

Universal Meditation

I am that unnamable, indescribable, Wholeness of all that is.

I am grounded in that even though I cannot always see the whole big picture of my journey in form.

I choose at every moment to rest in that, which I am and in my highest good.

I am grateful for all aspects of my life.

I love nurture and honor all beings in equality.

I am Eternal Watcher and wholeness perspective, always within and without outside of time through that which I am.

I'm surrounded by my own unique source Gods that guide and protect me.

I allow guides to assist me to implement my highest good.

With the understanding that their assignments are temporary according to need and will always be for my highest good & source Gods from the truth of who I am.

Clearing and Sovereignty Medication

Now call back return back of all my own energy that I have unknowingly or unconsciously pass on to others regardless of whether it is positive or negative.

This includes my family, friends and people or other life forms with whom I have recently been in contact.

For the same beings, I'm now returning back all the energies that I have unknowingly or unconsciously taken in and returning it to the source from which it originated regardless of whether it is positive or

negative. I command of my own free will the release of curses, devices, electric energies, symbols, ETs, discarnate, holograms, agreements and contracts, cords, perfect pictures, frozen pictures from the past, personality entities, demonics and anything that has originated outside myself and my highest good.

I asked for assistance from my guides and Source Gods to do the removal now.

These frees me to be clear and in the present moment. I am now feeling my energy filled with the source Gods of love, beauty and all energies and Light that is harmony with my highest good.

Pan meditation

From unity and wholeness perspective, it is my intention to be in equality, Harmony and synergy with my physical, emotional and mental bodies for all of our highest good.

I ask that each of you participate in this Cooperative Spirit, by being willing to own and release all old patterns that are no longer serving our highest good both from this life and past life.

Please allow me to guide you in this process. We will do this daily meditation and clearing so that this can occur. I know and you know that there are always creative ways that we can all win or achieve our highest purposes simultaneously. when there is conflict and differences among you. This can be cleared healed and new Solutions created so everyone wins. I ask that you achieve these on your own or to ask for my guidance when necessary.

Thank you for all your good work and cooperation.

And I look forward to all of us rising to new levels of synergy and collaboration.

Metal Body Meditation

Note: Do this one once or more after you started Pan Meditation only.

Mental body, I thank you for being the leader in my life thus far. You have performed exceptionally well and for that you have my acknowledgement and gratitude. Because of your hard work, We are approaching the crossroad and I'm in need of your cooperation and assistance to make choice as to which path to follow.

The first option is to continue playing the same game. We have been playing thus far.

We know the rules and we have set patterns of how to play the games. Most of the rules are set by others, our parents, society Etc.

We are reaching the top of these playing field. So that is nowhere else to go but to play the same old way. We get the same results. We always got.

The other option is to graduate from the game, we have been playing & moving to a bigger game. In the new game, we will be beginners, and we will have to learn new rules.

There is much greater opportunities to learn, expand and grow. In this game, there is no losing. Your job description will change which means you will have a chance to expand and to grow.

Here are the rules of new game so you can decide which game you want to play.

1. Instead of being the leader you will become an equal partner with emotional and physical. You will also be equal to a new partner, the higher self.

The higher self, there to offer guidance and support to the team. Kind of like a coach. You will give up a lot of your authority but the good news is you won't have to stand alone so much as you did in the past carrying all the weight on your shoulders.

You want to share the responsibilities with your partners and have more fun with your buddies.

2. In this sense, your job description will be much lighter and not so burdensome. Before you have to be all stressed out about remembering everything and keeping things in order so everything gets done.

To churn around problems in your mind over and over until a solution is figure out. Worrying a lot.

Well, In comparison your new job description will be like vacation. Now your job is simple, is to keep clear and open space so that all the information and Source gods can come down from the higher self. with everything that you need to be do and say.

Whereas before you had to work hard to keeping and storing energy and information. Now, you do the opposite. You just let go of everything which goes into your very old library in the back of your brain. We even have a librarian or record-keeper whom you can consult with when needed.

3. Your only job is to relax and be, in the present moment.

Keep a clear and open channel so that your higher self can communicate with you. If you are too busy. The source Gods cannot come through. Your natural wisdom from above will come through and everything is at your fingertips.

4. When your old habits come up and seem to get in the way then you get to practice unconditional acceptance instead of judging and making wrong, getting impatient with yourself. You just get to home and experience what you are.

Let all the thoughts and judgements the shame, self-depreciation go on and you just open yourself and all the cells in your brain to experience it fully.

Transformation will take place on its own without effort.

This is a contrast to the old way in which we have to make ourselves change to fix it. Now we just own and experience what is unconditionally through surrender. The change happens on its own so now Mental Body you get to decide which game you want to play.

I need your assistance to move into new game. So if you are not ready, we'll just have to wait until you are ready. What is your decision?

Manifestation Meditation

My life is in synergy with the unfoldment of my highest good and the greatest good of the whole. Out of the consciousness of total trust and above all that is needed for this unfoldment is provided through Universal laws of manifestation and my own wholehearted intensions. The ego is surrender in order that all parts of self and cells are in Harmony and synergy so live in the moment and manifest my highest good.

I believe totally that all choices which arise out of the truth of who I am, are fully and abundantly provided for.

I ask that the unique source Gods for my path and livelihood be activated and release directly to me to assist in my manifestation unfoldment and transition. I further ask that this be done in a Time sequence that is gentle for me and in a manner in which my daily needs are taken care of.

masculine and feminine Balancing meditation phase one.

Unity and wholeness perspective, I intend to fully activate all aspects of my left and right brain for my highest good. This means reprogramming my right brain to fully energized itself and the left side of the body hundred percent and to release all programming to give away its energy to allow others to feel of it or to observe others negative energy. This means also reprogramming my left brain to fully energized itself and the right side of the body hundred percent and to release all programming to hoard or steal energies for its own purposes or to dump its own dark energy onto others. I choose clear all powers, competition, guilt, caretaking, victim, ET, sorrow, greed, hoarding, survival need and other old thought forms and programs from both the left and right side of the brain. This allows me to be clear in the present moment and energizing both sides of the body by crossing over to the other side.

I feel both sides full of source gods for the highest good. All of these occurs in a time sequence that is gentle for me.

Positive and negative Prayer

I asked for fortitude and wisdom to allow both the positive and negative aspects of self, to come to light in this life. I asked for the courage to allow my own darkness of the past to come forth and be owned here and now, the reason we have come into this realm of duality is because of our strengths and potentiality to bring together all polarities through unconditional acceptance and love.

We have all killed, mislead, manipulated, control and rap in our past. every aspect of our form life is equally as much a part of God's wholeness.

Let us not judge, but except all within our cellular memory and DNA. The cells and DNA know and remember all experience. When we have the fortitude to allow the memory to come forth and reexperience unconditionally within the cells, Alchemy and transformation happens.

We'll know this only through experience and the surrender of my concepts of rightness and wholeness and those perfect pictures of who I am. It is alright, it is all good. Even the most evillest of evil is just simply gaining experience and has a good purpose behind it. However, misguided. Unconditional acceptance has the power to heal all. See both sides of the coin with unconditionality and acceptance and you are free.

masculine and feminine Balancing meditation Phase 2

From unity and wholeness perspective
when Masculine and feminine sovereignty and balance is achieved. My feminine nature is unveiled as pure essence of beingness or God nature and my masculine Nature has revealed(mind as) as expression of the form aspect. The healing of my masculine side happens by uncovering the basic beliefs that shaped my life. The beliefs I live forms and create my reality and comes from my past experiences & My karma. When a belief comes conscious to me, i bring the energy of my belief in to cells and DNA and hold energy there to be able to experience it fully and unconditionally.

Then I choose to totally surrender this mentally, created belief into my feminine essence of being and silence. I allow myself to experience free falling into the bottomless, a base of nothingness and whatever comes with it. The holding of the energy at the cellular level and the surrender to the truth of my beingness, allow for unnatural meltdown and transformation to occur on its own. This is the miracle of feminine power. No action is needed. Only creating the supportive nurturing, space of unconditional acceptance and saying what is and what is for. The separation of masculine and feminine dissolves into the truth of wholeness.

Sovereignty Meditation

Other beings I see you. I hear you. I feel you. I know you. I love you and I honor you. I honour every being sovereign boundaries and I ask that you honor mine. I unequivocally (clearly) choose to have and keep my own energy within my sovereign boundaries except for what I voluntarily share with you.

Furthermore I hereby mandate that no being enter my field through my crown chakra except Source. Finally, I mandate that no being place any foreign energies or forms in my body or in my field without my conscious consent, everything proclaimed here will be reciprocated by me with all other beings. This Is My Free Will choice If there are any violations on my part of this agreement towards others, I ask that it be immediately brought to my conscious attention. I ask that you not take any more energy than what is given to you unconditionally by choice and not to dump any of your unwanted energies on me and I will do the same with you. I now replace all my thoughts and beliefs with I am silence. I am formless. I am clear. I am love. I am peace. I am Joy. I am bliss.

Physical Transformation Meditation

I direct my source Gods to decarbonate and recharge the blood with oxygen inducing mathematical calibrated atoms to change their magnetic cluster forms of electrical emissions.

The transmuted atoms reprogram oxygen flowing in the blood to rejuvenate the brain, spinals and all other systems, organs cells and quantum's of the body.

It stops accumulation of anus blood, toxics and allows it to harmlessly release from the body. This reverses and erases permutation of right cells into mathematically incorrect flashes cells, interrupting and reversing this mutation process eliminates the electrical currents in the body thus neutralizing decay and the aging process.

This directs Life Energy revolve upward and downward directly connect to the source around medulla, cervical, dorsal, lumber, sacral and coccygeal plexus, these corresponds to all energy centers of the human auric field. This quickens my life streams transformation into its light body.

one session of this practice equates to 1 year of natural spiritual unfoldment.

1000 of these sessions executed 24 hours of spark (within) and propel, means an ability of dematerializing and rematerializing at will that suits my beauty.

This is accomplished through Prime Creator, My source Gods, Source intelligence, wholeness Navigator, Eternal watcher and sovereign integral unlocking mathematical computations of calibrated spinal sub-dynamo. It's spinal sub-dynamo centers in harmonized synergy with my highest good. This will saturate and feel physical cells with undelayable light cells and thus keep them in a wholly magnetized condition. As we will, SO IT IS.