream of light, which we pull up from the earth to our Sacral Chakra. Leave it there and pull down a streaming ray of light from the universe, through us and connect it with the light at the Sacral Chakra. Once it connects it starts to slowly spin clockwise, growing reverberating and pulsing with our breath.

We are now connected "As Above, So Below",
"As Without, So Within"
Our bodies warm from the energy and the palms
of our hands feel warm and start to tingle.
This is energy! This is power!

Congratulations!
You are now universally connected!
You have now tuned your radio in
and you found your station!



Find the Power of Light

You an amazing human being! No two people are exactly the same, even twins have slight differences. You are completely unique to Earth and Universe.

So, now we know how to connect and tune into the universe. We know it takes practice. We forget to connect the light beams or the chakras at first but suddenly, we are sitting there and we start to faintly see sparkles of light, ribbons of light dancing around the room and then suddenly...

BOOM! A flash of pure golden light flashes in front of your eyes! This is THE moment of pure magic! This is what you have diligently been working for!

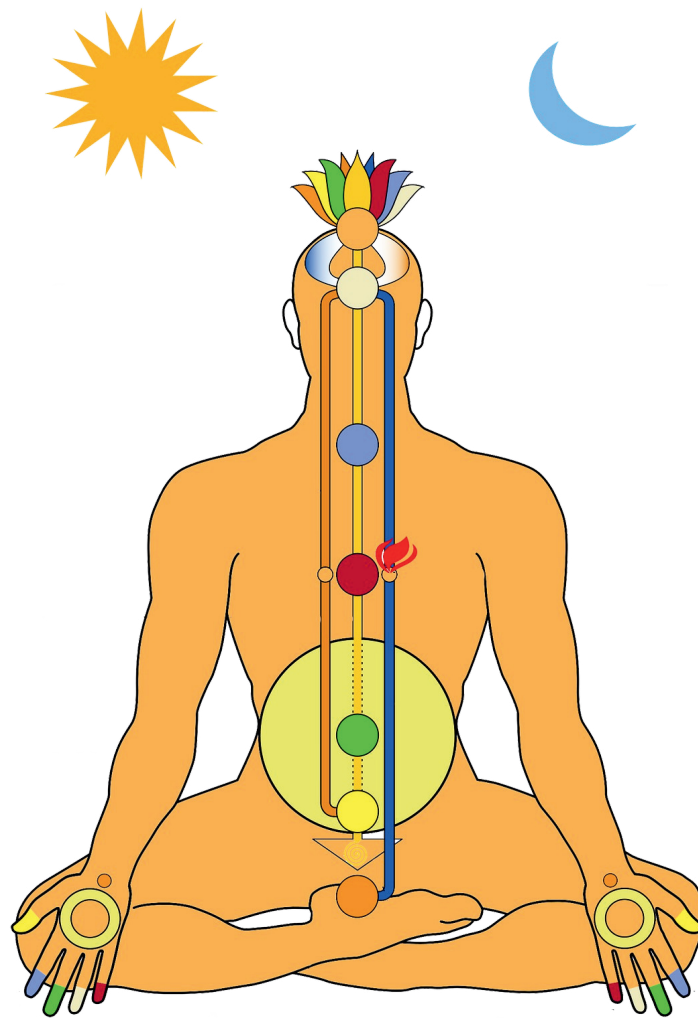
You went searching for the light but you feel like the light has found you. You feel like you are dancing with the universe. You can move around and the light plays with you, follows you. It is a golden shower of sparkling light raining down on you as flashes of light streak across the room, lighting it up!

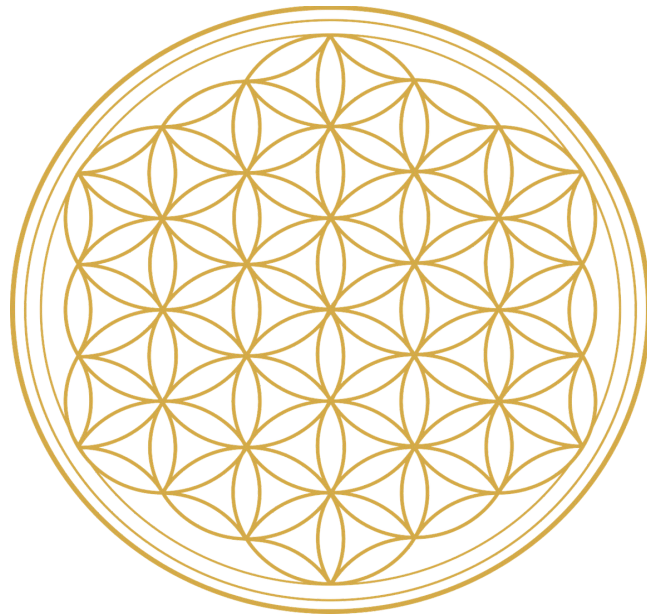
It is a feeling of pure love, pure joy, a universal connection. This is what you have read about, tried to obtain ALL these times! As you become more adept through practice, you realize you can travel, if you are deep into it you realize when you look down you are floating... At least a good foot off the floor!

Why have you struggled to get this far before? Because every time you have started to disconnect you have become afraid, you have jolted, you have become "aware" and jumped back into your body, frightened that if you leave there may be no returning to it. You will always return to it, your soul knows, needs and recognizes your body as it's vehicle.

You are not of permanent crystalline light yet and therefore your soul knows it needs to return back to it's vehicle, though for a while after ALL this has happened to you, you might keep checking yourself, feeling strange that you are physical, that you have arms and legs and everything. It could even feel cumbersome, lugging your body around for a while after. This is normal...

Welcome to the light!





Electromagnetic, electrical and neutral and what's it got to do with anything!

So now we know about the principles and elements, we can now look to how these effects us . Our souls are electromagnetical and therefore, fluid.

Our bodies are like the clock work we talked about earlier and each part has it's own positive, magnetical and neutral elements.

This makes it easier to understand ourselves and how parts of us connect and respond to the universe, the Akasha.



The Head

The Eyes

The forepart is electric, the back is magnetic, so is the right side.

The left side is electric and so is the inside.

The Ears

The forepart is neutral and so is the back. The right and left side is electrical. The inside is magnetical

Mouth and Tongue.

The fore and back part is neutral. The right side magnetical, left electrical and inside neutral.

Front and back part is neutral as with the right and left sides.

Inside is magnetical

The Neck

Front, back and right side magnetical. Left side and inside

Electrical

The Chest

Front is eletromagnetical, the back and left is electrical. The right side side and inside is neutral.

The Abdomen

The front and left side is electrical, the back and right side is electrical. Inside is magnetical.

The Hands

The forepart, inside and back part is neutral, The right side is magnetical and the left side electrical.

The Fingers of the Right Hand

Front, back and inside neutral. The right and left side, electrical.

The Fingers on the Left Hand

Front, back and inside neutral, right and left side electrical.

The Feet

Front, back and inside neutral, right side magnetical, left side electrical

All we need for our life, and what preserves our life, to wit, breathing and food, is tetrapolar, four elements plus a fifth, the vital element or akasha principle, as we have said in the theoretical part about the elements. But the air we are breathing has a finer degree of density than the grossly material food has. But according to the universal laws, both of them have the same nature, being tetrapolar and serving to keep the body alive. Let us, therefore, return to breathing.

If we put a thought, an idea or an image, no matter whether it's concrete or abstract, in the air to be inhaled, it will take in the akasha principle of the air concerned and convey it through the electric and magnetic fluids to the air substance. This impregnated air will play a double role when it is conveyed to the lungs through the blood vessels. In the first place, the material parts of the elements are destined to preserve the body; secondly, the electromagnetic fluid, charged with the idea or the image, will lead the electromagnetic air colored with the idea from the bloodstream through the astral matrix to the astral body, and from there to the immortal spirit through the reflective mental matrix.

And this is the solution to the secret of breathing from the magic point of view. Consequently, it is quite evident that it is not the quantity of inhaled air that matters, but the quality respecting the idea impregnating the air substance.

Understand the Mystery of Breathing

Sit down comfortably, relax the whole body, and breathe in through the nose. Imagine that with the inhaled air, health, tranquillity, peace, success, or everything you are aiming at, will pass into your body through the lungs and the blood. The eidetic image of your idea must be so intense that the air you are inspiring is so strongly impregnated with your desire that it has already become reality

You should not allow the slightest doubt about this fact. To avoid weakening, it will be enough to start with seven inhalations in the morning as well as at night. Increase the number of breaths gradually to one more in the morning and at night. Do not hurry or exaggerate, for everything needs time. In any case, you should not proceed to the imagination of another different desire before the first chosen one has been completely accomplished.

In someone endowed with talents of a high order, success will manifest itself, at the earliest, after seven days, all depending on the degree of imagination and aptitude. Someone else will need weeks, even months for the realization of his desires because the kind of desires will also play an important role. It is therefore desirable not to form egotistic wishes, to begin with but to confine them to the above-mentioned ones such as tranquillity, health, peace and success.

Do not extend breathing exercises to more than one-half hour. Later on, a standard ten minutes will do for you.

How to Use Space Manifestation

As we develop our skills in meditation, we can now start to progress further.

While you are meditating visualize a scent and when it comes hold onto it for 5 minutes.

Once you have conquered this, visualize a favorite food, concentrate on it until you can taste it and hold on to it again for 5 minutes.

The next time visualize something you love, see it, feel it, smell it and hold on to this for five minutes.

Become adept at these exercises, once you feel you are adept start to visualize the space around you.

Create a bubble around you and with practice start to extend it out into the room, so the room and your space are filled with your intention.

With practice, you will find if someone tries to enter the room or your space and you don't want them there, they will instantly turn and leave. If they do stay they will feel agitated, uncomfortable and they won't want to stay! That includes spirit!

This is called Space Manifestation!

