

MEDITATION LETTING GO COMPLETELY SPEED & ACCELERATION

HOWDY GUYS

SORRY ABOUT THE COWBOY LINGO

THIS ONE IS AN ASS KICKER - TOTALLY AWESOME

I WAS THINKING ABOUT JONATHAN LIVINGSTON SEAGULL - IF YOU'VE READ THE BOOK ABOUT HIS EXPLOITS INTO SPEED.

I'VE DONE THIS BEFORE - IT IS NOT THAT EASY. REQUIRES THAT ONE HAVE NO HOLD BACKS - NO FEARS - NO BLOCKS = TOTAL FREEDOM OF MIND.

ONE MUST REMEMBER THAT NO HARM CAN COME TO YOU DURING THIS PROCESS - AFTER ALL THE ROOT BUILDING BLOCK OF THE UNIVERSE IS LOVE. SO, YOU WILL BE PERFECTLY SAFE DURING THIS "FLIGHT".

THE MEDITATION IS THIS:

TO JUST "LET GO"

NOW THE MIND OBVIOUSLY WANTS TO RACE THROUGH VARIOUS THOUGHTS - SO LET IT - THE RULE IS THAT AS YOU SEE THOSE THOUGHTS BEING BENT BY YOUR OWN BELIEFS - TURN LOOSE OF THE BELIEFS SO THAT THE THOUGHTS CAN CONTINUE TO RACE.

IT'LL TAKE A LITTLE PRACTICE.

YOU'LL NOTICE QUITE EASILY THE BENDS IN THE ROAD AND BE ABLE TO STRAIGHTEN THEM - DON'T FOCUS ON THE REASONS FOR THE BENDS - JUST KEEP THE STREAM FLOWING.

THE RESULT IS A TREMENDOUS ACCELERATION INTO A NUMBER OF DIFFERENT REALMS - THINGS WILL BE FLITTING BY AT A HUGE SPEED - A SPEED THAT CONSTANTLY INCREASES UNTIL YOU BREAK OUT INTO THE VOID / HOME. THEN IT IS TOTALLY PEACEFUL. BUT, GETTING THERE - IT IS AN ABSOLUTELY AWESOME RIDE. THANK YOU JONATHAN.

BLESSINGS,