

MEDITATION - WAKE UP, PLEASE

"the need for the meditator to retrain his attention, whether through concentration or mindfulness, is the single invariant ingredient in... every meditation system"^{[16]:107} Goleman (1988)

SCIENTISTS MIGHT NOT KNOW A LOT ABOUT MEDITATION, BUT THEY LEARN QUICKLY, AND AT THIS MOMENT IN TIME, THEY SHOULD BE TEACHING IT.

THE PURPOSE OF THESE EMAILS IS TO SEE IF THERE IS ANY INTEREST IN JOINING TOGETHER IN MEDITATION TO SAVE THE PLANET. AND SHARING THE PROOF THAT SUCH WILL WORK, WHICH YOU NOW HAVE. THE 2-D DOES CONTROL THE 3-D VIA MEDITATION EVERYBODY CAN ACCESS THE 2-D REALMS.

SCIENCE HAS TO LEAD THE WORLD INTO PEACE AND HARMONY - WHAT OTHER PURPOSE IS THERE? THE RELIGIONS ARE NOT GOING TO DO THAT - THEY ARE NOT GOING TO CHANGE.

EVERYBODY - PICK UP THE PHONE, CALL PEOPLE - GET THIS GOING - FAILURE IS A VERY POOR OPTION. THERE ARE 20 SPECIES OF ANIMALS GOING EXTINCT EVERY DAY NOW - WHAT IF IT WAS YOUR FAMILY? NO MORE JONES EVER AGAIN. KEEP DOING NOTHING AND THAT WILL BE THE CASE - AS CLEARLY STATED AND PROVEN HEREIN: http://blog.hasslberger.com/docs/WAKE_UP_OR_DIE.pdf

MEDITATION - WAKE UP, PLEASE.

JUST READ THE TEXT, THEN OPEN THE LINKS THAT INTEREST YOU.

THERE ARE A NUMBER OF DIFFERENT TYPES OF MEDITATIONS (SINGLE MINDED FOCUS) - ALL OF WHICH HAVE THE INTENTION OF ACHIEVING ENLIGHTENMENT AS THE ULTIMATE GOAL. BUT, ALSO FOR HEALING, REDUCING STRESS, MANIFESTATION OF DESIRES AND TRANSCENDING THIS REALM I.E. PIERCING THE VEIL BETWEEN THIS REALM AND THE SPIRITUAL REALMS OR TO LEARN THE SPIRITUAL NATURE OF THIS REALM

AT THE END OF THE DAY, IT IS THE **FEELING** OF LOVE AND AN ENVIRONMENT OF LOVE THAT WE WANT TO GENERATE ALL AROUND WHERE WE LIVE AND EVERY WHERE WE GO. THIS IS THE CORE ENERGY OF GOD - LOVE - LEARN TO FEEL IT, IT'S QUITE EASY TO DO. HERE'S AN EASY WAY TO HAVE A TANGIBLE MEDITATION http://blog.hasslberger.com/docs/THE_GLOW.pdf

IN MEDITATION, THERE IS A CHOICE: WHETHER WE HAVE FULL **CONTROL** OR NOT. EXAMPLES:

LUCID DREAMING MEANS HAVING CONTROL OF YOUR DREAMS VIA WHICH YOU CAN MAKE CHANGES TO YOUR BODY, YOUR RELATIONSHIPS, YOUR FAMILY, THE WEATHER ETC. = FULL CONTROL. DITTO ASTRAL PROJECTION, IMAGINATION, CREATIVITY AND GUIDED MEDITATION.

VS TRANSCENDENTAL MEDITATION, WHERE YOU ARE ALONG FOR THE RIDE, DITTO BUDDHIST MEDITATIONS.

IN MY PARLANCE, THE DIFFERENCE IS OPERATING IN THE TINY SQUARE AETHERS OF THE QUANTUM WORLD, WHERE GOD IS IN FULL CONTROL OR TRAVERSING THE HEXAGONAL AETHERS, WHERE WE HAVE OUR GOD GIVEN FREE WILL.

SINCE ALL THINGS ARE JUST CONSCIOUSNESS, THEN DRUG INDUCED STATES OF PERCEPTION WOULD FOLLOW ALONG THE SAME LINE AND THEY DO. FOR EXAMPLE:

DMT, WHERE ALL FIVE SENSES SHUT DOWN AS IF YOU ARE DEAD AND AWAY YOU GO INTO A SQUARE AETHERIC REALM OF KALEIDOSCOPES CONSTANTLY CHANGING WITH THIS BUZZING IN THE BACK GROUND. VS MESCALINE, WHICH MAKES YOU THE CENTER OF FIVE DIFFERENT CONVERSATIONS AT THE SAME TIME - EVERYTHING IS BRILLIANT, ESPECIALLY THE MUSIC.

NOTHING UNREAL EXISTS. THE ONE PRECEPT OF METAPHYSICS THAT I ACCEPT.

SO, ITS HAVING CONTROL OR NOT - HOWEVER, IT IS BEST TO START IN THE SQUARE AETHERS TO BECOME A POWERFUL MEDITATOR.

THERE ARE TWO BASIC TYPES OF MEDITATION I.E. INWARD AND OUTWARD, WHICH TRANSLATES INTO EITHER A MEDITATION FOCUSED IN THE VERY SMALL SQUARE AETHERS OR ONE FOCUSED IN THE MACRO HEXAGONAL AETHERS I.E. HAVING CONTROL OR NOT.

INWARD IS VERY SIMPLE - WELL ALL MEDITATION IS VERY SIMPLE - THAT'S THE PROBLEM, BECAUSE IT IS THAT ANTITHESIS WHAT CONSCIOUSNESS DOES AUTOMATICALLY > TO ASSIMILATE INFORMATION AND WE WANT YOU TO CANCEL THAT? CORRECT!!

ONE MUST LOOSE YOUR MIND TO ESTABLISH A CONNECTION WITH THE DIVINE - HERE'S THE PROOF: http://blog.hasslberger.com/docs/BRAIN_FART.pdf THINKING IS WHAT KEEPS US SEPARATE FROM EACH OTHER AND GOD.

ALL MEDITATION AUTOMATICALLY ACTIVATES THE PINEAL - AFTER LONG PERIODS OF MEDITATION, THERE WILL BE A PAIN IN THE TOP OF THE HEAD, WHERE THE SOFT SPOT WAS, RIGHT OVER THE PINEAL. THE PINEAL ACTIVATES THE ENTIRE BODY.

THE FIRST STEP IN MEDITATION IS TO GAIN CONTROL OF YOUR MONKEY MIND - THERE ARE TWO SIMPLE WAYS OF DOING THIS - ONE IS A MANTRA (WHICH CAN BE GOD), LIKE THE TRANSCENDENTAL MEDITATORS USE AND THIS IS HOW I DID IT - VISUALIZE AN EMPTY BLACKBOARD, CONSIGN ALL THOUGHTS TO THE BACK OF YOUR MIND, LITERALLY. SOME THOUGHTS WILL INVADE THE FRONT OF YOUR MIND AS YOU ARE WATCHING THE BLACKBOARD MAKE NO JUDGEMENT, JUST LET THEM GO TO THE BACK OF YOUR BRAIN - SOONER OR LATER, THERE WILL BE ZERO THOUGHTS - AT WHICH POINT YOU CAN ASK GOD A QUESTION, THE ANSWER WILL COME BEFORE YOU CAN FINISH ASKING THE QUESTION. THEN YOU KNOW THAT YOU'VE ACCOMPLISHED PROPER MEDITATION. THEN YOU CAN MOVE ONTO MORE ADVANCED FORMS OF MEDITATION OR AS THE BUDDHISTS DO, JUST STAY WITH THAT ONE, BECAUSE IT IS NIRVANA / EMPTINESS.

HOWEVER, NIRVANA IS GOING BACKWARDS, OUR HOME IS IN THE HEXAGONAL AETHERS. A QUANTUM LEAP UPWARDS TO LARGER OCTAVES IN THE AETHERS, WHICH WILL CONTINUE FOR ALL OF US.

GOD IS EVERY WHERE AND IF WE FIND GOD IN OURSELVES, THAT IS A FORM OF ENLIGHTENMENT. TO DO THAT ONE MUST SIT QUIETLY AND FOCUS INWARD THERE ARE A NUMBER OF WAYS TO DO THAT - TAKE YOUR PICK: (set aside a few decades for this process)

(3) Jesus said, "If those who lead you say to you, 'See, the kingdom is in the sky,' then the birds of the sky will precede you. If they say to you, 'It is in the sea,' then the fish will precede you. Rather, the kingdom is inside of you, and it is outside of you. When you come to know yourselves, then you will become known, and you will realize that it is you who are the sons of the living father. But if you will not know yourselves, you dwell in poverty and it is you who are that poverty."

FROM THE GOSPEL OF THOMAS - AS YOU SEE IT SAYS THE SAME THING

VIA THE BUDDHIST NIRVANA OR EMPTINESS - THEY HAVE ACTUALLY SEEN THE SQUARE AETHERS IN THE EMPTINESS, WHICH LACKS FEELING.

WE ARE ALL ACTORS AND WE HAVE FULL CONTROL OF OUR EMOTIONS - SO, GENERATE THE FEELING OF LOVE. THERE IS NO EXCUSE.
http://blog.hasslberger.com/docs/THE_GLOW.pdf THIS MEDITATION DOES EVERYTHING ALL AT ONCE, WITH VERY LITTLE PRACTICE ONE CAN BE IN MEDITATION IN 10 SECONDS AND KNOW FOR A FACT THAT YOU ARE, WITH FULL CONTROL. YOUR FEELINGS EXPAND AS DOES YOUR AWARENESS. ITS LIKE THE NIKE AD, "JUST DO IT" AND ITS EASY AND FUN, FEELS GREAT, JUST LIKE IT SHOULD.

WE ARE BEING LET OUT OF SCHOOL ONTO THE PLAY GROUND. OUR DARK CONTROLLERS ARE BEING REPLACED BY THE CHRIST ENERGY, THIS PROCESS WILL TAKE ABOUT 20 YEARS, SAI BABA SAYS - AND HIS PREDICTIONS ARE UNERRINGLY ACCURATE.
http://blog.hasslberger.com/docs/EUPHORIA_STANDARD_OPERATING_PROCEDURE.pdf

NO KIDDING, ASSIMILATING INFORMATION FROM OTHER REALMS, IS AUTOMATIC FUNCTION OF CONSCIOUSNESS - LIKE ATTRACTS LIKE. THIS INFORMATION IS TRANSPORTED BY LOVE, BECAUSE THAT'S WHAT THE AETHERS AND ANUs ARE MADE OUT OF.

PLAY GROUND HERE WE COME. PROVIDED, OF COURSE, THAT WE SURVIVE THE PROBLEMS WE HAVE NOW.

GOD IS LOVE: http://blog.hasslberger.com/docs/GOD-IS_LOVE.pdf

THE HINDU AND SAI BABA ASKS ONE TO FOCUS ON THE THIRD EYE AND FIND GOD THERE. BABA EVEN SAYS, "DON'T BE LIKE ME, BE ME!!" I.E. ALLOW YOUR AURA/ANU TO BECOME ONE WITH SAI BABA OR YOUR PREFERRED FORM OF GOD.

SINCE GOD IS EVERY WHERE, ONE WILL FIND HER WHERE EVER YOU LOOK - IF YOU LOOK LONG ENOUGH = ONE OF THE REALIZATIONS OF THE TAO AND ZEN - THEY FOUND GOD IN NATURE - SIMPLY BY LOOKING AT IT. PROFOUNDLY.

THE FAMOUS ZEN KOAN: AS YOU ARE LEARNING ZEN YOU UNDERSTAND THAT MOUNTAINS AND STREAMS ARE NOT MOUNTAINS AND STREAM BUT ONCE YOU HAVE LEARNED ZEN YOU TRULY UNDERSTAND THAT MOUNTAINS AND STREAM ARE MOUNTAINS AND STREAMS.

I.E.

EVERYTHING IS PART OF THE INFINITE - NOT JUST MOUNTAINS AND STREAMS

BUT,

EVERYTHING IS INFINITE UNTO ITSELF - INCLUDING THE MOUNTAINS AND STREAMS. ITS ALL GOD.

WE ARE TRYING TO LOOSE OUR MIND (the purpose of the Zen koans), SO THAT WE CAN GAIN GOD'S AWARENESS - WHICH IS AN ABILITY THAT EVERYTHING ELSE IN THIS ENTIRE UNIVERSE HAS I.E. INFINITE AWARENESS - EXCEPT HUMANS.

WE ARE ACTUALLY TRYING TO BREAK INTO THE 2-D MATRIX
http://blog.hasslberger.com/docs/THE_MATRIX_BREAKING_IN-3.pdf
AT WHICH POINT THE IMAGINATION BECOMES SUPREME.

WHEN WE BREAK INTO THE LOVING MATRIX, WE WILL GAIN THAT AWARENESS. **A CONSTANT FEELING OF LOVE IS REQUIRED** TO SYNC UP WITH THE MATRIX / GOD.

OH MY GOD - THAT'S IT. TO BREAK DOWN THE VEIL BETWEEN IMAGINATION AND MANIFESTATION IN OUR REALM, WE HAVE TO BECOME FULL OF THE FEELING OF LOVE, ALWAYS. LIKE JESUS AND SAI BABA.

THIS IS WHY THE ALIENS, NATURE SPIRITS, ANGELS, ETC. ARE RELUCTANT TO APPROACH US - THEY CAN **FEEL** THAT WE ARE A COUPLE PINTS LOW ON LOVE.

AS THE YOGI SAID WHEN ASKED ABOUT THE FEELING OF ENLIGHTENMENT, HE SAID, "THAT IT **FEELS** LIKE BEING IN A CONTINUOUS ORGASM WITH THE COSMOS!"

AND TRICKS ARE FOR KIDS - FUN AND JOY ARE REQUIRED. WITH THE FOOL BEING THE MOST HIGHLY PRIZED - MEANS, BREAKING THE BARRIERS OF BELIEFS AND OPINIONS.

OUR JOB IS TO SURPRISE GOD - SHE HAS BEEN HAMMERING US INTO BEING HUMAN FOR 1000s OF YEARS FOR A REASON - ENTERTAINMENT. SO, BEING A COMPLETELY SPONTANEOUS FOOL WILL CREATE A FOUNTAIN OF LOVE FOR ALL.
http://blog.hasslberger.com/docs/EARTH_WINS.pdf

THAT IS AFTER EVERYONE ACHIEVES ENLIGHTENMENT. FOR NOW WE ARE STILL STUCK IN PREDETERMINATION, THE END OF WHICH IS THAT WE WILL ALL BECOME ENLIGHTENED. DAVID WILCOCK HAS THAT PART WELL STATED HEREIN:
<http://divinecosmos.com/start-here/davids-blog/1146-synchronicity-video>

HOWEVER, THE TIME IS COMING AS EVIDENCED BY ALL OF THESE MIRACULOUS GOD DROPPINGS, THAT SOON US, HUMAN IDIOTS, WILL BE ABLE TO STRING MIRACLES TOGETHER OURSELVES. IN 2-D THE IMAGINATION IS SUPREME. SNICKER.

NOW ON TO WHY I WANTED TO WRITE ABOUT MEDIATION

AVATAR MEDITATIONS ARE THE MOST EFFICIENT FOR CHANGING THINGS AND THEY AFFORD US THE ABILITY TO EXPRESS OUR OWN GODHOOD VIA DIVINELY CHANGING THINGS. PROVIDED THAT IT FITS WITH GOD'S WILL - AT THE MOMENT - THERE WILL COME A TIME WHEN THE VEIL IS DROPPED AND WE CAN SEE AND MANIPULATE THE HOLOGRAMS IN THE AETHERS = OUR REALITY - SOON WE CAN CONTROL IT.

WHICH MEANS THAT TRAVERSING THE AETHERS VIA ASTRAL PROJECTION REALLY IS TRAINING WHEELS FOR GODS - WE ARE WELL ADVISED TO LEARN HOW TO FUNCTION IN 2-D, BEFORE IT GETS HERE. BESIDES ITS FUN AND ORGASMIC, LITERALLY. THE MONROE INSTITUTE HAS TECHNOLOGY THAT ALLOWS MOST PEOPLE TO DO ASTRAL PROJECTION. SOME GOOD INFO ON THAT BELOW, ALSO.

WHICH LEADS BACK TO **AVATAR MEDITATIONS**.

SIMPLY STATED AN AVATAR IS AN IMAGE OF A FORM - WHEN THAT IMAGE IS SUPER IMPOSED ON ANOTHER OBJECT - SOONER OR LATER THE OBJECT HAS TO BECOME THE IMPOSED IMAGE.

EVERYTHING IS A HOLOGRAPHIC IMAGE ANYWAY - WE DON'T GET TO EXPERIENCE THAT DIRECTLY VERY OFTEN DUE TO THE NATURE OF OUR 3- REALM. ALTHOUGH YOU CAN SEE AND EXPERIENCE IT VERY CLEARLY VIA DMT - THERE'S A MASS OF INFORMATION ON THE NET ABOUT DMT, THE SPIRIT MOLECULE, WHICH IS IN US AND ALL AROUND US. I THINK WATCHING THE VIDEOS IS SUFFICIENT.

SO, NOW - ONE IMPOSES AN IMAGE OF A HEALED BODY ON A SICK BODY - THE SICK BODY BECOMES HEALED - HERE'S A GRAPHIC EXAMPLE OF THAT:

A LADY'S TUMOR IS CONVERTED TO NORMAL TISSUE IN 3 MINUTES IN A CHINESE MEDICINE-LESS HOSPITAL - PRESENTED BY GREGG BRADEN

CRYSTAL CLEAR CONFIRMATION OF THE FACT THAT WE CAN MERGE VIA OUR AVATAR WITH ANOTHER PERSON FOR A BENEFICIAL EFFECT. VERY IMPORTANT TO INVOKE GOD'S HELP SO AS NOT TO SHARE THE PATIENT'S KARMA.

<http://www.youtube.com/watch?v=fmMNIln1DPc>

THIS IS ALSO IRREFUTABLE PROOF THAT THE AURA/ANU IS 2-D AND CAN MERGE WITH ANY OTHER ANU/AURA, BE IT ANOTHER PERSON, AN AFRICAN LION, A DOLPHIN OR A ROCK.

THE ABOVE THERAPY FITS PERFECTLY WITH THIS MEDITATION - BASICALLY THE SAME THING: http://blog.hasslberger.com/docs/FEELING_BODY_MEDITATION.pdf

THEN YOU HAVE BURT GOLDMAN AND HIS QUANTUM JUMPING, WHICH WORKS VERY WELL, IF YOU LOOK AT HIS METHODS - WHICH ARE AVATAR MEDITATIONS. http://www.quantumjumping.com/online-training/webinar-preparation?GeoTrackRe_127=&afft_=&contact_id=&country=GB¤t_url=http%3A%2F%2Fwww.quantumjumping.com%2Fonline-training%2Fwebinar-invite%23sthash.naSDYAmx.dpbs&email=1948emery%40gmail.com&first_referrer=http%3A%2F%2Fwww.quantumjumping.com%2Fonline%2Flessons%2Fwhat-is-quantum-jumping&firstname=MIKE%20EMERY&own_=&ref_=&sess_=&signupday=saturday&smartform=1&state=O8&submit=1&uid=p2c1539f638#sthash.P5LLxTEg.dpbs

HIGHLY SUCCESSFUL IS BURT'S SYSTEM AND HE'S SELLING IT, WHEREAS, ALL OF MY SYSTEMS ARE FREE HEREIN.

NOW THE MOST AMAZING USE OF YOUR AVATAR - THIS FROM CARLOS CASTANEDA'S DON JUAN, THE YAQUI SORCERER. IT'S VERY SIMPLE. BECOME A LUCID FLYING DREAMER AND COMBINE THAT FLYING DREAMING BODY WITH YOUR PHYSICAL BODY - EVENTUALLY YOUR PHYSICAL BODY WILL LEARN TO FLY. AND, IT WORKS. I DID IT ONE TIME - HAD A PERFECTLY STRAIGHT ROAD DRIVING FROM ATLANTA TO MIAMI, SO I MEDITATED ALL DAY ON DOING THIS. 2 AM IN THE MORNING, I'M STANDING AT THE FOOT OF MY BED, BUZZING LIKE YOU CAN'T BELIEVE, WITH NO IDEA HOW I GOT THERE.!!! EXCEPT THAT I HAD COMBINED MY LUCID FLYING DREAMING BODY WITH MY PHYSICAL BODY - WOW!!!

WE ARE BEING LET OUT OF SCHOOL ONTO THE PLAY GROUND. http://blog.hasslberger.com/docs/EUPHORIA_STANDARD_OPERATING_PROCEDURE.pdf THIS IS CORROBORATED BELOW

NO KIDDING, ASSIMILATING INFORMATION FROM OTHER REALMS, IS AUTOMATIC FUNCTION OF CONSCIOUSNESS - LIKE ATTRACTS LIKE. THIS INFORMATION IS IN

THE FORM OF LOVE, BECAUSE THAT'S WHAT ITS MADE OUT OF. <http://blog.hasslberger.com/docs/HIGH-SPIRITUALITY.pdf>

PLAY GROUND HERE WE COME. SEE WAY BELOW CONFIRMATION OF THIS - HUMANS ARE TO BE RELEASED FROM BONDAGE - WE NEED TO BE PREPARED.

GOD IS LOVE: http://blog.hasslberger.com/docs/GOD-IS_LOVE.pdf

AS LONG AS WE ARE STILL IN THIS 3-D CONSTRUCT, ITS ALL LINKED TOGETHER PERFECTLY. THE GALACTIC CONSTANT IS ONE NUMBER THAT CONTAINS THE HARMONIC OF EVERY KNOWN ORBIT WITHIN A FEW SECONDS - OUR GALAXY RUNS LIKE A SWISS WATCH, CHAOS DOES NOT EXIST, EVERYTHING IS FRACTAL, ALL OF THE PRE-COGNITIVE DREAMS FIT TOGETHER BECAUSE IT'S JUST ONE DREAM - GOD'S DREAM = PREDETERMINATION DOWN TO THE FLIGHT OF AN ELECTRON.

VERILY I SAY UNTO YOU:

ALL OF THE MIRACLES WE ARE SEEING NOW ARE PART OF GOD'S DREAM - THEY WILL BECOME MORE PREVALENT. **GOD DROPPINGS** - LITERALLY - ANUS OF LOVE.

FOLKS THAT ARE ABLE TO MANIFEST THINGS ARE DOING SO IN HARMONY WITH GOD'S PLAN - HER DREAM. THE END OF WHICH IS WHEN ALL OF US IDIOTS BECOME ENLIGHTENED AND ARE ABLE TO MANIFEST IN THE SAME WAY THAT SHE DOES. THEN WE'LL HAVE - PLAY GROUND EARTH - A NEW NAME.

UNTIL THAT TIME, OUR BEST SPIRITUAL PRACTICE IS TO "LET GO" - THE MORE WE CAN LET GO OF, THE MORE THAT WILL BE GIVEN TO US. LOOSING OUR MONKEY MIND ALLOWS US TO LISTEN TO GOD, JESUS, SAI BABA, BABAJI, MOSES, MOHAMMED, WHO EVER YOU WISH.

BASICALLY STOP THINKING - FOR A WHILE - THEN, **ONE BECOMES A SPIRITUAL PROCESSOR OF INFORMATION VS AN IDIOT ON EARTH.**

IN THE CAPACITANCE ESSAY - THE CAPACITANCE FIELD IS A NULL ZONE (NO THOUGHTS) - VIA THAT FIELD ONE ACCESSES THE DIVINE - THE MYSTERY IS ZERO. <http://blog.hasslberger.com/docs/CAPACITANCE-IS-THE-DOORWAY-TO-THE-DIVINE.pdf>

HOWEVER

ITS OBVIOUS THAT WE ARE ABLE TO CHANGE GOD'S PLAN BY PRAYER AND MEDITATION

http://blog.hasslberger.com/docs/HEAL_THE_WORLD_VIA_MEDITATION.pdf

IT TAKES TEAM WORK - MEDITATION IS GREAT FOR INDIVIDUAL BALANCE AND HARMONY - TO MAKE BIG CHANGES, TEAMS ARE REQUIRED.

FOR EXAMPLE: JOHN-OF-GOD, HE HEALS 1000s OF PEOPLE EVERY DAY, JUST BY LAYING ON OF HANDS - HE HAS A TEAM OF 10 MEDITATORS BACKING HIM ALL DAY, WHILE HE DISTRIBUTES GOD'S HEALING LOVE.

HERE IS THE BEST TEAM MEDITATION PRACTICE I'VE EVER EXPERIENCED - DITTO EVERYBODY THAT DOES IT. THE ENERGY IS POWERFUL, TANGIBLE AND THINGS CHANGE DURING THE MEDITATION. **HEALING CIRCLE:**

A 10 MINUTE VIDEO EXPLAINING

IT: <http://www.youtube.com/watch?v=rLOnXDRDt1A&feature=youtu.be>

AND IN WRITING: http://blog.hasslberger.com/docs/HEALING_CIRCLE.pdf HEALING CIRCLE FITS PERFECTLY WITH THE GLOW MEDITATION

VIA THIS SYSTEM THE TIME WILL COME WHEN YOU CAN BUILD YOUR OWN SPACE SHIP VIA WHICH YOUR TEAM CAN GO ANYWHERE THEY WISH.
http://blog.hasslberger.com/docs/BUILD_YOUR_OWN_SPACE_SHIP.pdf

TEAM SIZE SHOULD BE REGULATED BY THE FIBONACCI SERIES I.E. 2, 3, 5, 8, 13 ETC. AND THE NEAT THING - A LOVING COUPLE COUNTS AS ONE (1) - NEAT, VERY NEAT.

LEARN ADVANCED PRACTICES OF LOVE
MAKING: http://blog.hasslberger.com/docs/LOVE_MAKING-1.pdf
GUARANTEED - GOD LOVES ORGASMS - GOD IS SPACE AND FEMALE - THERE HAVE BEEN SEVERAL BIG BANGS WHEREBY LOVE BASED ENERGY FILLED LARGE AETHERIC CELLS IN SPACE I.E. AN EXPLOSION OF LOVE IN SPACE.

SURRENDER TO ONE ANOTHER, THEN YOU CAN SURRENDER TO GOD
<http://blog.hasslberger.com/docs/SURRENDER.pdf>

LOVE AND BLESSINGS

FURTHER INFO:

YOU CAN LOOK IT UP - TEAMS OF PEOPLE WITH ORGONE DEVICES CAN CONTROL THE WEATHER. BIG TEAMS CAN CONTROL THE WHOLE SHOOTING MATCH.

RE: QUANTUM JUMPING
This 5-minute video's got the personal growth community buzzing.

[>>> You have to see it to believe it.](#)

It's all about a controversial scientific theory that claims reality as we know it is an illusion.

An illusion that we can BEND into our own vision of an ideal reality.

christie marie sheldon muscle testing

http://www.youtube.com/watch?v=azv_02cPcVs

CHANNELING AND MEDIUMSHIP ARE OBVIOUSLY FOCUSED ON MACRO EVENTS

LIGHT BODY
DISCOURSE http://www.youtube.com/watch?v=SlkLeyCSvzI&list=PLC8Auf0HKtaPgnt4T1B4vB_x4XW_iqjme

TAPPING [http://www.projecttapping.com/products/exclusive/special?sr=41&cid=PT-relaunch&aid=PT-CA-NF-offer&otag=\[fb_PT_CA_NF_offer\]&adtag=\[fb_PT_CA_NF_offer-adtag\]&adtag_time=28](http://www.projecttapping.com/products/exclusive/special?sr=41&cid=PT-relaunch&aid=PT-CA-NF-offer&otag=[fb_PT_CA_NF_offer]&adtag=[fb_PT_CA_NF_offer-adtag]&adtag_time=28)

THE AFRICANS HAVE USED SPIRITUAL MECHANICS FOR EONS

BY VIRGINIA HAMILTON, 1936-2002, AS ILLUSTRATED BY LEO AND DIANE DILLON IN A PICTURE BOOK TITLED "**THE PEOPLE COULD FLY**" PUBLISHED BY ALFRED A KNOPF NY. TEXT 1985.

RICHLY ILLUSTRATED 2004.

SUMMARY: RETELLING OF FOLKTALE, A GROUP OF SLAVES, UNABLE TO BEAR THEIR SADNESS AND STARVATION ANY LONGER, CALL UPON THE AFRICAN MAGIC THAT ALLOWS THEM TO FLY AWAY.

IN TERMS OF HER RESEARCH, THERE HAVE BEEN PERSISTENT TALES ABOUT BLACKS WHO COULD FLY. IN THE THIRTIES A MAN WAS SAID TO WALK FASTER AND FASTER THEN HE WOULD TAKE OFF HE WAS LAST SEEN FLYING FASTER THAN AN AIRPLANE. STORIES EXIST ABOUT "WING" SHOPS WHERE WINGS WERE PURCHASED. SCORES OF VERSIONS OF THIS WERE DISCOVERED BY THE AUTHOR.

WHEN ENSLAVED, THE ONES THAT COULD FLY SHED THEIR WINGS, COULD NOT TAKE THEM ABOARD THE SLAVE SHIPS. THEIR PRESENCE AMONGST OTHERS WAS KEPT SECRET.

IN THE INSTANCE OF A BELEAGURED WOMAN THREATENED BY AN OVERSEER AN OLD MAN INTERCEDED AND IN WHISPERS AND SIGHS: KUM---YALI KUM BUBA TAMBE AND MORE MAGIC WORDS THE WOMAN SIMPLY ROSE AND FLEW OVER THE WOODS,THE NEXT DAY THE OLD MAN APPROACHED A YOUNG BOY WHO HAD BEEN WHIPPED, WHISPERED INTO HIS EARS AND THE BOY FLEW AWAY.

WORDS EMPLOYED: "KUM KUNKA YALI, KUM...TAMBE.

A VARIANT IS A MAGIC HOE LEFT IN THE FIELD AND THE POWER OF DISAPPEARING IS OFTEN ATTRIBUTED TO GULLAH (ANGOLAN) AFRICAN SLAVES. OTHER SLAVES FELT GULLAH HAD EXCEPTIONAL POWERS!

<http://www.collective-evolution.com/2013/02/24/the-powerful-practice-of-eye-gazing/>

The Powerful Practice Of Eye Gazing

February 24, 2013 by [Joe Martino](#)

The very first time I experienced eye gazing I was floored by what I felt and saw. The connection you feel with another human being, the visualizations of past lives, future potentials and more, all can become very real while engaging in this exercise. Of course, there are many different intentions you can set before a session of eye gazing that can bring out an array of outcomes, but let's jump into a rundown of how to go about an eye gazing session and from there we can explore what the benefits of such

Synchronized virtual reality heartbeat triggers out-of-body experiences



New research demonstrates that it could be easy to trick the mind and trigger an out-of-body experience by getting a person to watch a video of themselves with their heartbeat projected on to it. The findings could lead to new treatments for people with perceptual disorders and also help dieters. [read more](#)

You can buy my Lucid Dreaming Tea on my website.

<http://www.raisingmyvibrations.com/lucid-dreaming-tea.html>

<http://www.disinfo.com/2012/05/lucid-dreams-now-available-on-demand/>

[Lucid Dreams Now Available On Demand | Disinformation](#)

www.disinfo.com

I know one or two people who are able to dream lucidly, often experiencing Out of Body Experiences (OBEs), more or less whenever they want to. For most of us, though, lucid dreams are something that we can only imagine. A couple of guys from Brooklyn are about to change all that, though, having suc...

<http://www.scoop.it/t/the-future-of-networking/p/4000617932/young-greeks-create-self-reliant-island-society?hash=13428f5e-0f51-48b7-b526-5417ac3e8367>

1. [The Out-of-Body Travel Foundation! \(FREE E-BOOKS/MUSIC/ART ...](#)
www.outofbodytravel.org/Share
The Mysteries of the Redemption: A Treatise on **Out-of-Body Travel** and Mysticism.
Extra Planetary Studies - Appearances - Reviews - Blog Talk Radio
2. [The Out-of-Body Travel Foundation -](#)
<http://outofbodytravel.org> ...
outofbodytravel.ning.com/
OUT-OF-BODY TRAVEL: FREE E-BOOKS/MUSIC/ART MAGAZINES
on **Out-of-Body Travel!** <http://outofbodytravel.org>.
3. [The Out-of-Body Travel Foundation - Traveling at the Speed of Light ...](#)
www.facebook.com/.../The-Out...Body-Travel-Foundation-Tr...
The Out-of-Body Travel Foundation - Traveling at the Speed of Light. 391 likes · 8 talking about this.

I'VE BEEN USING TONING MEDITATION ON MY BROKEN BODY AND IT SEEMS TO WORK - MAKES SENSE. THE RUSSIANS USE 3-D VIBRATIONS TO DO ENGINEERING ON 2-D DNA.!!!

THERE ARE HEALING MODALITIES THAT DO AMAZING THINGS USING FREQUENCY. ITS CALLED CYMATICS.

BY THE WAY: ALL SOUNDS, FREQUENCIES, VIBRATIONS ARE A 3-D ENERGY

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- Aug 26, 2011 - Uploaded by Jinjer Stanton
The goal of toning (or nada yoga) is to bring the unique vibration at the core of your being out where it can draw ...

2. [Nada Yoga Part Two - Toning - The David Gordon Voice Studio](http://www.spiritsound.com/toning.html)
www.spiritsound.com/toning.html

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By literally massaging body and mind from the inside out, meditative toning can help you focus and relax; release negative emotions; reduce stress; and improve ...

3. [Toning Meditation - - Singa Satsanga](http://www.singasatsanga.com/toningmeditation.htm)
www.singasatsanga.com/toningmeditation.htm

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This particular toning meditation was developed by Heather Macauley, who brought together two techniques learned from Wayne Dyer and Andrew Weil that ...

4. [Vocal Toning - The Voice of Life](http://www.thevoiceoflife.com/vocaltoning_12.html)
www.thevoiceoflife.com/vocaltoning_12.html

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While meditation is proven to help us think better, feel better and live better, combining meditation and sounding in Vocal Toning Meditation (VTM) is a ...

5. [Toning Meditation 'Being Here' by Thomas Huebl on SoundCloud ...](https://soundcloud.com/thomashuebl/toning-meditation-being-here)
soundcloud.com/thomashuebl/toning-meditation-being-here

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May 6, 2013 - Listen to Toning Meditation 'Being Here' by Thomas Huebl: Tonings are sound meditations. The humming of Thomas Hübl together with a ...

THIS REPORT IS A BIT BEYOND SCIENTIFIC THOUGHT, BUT THERE IS A LOT OF CORROBORATING INFO

Your lives are about to change, drastically and forever!

07/31/2013 by [John Smallman](#)

Audio: <http://johnsmallman.wordpress.com/2013/07/31/your-lives-are-about-to-change-drastically-and-forever/>

When your move into fully conscious living replaces your present illusory state of existence, as it very soon will, you will be so engrossed with the new environment you are busy adapting to that your interest in “what is to come” will have evaporated, because you will experience it as being no longer pertinent or of interest. In this new “now moment,” there is no future, nothing to look forward to, because there is only the eternal, joy-filled now moment. You truly have *absolutely no idea* of the wonders to which you will soon be gloriously re-exposed, when you awaken into your natural and divine state as fully conscious entities at One with God.

Sheldan Nidle 8-27-13... “Prepare yourselves, for much is ready to happen!”

3 Muluc, 12 Uo, 10 Caban

Dratzo! We come today with much to tell you! Your world continues to be a covert battlefield, with the dark cabal’s minions hanging on grimly despite the ground being gained every day by the forces of the Light. This protracted operation is somewhat discouraging to those who have committed themselves to the Light and its ultimately inevitable victory. The dark retains control of most of the international monetary system that in any way deals with the US Federal Reserve and its numerous banking allies, although this grip is no longer what it once was. However, the Federal Reserve and its criminal, destructive practices is facing its nemesis: a key moment is approaching when this ill-intentioned and bankrupt banking fraternity will be required to make a payment in actual gold bullion which it does not possess. This default is to give the forces of Light the opportunity to defrock the Federal Reserve of its powers and force a public bankruptcy and legal takeover of this highly illegal entity. This event is shortly to manifest. The fall of the Federal Reserve signals the demise of the current de facto US regime.

DAVID WILCOCK SAYS THE SAME THING

<http://divinecosmos.com/start-here/davids-blog/1145-us-military-fed>

HUMANS ARE TO LEAD THE UNIVERSE INTO NEW LEVELS OF CREATIVITY, FUN AND JOY:

http://blog.hasslberger.com/docs/AMAZING_REVELATIONS-PROFOUND_STUFF.pdf

THE NEXT EMAIL IS ABOUT THE ENLIGHTENED STATE, IT'S AWESOME.

LOVE AND BLESSINGS