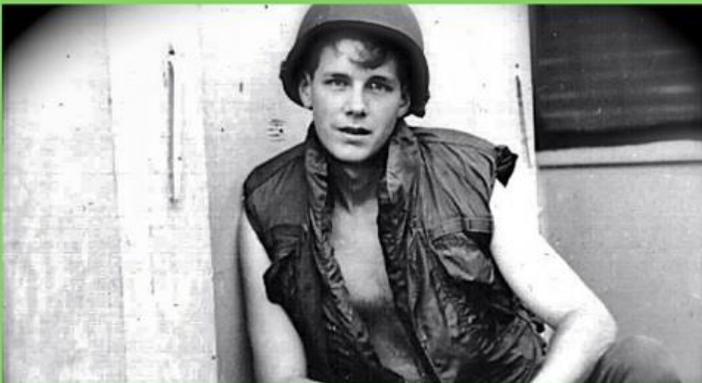


Pranic Healing Primer for Veterans



Be Aware, Open Up, Self-Heal & Say Thanks

Reverend Mike Wanner

Pranic Healing Primer For Veterans



Be Aware, Open Up, Self-Heal
And Say Thanks

Rev. Mike Wanner

Copyright
Reverend Mike Wanner
August 23, 2021

Selected Images Used by License

Cover Image & Chapter 5 Image Credit

Images by Siddhartha Neupane after remixing the work of Nikolay Mamashev - CC BY 4.0 Contact email siddharthaneu@gmail.com.

Other art by license.

Publisher
Reverend Mike Wanner
ISBN: 978-1-64681-017-8

A Pranic Healing Primer Series Book
<http://PranicHealing.xyz>

Free Kindles



“Healing Presents” Tab
(Cancer Days 1-5, 11-15, 21-25 at Healing Presents Tab)
<http://www.AngelRaphaelSpeaks.com>
Optional “Prison Presents” Tab

Table of Contents

Pranic Healing Primer For Veterans	1
Copyright	3
Table of Contents	4
Acknowledgments.....	5
Introduction.....	6
1 - Keep It Simple Survivor	7
2 - Take The Emotional Intensity Test	8
3 - Consider Asking An Angel For Help	9
4 - What Do You Say To An Angel?	10
5 - A Special Meditation	11
6 - A System Where You Can Self-Heal	13
7 - Pathway to Healing.....	15
8 - My Journey with Pranic Healing	19
9 - Pranic Healing Resources Local to You.....	21
10 - Intelligence & Awareness.....	22
11 - Simplified Beginning Ideas	23
12 - COVID 19.....	27
13 - Pranic Healing For Veterans & Spouses	28
14 - Wrap Up	29
15 - Angels Please Prayers-Addiction Help.....	30
16 - Don't Worry Ever	32
17 - Online Prayer Request Links.....	33
18 - Reverend Mike Wanner.....	34
Addendum - The Planetary Meditation for Peace.....	36
Addendum - Angel Raphael Speaks - Veterans.....	43
Addendum - Angels Are Part of God's Team	49

Acknowledgments

Master Choa Kok Sui
Mahaguruji Mei Ling

Master Marilag Mendoza
Master Glenn Mendoza, M.D.
Master Stephen Co

Cynthia De Leon
Kim Siar

Alison Sahoo
Bill Mann

Karan Tumas
Janet Fongheiser
Tina D'Alicandro

Dr. William W. Easley D.C., DCH
Swami Champak Anand

Siddhartha Neupane

Extraordinary PH Images at
<https://pranichealingdesigns.blogspot.com>

Introduction

I delight in bringing the Pranic Healing Primer Series to the world. Each primer is done a little differently as it shares content in a framed way for the referenced community.

The Veterans have shared a dedication to service but their stories may be different than others they see as similarly challenged.

This book is intended to identify a simple direct path to healing from the traumas that Veterans have experienced. Sinatra had a song called “My Way.” I pray this book helps you heal your way.

I invite all readers to write to me and feel free to wrap up all your cares and woes and send them along with the words on the page you send. I will send them for transformation. E-mail ReverendMikeWanner@aol.com and share as much as you want.

Deciding to release all that no longer serves you is a giant step towards healing. You need not speak it as the Creator of all that is, was, or ever will be already knows.

Your “Free Will” rules. Is it time for you to be the only authority in your life who you were created to become? Veterans can find new power in the simple steps contained herein. May all who Read This Be Blessed, AND SO IT IS!

Rev. Mike

1 - Keep It Simple Survivor

You Have Survived

You Deserve to Thrive

Twelve Simple Questions Can Help

Consider Asking An Angel For Help

A Meditation That You Can Do to Heal The
Earth and yourself in it.

A System Where You Can Self-Heal

You Decide

If You Like This, Please Tell God Thanks,
It Helps Take You Further, Faster
Say It Three Times, Go Faster Yet!

2 - Take The Emotional Intensity Test

AngelRaphaelSpeaks.com

Rate the strength of the Following Emotions on a scale from One (Least) to Ten (Most).

How Do You Feel?	Emotion
_____	Guilt
_____	Distrust
_____	Shame
_____	Threat
_____	Overly – Responsible
_____	Heartache
_____	Betrayal
_____	Resentment
_____	Anger
_____	Stress
_____	Powerlessness
_____	Fear

3 - Consider Asking An Angel For Help

Three Well Known Angels

The Archangels

Senior Angels who have Specialties

Michael

The Archangel of Safety and Protection

I invite you to take a moment now and
ask for any protection support you need now!

Raphael

The Archangel Of Healing

I invite you to take a moment and
ask for any healing you need now!

Gabriel

The Archangel Of Communication

I invite you to take a moment and
ask for any communication help you need right now!

4 - What Do You Say To An Angel?

Inviting One Angel Includes The Whole Team of Specialty Angels

Declare Who You Want to Connect With

Angel Name _____

Or

Angel's Names _____

or

Angel of (function) _____

Greetings Angel _____

Please Help with _____

Please Bless _____

I Thank You

5 - A Special Meditation

The Meditation for Twin Hearts is called that because it is designed to open the Heart and Crown Chakras (“Twin Hearts”), helping meditators to feel more love towards themselves, their families, and their communities.

As it does this, Meditation on Twin Hearts provides both physical and emotional benefits. It is correctly described as “... an integral part of Pranic Healing that provides the strength the body needs to fight off infections, as well as helping practitioners learn to control their emotions and feel less anger, anxiety, and irritation, reduce stress and improve concentration.”



The meditation allows positive energy to flow through your body, which releases negative or unwanted energy. Scientific testing has shown people who practice this meditation are healthier and more at peace mentally compared to others.”

If you find the opportunity to participate in the meditation, I encourage you to give it a go in person or online.

The meditation will work on you and the whole world. When an impoverished person does this meditation, they can feel its impact on them and their effect on the rest of the world. Giving and receiving are reciprocal.

A Primer on this meditation is downloadable at the website <http://PranicHealing.xyz>. The title is “*A Meditation Can Help Heal The World: And You And Me!*”

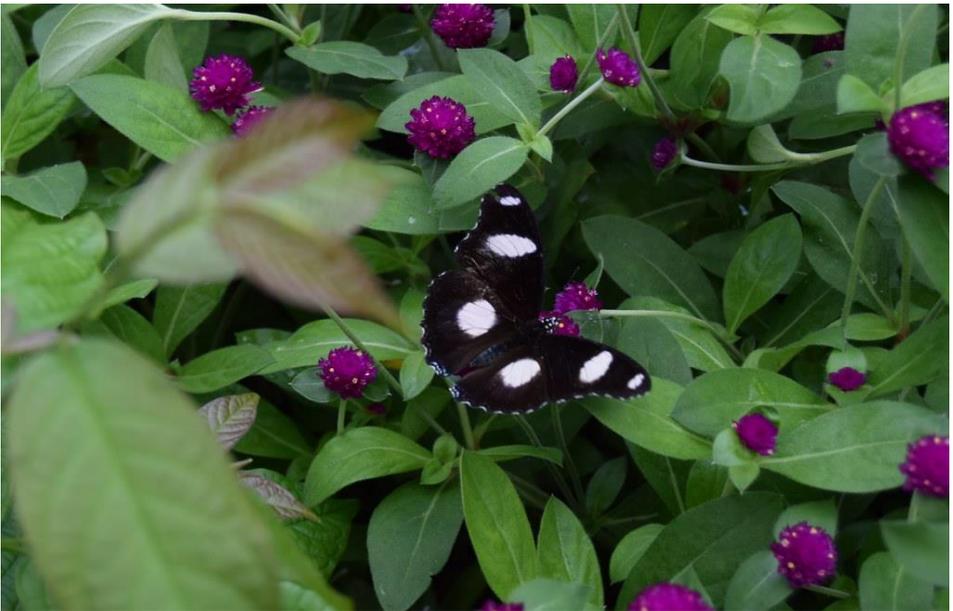
6 - A System Where You Can Self-Heal

Prana

Before we talk about healing, Pranic Healing, and all the parts of our lives where Pranic Healing can assist, let's take a moment to speak about prana.

Prana is vital because:

Prana is the life force energy that flows through all Living things/beings, and it is pivotal to healing.



Also called subtle energy, Ki or Chi, Prana is very different from the Alternating Current (AC) and Direct Current (DC) electrical energy used in our homes, vehicles, and batteries.

When people are depleted, receiving fresh prana can help them re-balance. Prana will trigger their internal healing system and bring them back into equilibrium.

Being in alignment generally leads to optimizing everything in one's life and a state of physical, emotional, mental, spiritual, and even financial wellness.



7 - Pathway to Healing

Prana is vital to the quality of life itself and even more important when people want to optimize their lives.

There are four areas of our lives that we can work to keep in balance. They are:

Physical
Emotional
Mental
Spiritual

Each of these areas is significant because they all interact all the time, and if one place becomes unhealthy, the others probably will also. On the next pages, I will offer an example of a method for each area that needs to be supported. Other methods can be useful, and I invite you to establish a separate effort of discovery into each spot, emphasizing those that currently need attention. I will then discuss Pranic Healing, which can be used for any of them.



Physical Support

Your primary care and specialty care providers during illness need to be your high priority focus. Please be sure to listen to all they say and decide wisely, negotiate, and apply unified action.

It may be awkward, but Physical support choices can be irritated by reactionary emotionality. In tough times the ill and injured must get a great deal of support from people they trust.

Don't fall into the trap of avoiding information that's hard to hear! If possible, have an advocate with you during your appointments to note all the doctors say. Your advocate can remind you of the essential information that you consciously or subconsciously deny hearing.

Helpful information can significantly enhance your ability to get the physical support you need. By learning the details of your situation and responding accordingly, you can put together the best wellness management and survival plan.

Emotional Support Systems

I have written a lot about emotional support in my books. A compelling way to support emotional healing is energy healing.

The first energy healing system I studied was Reiki. I took many Reiki Classes throughout the country and Internationally.

Further studies in energy healing took me to a modality called Integrated Energy Therapy® (IET), which changed my life. It allows one to invoke Angelic energy for the release of stuffed emotions and cellular memory.

Both Reiki and IET can be used in person or sent at a distance.

Mental Support System

Our minds can be our most reliable ally or our weakest link. When we allow our minds just to run, there seems to be a great cloud of possibilities on a scale from good to evil. When we take charge of our thoughts and direct them to a focus, we can move toward a goal. Sorting through the many questions can be daunting but tremendously important.

The best resource for information that I have found so far is an ancient system called Dowsing. It allows me to run through possibilities and objectively help myself, clients, and friends quickly find goals that resonate with a progressive path out of an apparent state of overwhelming emotional paralysis.

Dowsing can be done in person or at a distance. There is a book about it on the Cancer books by Mike page. I am excited to think about you using it along with or after Pranic Healing. There is also a free workbook for dowsing available to www.LetterToRobin.org

Spiritual Support Systems

I have also written a lot about Spiritual Support and emotional support in earlier books that I compiled.

Prayer is powerful, and its ability is increased with frequency. That means that the one praying can pray more often and say more of them to increase intensity. Those who need them can receive assistance from clergy, a prayer circle, a prayer therapist, or an online distant healing group to add to the primary prayer's efforts.

One resource for prayer support is the webpage www.Create-A-Prayer.com. Prayer can be practiced in person or at a distance.

Pranic Healing Contains Many Options for All Your Support Needs

Pranic Healing has many ways to start that can be utilized, like your healing smorgasbord. You can:

1. DIY – Do It Yourself
2. Attend meditations & healing groups online
3. Attend in-person events
4. Learn Basic Level Pranic Healing from a book
5. Start working on yourself
6. Start supporting children in schools

8 - My Journey with Pranic Healing

Before experiencing Pranic Healing, I imagined it as another healing energy system like many I have learned. When I felt a little demo session during an Open House at The Awaken Center for Human Evolution (AwakenCHE.org), I was immediately impressed with the energy shift that I felt right after closing my eyes.

I scheduled a session to see if it was a one-off experience or whether there was more for me to feel. Again, I was immediately impressed and amazed.

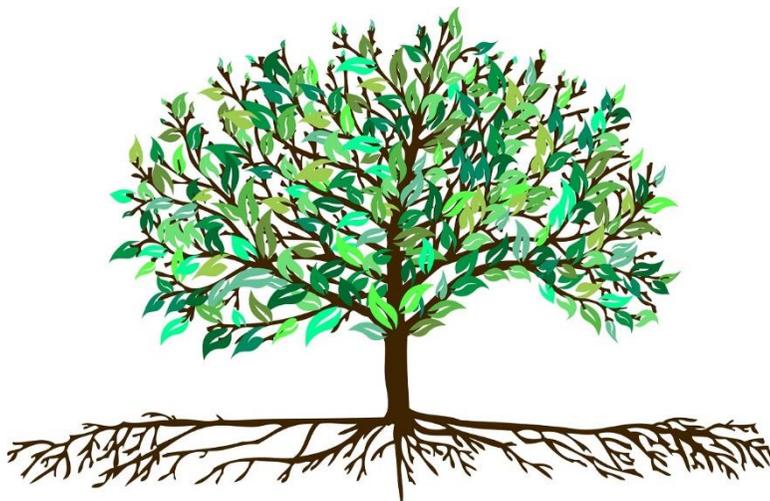
If you ever told me that at the age of 74 that I would be racing to take new training, I would have said you were nuts. Well, Pranic Healing got my attention, and I booked the training and took it in short order.

I was impressed and amazed. I shared my impression in a book series that I was writing about Cancer. Still, because my experience at the time was limited, I recommended that readers do their investigation and evaluation.

Before Learning Pranic Healing and after serving in the Air Force, I started an ambulance company and took care of many sick people. In both the back of an ambulance and while ministering at the bedside, I have consistently heard Cancer

patients and others tell me they didn't have enough energy, so I suggest that all who can learn how to improve theirs do so.

Since then, I have studied a lot more about Pranic Healing, and I participate in many healing events and conferences. One of the things that I like most about Pranic Healing is its focus on cleansing. Smoothing out existing energy and removing negative energies clears the way for fresh infusions of subtle energy.



Pranic Healing seems to get to the roots of issues and then nurture the situation and everything and everyone involved.

9 - Pranic Healing Resources Local to You

WHERE?

Several local groups can connect you with Pranic Healing resources. Here are a few excellent ones:

www.PranicHealingUSA.com

www.PranicHealingPenn.com

www.PranicHealingBucksCounty.com

www.meetup.com/Pranic-Healing-Bucks-County-Meetup/

You may also network amongst spiritual healing, holistic, and wellness organizations to see what resources you can find. Holistic health venues, Body/Mind/Spirit events, Healing expos, naturopaths, healers, and chiropractors are excellent places to start.

Look for groups that offer Meditation on Twin Hearts, Pranic Healing demonstrations, and Pranic Healing sessions (try a treatment).

10 - Intelligence & Awareness

Powerful Words

“An intelligent person is not closed-minded. He does not behave like an ostrich burying his head in the ground, trying to avoid new ideas and developments.

An intelligent person is not gullible. He does not accept ideas blindly.

He studies and digests them thoroughly, then evaluates them against his reason: he tests these new ideas and developments through experiments and his experiences.

An intelligent person studies these ideas with a clear, objective mind.”

*~ Grandmaster Choa Kok Sui,
Founder of Pranic Healing*

11 - Simplified Beginning Ideas

From *Cancer Glue for Energy* by Rev. Mike Wanner

If you or someone you care about is in an illness crisis, resources can be sparse. While many things could offer some promise, it may be challenging to figure out the optimal ones for the needs of the person you want to help.

If you can get access to a book on Pranic Healing, you can begin to educate yourself and take one step at a time. Check your local library and ask for the topic if they don't have it on the shelves.

I particularly like the book "Miracles Through Pranic Healing." It is on kindle for \$13.99. When you start that book, even before you get to Chapter One, there are pages titled "How To Practice Simplified Pranic Healing Immediately."

A feature of the Pranic Healing Process is precise step-by-step instructions, a recipe for a healing process. While this Simplified Pranic Healing procedure can demonstrate effectiveness, it is not applicable to all potential challenges as the full system.

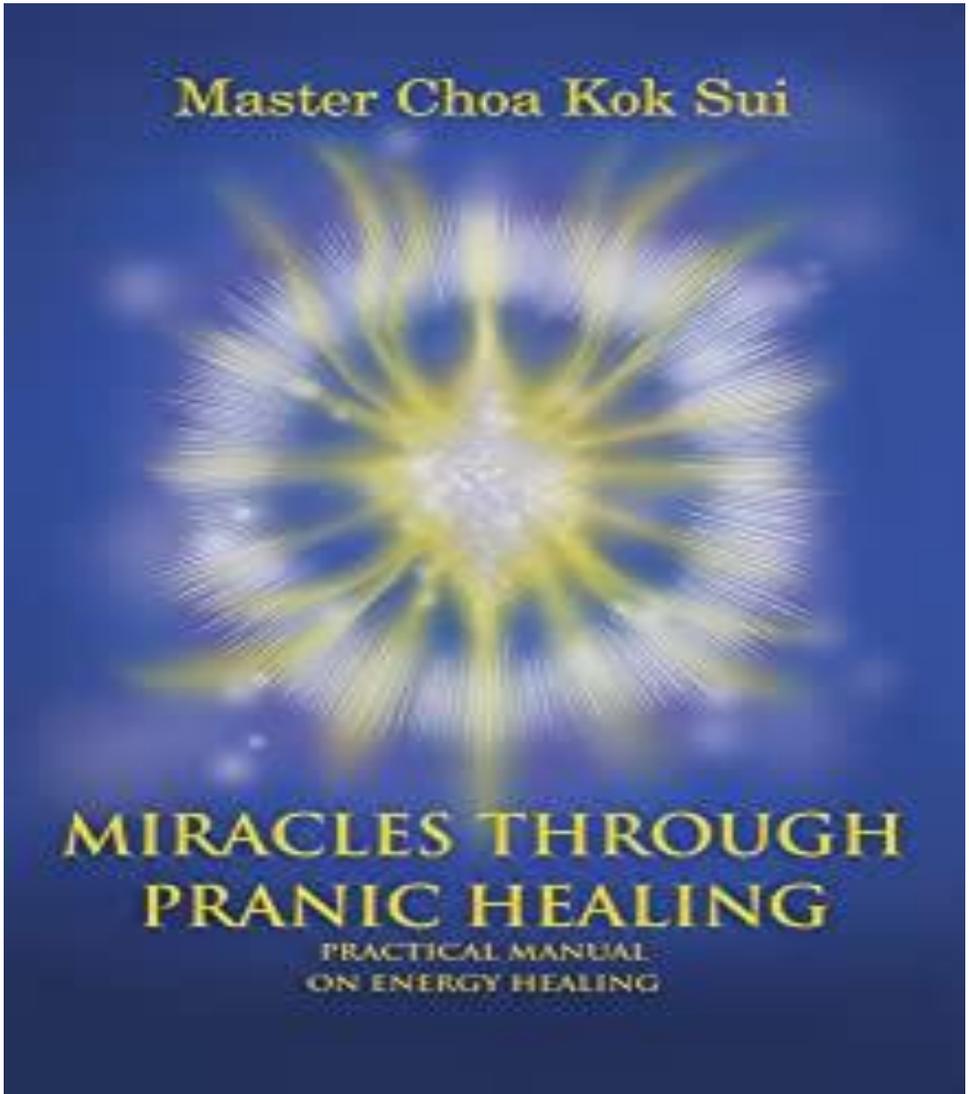
There are twelve steps in the procedure that are to go in sequence. Eleven of those steps are to read the specific text, and the twelfth is to do a treatment that could last 20 minutes to an hour.

The first eleven steps are described as readable within a time frame of two hours. The eleven steps are:

1. Learn about the eleven essential chakras.
2. Practice connecting the tongue to the roof of the mouth,
3. Read about the procedure process for Bioplasmic waste disposal.
4. Review General Sweeping technique.
5. Review the Localized Sweeping technique.
6. Learn about Diseased Energy Contamination & Handwashing Techniques.
7. Understand how to make a Patient more Receptive.
8. Energizing with Prana & Hand Chakra Technique.
9. Stabilizing the Projected Prana
10. Releasing the Projected Prana
11. Five things to avoid in Pranic Healing

After you've completed these steps, you're ready for the 12th step, to follow a protocol and begin Pranic Healing! That could take roughly 20 minutes to an hour. I Recommend that you consider this and all the steps above as an investment in your wellness.

Miracles Through Pranic Healing
~ Master Choa Kok Sui



And/Or

"This book is more than brilliant—it is essential for all readers who value the quality of their health."
—CAROLINE MYSS, AUTHOR OF *SACRED CONTRACTS*

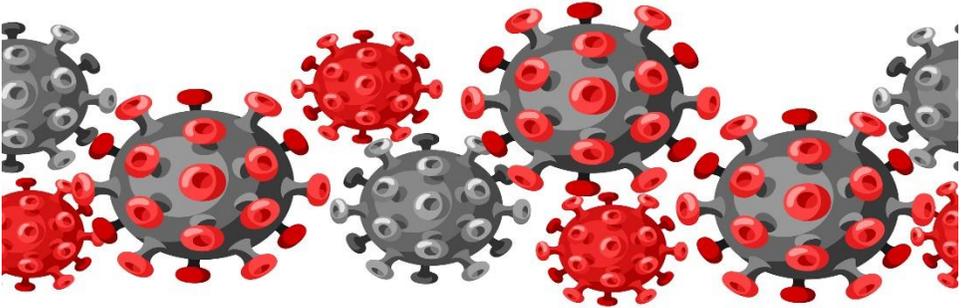
YOUR HANDS — CAN — HEAL YOU



PRANIC HEALING
ENERGY REMEDIES
TO BOOST VITALITY
AND SPEED RECOVERY
FROM COMMON
HEALTH PROBLEMS

MASTER STEPHEN CO &
— ERIC B. ROBINS, M.D. —
WITH JOHN MERRYMAN

12 - COVID 19



COVID-19

PROJECT HOPE FOR HEALING

COVID-19 has hit the world hard, and Pranic Healing is doing its part to offer help for those affected.

Project Hope for Healing is an ambitious project begun in early 2020 by Pranic Healers worldwide to help people recover from Covid-19. Each day, hundreds of healers work distantly on Covid-19 patients.

People with COVID-19 who need healing can fill out the intake form at <http://www.projecthopeforhealing.com/covid19>. There is no cost to the patient and no time commitment other than giving their information at the outset (name, age, city of residence, symptoms) and about 5 minutes once a week to update their healer/s on their progress.

13 - Pranic Healing For Veterans & Spouses In Bucks County Now

I am a Veteran who is active in Writing and Healing and have been involved in Angel and Energy Healing for almost thirty years. I am now working towards Certification in Pranic Healing and it takes a lot of documented work to qualify.

I would like to offer that work free to Veterans, their spouses, and others in the Bucks County community on an individual basis, first come, first served, limited time. I have put up this page to explain the details.

I realize that Pranic Healing is lesser-known in America than in the east so I have written a series of little books as primers for those who like the details. A choice of one or all is available free at <http://PranicHealing.xyz> for download. The Meditation book alone could help many people find a path to healing.

Rev. Mike
mikewann@Mail.com

Also available from Pranic Healing Bucks County right now,
Zoom Meetings www.pranic-healing-clinic.com/vets

Also, Nia Gibson at Salute 2 Service will network with former and current spouses of Veterans. Contact her at their office.

Salute2Service.org
1705-C Bath Rd. ☼ Bristol, PA 19007 ☼ 267 554 7956

14 - Wrap Up

There are many tools & resources to help you heal. I hope this book inspires you to consider some that you may have overlooked.

Pranic Healing is a powerful healing tool. I am still amazed at Pranic Healing's ability to help so many people with their afflictions and circumstances.

I hope this book allows more people to find options for the Healing they and their families need. There are some high potentials to be had with the energy work of many modalities.

The significant factor in Pranic Healing that I like is the Energy Cleaning, which is akin to smoothing out existing energy and removing some negative energy to clear the way for fresh infusions of subtle energy.

May all who read these words have their energy increase, AND SO IT IS! Amen and Amen! Pranic Healing Could Change Your Life. I hope it does.

15 - Angels Please Prayers-Addiction Help

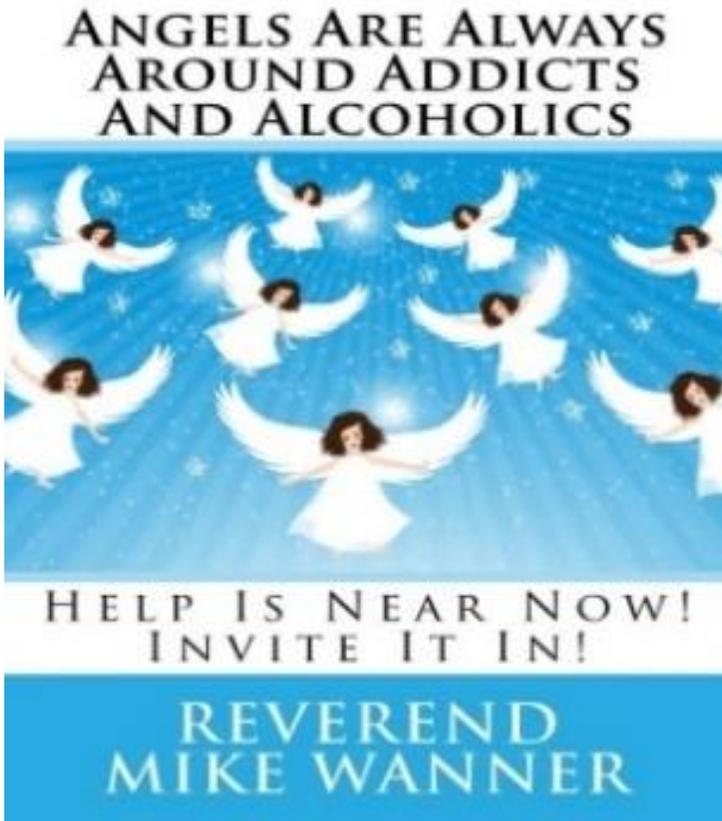
Addict's

Angels of Healing Selected
Help Me to Stay Directed
Come To Me From The Sky
I Am Ready to Succeed, Not Try
If I Don't Invite You In
I Might Not Win
I Have Been Lost For Too Long
Help Me To Stay Strong

Alcoholic's

Angels of Healing On High
Help Me to Stay Dry
Come To Me From The Sky
I Am Ready to Succeed, Not Try
If I Don't Invite You In
I Might Not Win
I Have Been Lost For Too Long
Help Me To Stay Strong

Prayers Above From



<http://AngelRaphaelSpeaks.com/AAAAAAA/>

The Link Above Has the Core Messages from the book on drop-down pages.

16 - Don't Worry Ever



Ever

It Does Not Help
Prayer Still Does!

Resource: <http://Create-A-Prayer.com>

17 - Online Prayer Request Links

Circle Of Miracles

<https://circleofmiracles.org/services/prayer-request/>

The Center Of Being, Inc.

(Integrated Energy Therapy)

<https://www.learniet.com/angel-ariel/need-angelic-support/>

The Theosophical Society Order of Service Free Healing Network:

1. For People <http://www.theoservice.org/special/names-by-email.shtml>
2. For Animals <https://www.theoservice.org/spec.../animal-healing-names.shtml>

Prayer Resources

<http://Create-A-Prayer.com>

18 - Reverend Mike Wanner

Reverend Mike Wanner started his metaphysical and ministerial studies with Reiki in 1993 and studied seven Reiki styles in the US, Japan, Canada, Denmark, and Australia. He is certified to teach.

He became certified to teach Integrated Energy Therapy in 1999 and co-taught the new millennium's first IET class. Mike began dowsing in 2001.

Ordained as an Interfaith Minister of the Circle of Miracles Ministry and a Metaphysical Minister of the International Metaphysical Ministry, Rev. Mike practices and teaches spiritual energy therapies in the Philadelphia Area.

He was a faculty member of the Medical Mission Sister's Center for Human Integration's School of Integrated Body/Mind Therapies in Fox Chase, Philadelphia, PA, for twelve years.

For a complete Biography, please visit
<http://ReverendMikeWanner.com/Bio>

Free Kindle Books



Free Healing Books

<https://angelraphaelspeaks.com/healing-presents/>

Free Cancer Books

<https://angelraphaelspeaks.com/free-cancer-books/>

Free Prison Books

<https://angelraphaelspeaks.com/christmas/>

Addendum - The Planetary Meditation for Peace

Authority to Reprint

The Planetary Meditation for Peace
(also known as Meditation on Twin Hearts)
is a VERY POWERFUL TOOL
IN BRINGING ABOUT WORLD PEACE.

Therefore,
THIS MEDITATIONAL TECHNIQUE SHOULD BE
DISSEMINATED.

**The Author hereby
GRANTS PERMISSION TO ALL INTERESTED
PERSONS TO REPRINT, RECOPY, AND REPRODUCE
THIS CHAPTER PROVIDED PROPER
ACKNOWLEDGMENT IS MADE**

(Signed) Choa Kok Sui

- Extracted and Modified from The Ancient Art and Science of
Pranic Healing, ©1992, by Master Choa Kok Sui, Pages 227-
239

1. Cleansing the Etheric Body through Physical Exercise.
Do Physical Exercise ^[11]_{SEP} for about five minutes to clean and energize your Etheric Body. Light greyish matter or used-up Prana is expelled from the Etheric Body with Exercise. Physical Exercises also minimize possible Energy Congestion since Meditation on Twin Hearts generates a lot of Subtle Energies in the Etheric Body.

2. Invocation for Divine Blessing.

You can make your own Invocation. Here is one example the Author usually uses:

Father, I humbly Invoke Thy divine Blessing!
For Protection, Guidance, Help and Illumination
With Thanks and in Full Faith!

Invoking the Blessing of Divine Providence or one's Spiritual Guides is very important. Every serious spiritual aspirant usually has Spiritual Guide(s) whether he is consciously aware of them or not. The Invocation is required for one's Protection, Help and Guidance. Without the Invocation, the Practice of any Advanced Meditational Technique can be dangerous.

3. Activating the Heart Chakra

Blessing the Entire Earth with Loving Kindness. Press your front Heart Chakra with your finger for a few seconds. This is to make concentration on the front Heart Chakra easier.

Concentrate on the front Heart Chakra and Bless the Earth with Loving Kindness. When Blessing, you may visualize the Earth as very small in front of you. The Author usually uses the following Blessing:

Blessing the Earth with Loving Kindness
From the Heart of God

Let the entire Earth be Blessed with Loving Kindness

Let the entire Earth be Blessed with great Joy, Happiness and Divine Peace. Let the entire Earth be Blessed with Understanding, Harmony, Goodwill and the Will to do Good. So be it!
From the Heart of God, let the Hearts of all Sentient Beings be filled with Divine Love and Kindness.

Let the Hearts of all Sentient Beings Be filled with Great Joy, Happiness and Divine Peace.

Let the Hearts of all Sentient Beings Be filled with Understanding, Harmony, Goodwill and Will to do Good With Thanks ... So Be It!

For beginners, this Blessing is done only once or twice. Do not overdo this Blessing at the start. Some may even feel a slight Energy Congestion around the Heart Area. This is because your etheric body is not sufficiently clean.

Apply Cleansing to remove the congestion. This Blessing should not be done mechanically. You should feel and fully appreciate the implications in each phrase. You may also use Visualization.

4. Activating the Crown Chakra

Blessing the Earth with Loving Kindness. Press the Crown with your finger for several seconds to facilitate concentration on the Crown Chakra and bless the entire Earth with Loving Kindness. When the Crown Chakra is sufficiently opened, some of you

will feel something blooming on top of the head and some will also feel certain pressure on the Crown. After the Crown Chakra has been activated, concentrate simultaneously on the Crown and Heart Chakras, and Bless the Earth with Loving Kindness several times. This will align both Chakras, thereby making the blessing much more potent.

5. Achieving Illumination

Meditation on the Light, on the Aum or Amen, and the Interval between the Two Aums or Amens. To achieve Illumination (expansion of consciousness), visualize a point of dazzling white light on top of your head and simultaneously chant mentally the word Aum (Ah — omm —) or Amen (Ah — men —) and concentrate on the intervals (moments of silence) between the two Aums (or Amens), while maintaining the point of light. Do this Meditation for 10 to 15 minutes. When you can fully concentrate simultaneously on the Point of Light and on the intervals between the two Aums, you will experience an "Inner Explosion of Light" Your entire being will be filled with light! You will have your first glimpse of Illumination and first experience of Divine Ecstasy. To experience Buddhist Consciousness or Illumination is to experience and understand what Jesus meant when He said: "If thine eye be single, thy whole body shall be full of light* (Luke 11:34). "For behold, the kingdom of heaven is within you" (Luke 17:21).

6. Releasing the excess Energy.

After Meditation, it is important that the excess Energy should be released by Blessing the Earth with Light, Loving Kindness, ^{[[[}SEP] Peace and Prosperity for several minutes until you feel your

body is [L] [SEP] normalized. Otherwise, the Etheric Body will become congested and the Meditator will experience headaches and chest pains. The visible body will deteriorate in the long run because of too much energy. Other Esoteric Schools release the Excess Energy by visualizing the Chakras projecting out the excess Energy and the Chakras becoming smaller and dimmer, but this approach does not utilize the excess Energy into constructive use.

7. Giving Thanks.

After Meditation, always Give Thanks to the Divine Providence and to your Spiritual Guides for Divine Blessing.

8. Further Release of Excess Energy and Strengthening the Body through Massage and More Physical Exercise. After Meditating, massage your body and do Physical Exercise for about five minutes to expel more used-up prana from the body and, thus, to further release, clean and strengthen the visible body. This will also facilitate the assimilation of the Spiritual Energies, thereby enhancing the beauty and health of the Practitioner. Massaging and exercising after Meditation also reduce the possibility of Energy Congestion in certain parts of the body which may lead to illness. You can also gradually cure yourself of some ailments by doing exercises after doing The Meditation on Twin Hearts. It is very important to exercise after Meditation; otherwise, the visible physical body will inevitably weaken. Although the Etheric Body will become very bright and strong, the visible physical body will become weak because it will not be able to withstand the leftover energy generated by

the Meditation in the long run. You have to experience it yourself to fully appreciate this.

Some have the tendency not to do Physical Exercises after Meditation but to continue savoring the blissful state. This tendency should be overcome; otherwise, one's physical health will deteriorate in the long run.

Sometimes when a spiritual aspirant Meditates, he may experience unusual Physical Movements for a limited period of time. This is quite normal since his etheric channels are being cleansed. The instructions may seem quite long but the Meditation is short, simple and very effective! It requires only about 20 minutes excluding the required time for the Physical Exercises.

There are many degrees of Illumination. The art of "Intuiting" or "Direct Synthetic Knowing" requires constant Meditation for a long duration of time. Blessing the Earth with Loving Kindness can be done in groups as a form of World Service. When done in groups for this purpose, first Bless the Earth with Loving Kindness through the Heart Chakra, then the Crown Chakra and, finally, through both Chakras.

Release the excess Energy after the end of the Meditation. The other parts of the Meditation are omitted. The Blessing can be directed not only to the entire Earth but also to a specific nation or group of nations.

The potency of the Blessing is increased many times when done in a group rather than individually. Another way of Blessing the

Earth with Loving Kindness in a group is through daily radio broadcast at an appropriate time with some or most of the listeners participating.

- Extracted and Modified from The Ancient Art and Science of Pranic Healing, ©1992, by Master Choa Kok Sui, Pages 227-239

Authority to Reprint

The Planetary Meditation for Peace (also known as Meditation on Twin Hearts) is a VERY POWERFUL TOOL IN BRINGING ABOUT WORLD PEACE.

Therefore,
THIS MEDITATIONAL TECHNIQUE SHOULD BE
DISSEMINATED.

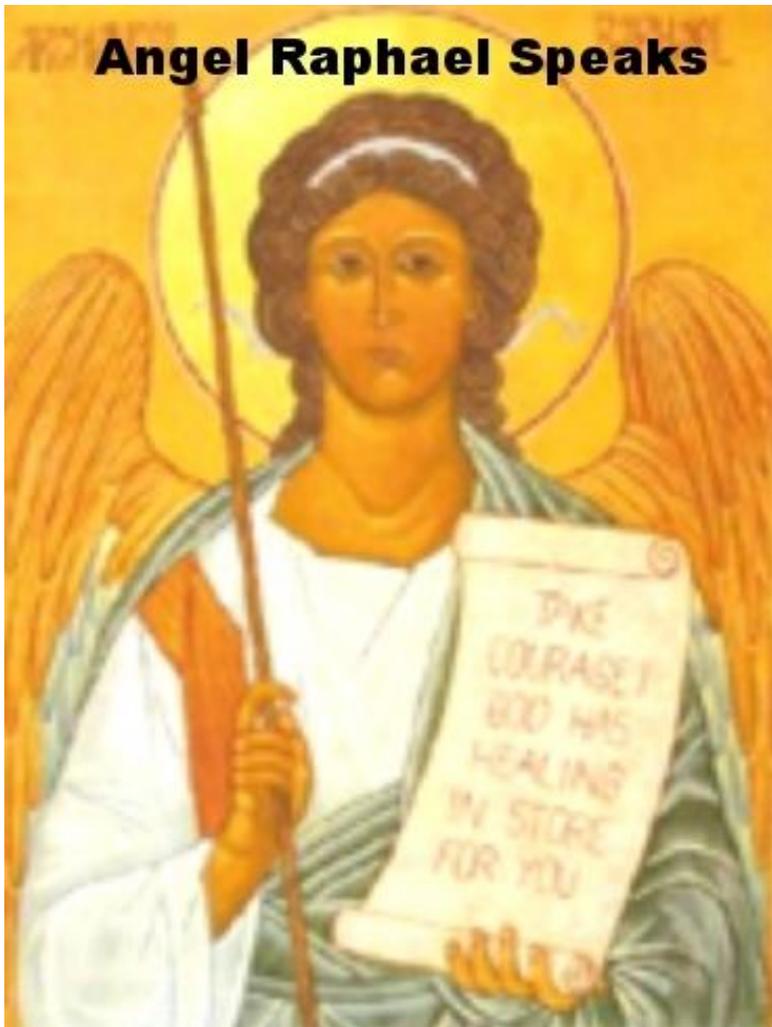
The Author hereby
GRANTS PERMISSION TO ALL INTERESTED PERSONS
TO REPRINT, RECOPY, AND REPRODUCE
THIS CHAPTER PROVIDED PROPER
ACKNOWLEDGMENT IS MADE

(Signed) Choa Kok Sui-

Extracted and Modified from The Ancient Art and Science of Pranic Healing, ©1992, by Master Choa Kok Sui, Pages 227-239

Addendum - Angel Raphael Speaks - Veterans

{Chapter Twenty-Three – of Trauma Healing Options for VA Hospitals;
Help for Veterans to Own Their Healing and Their Future }



Who is the Veteran Now?

Veterans have served in a role that is not congruent with the truth of their being. They have performed a job as they struggled with the role that they have been assigned.

In the moment of their present existence, they need to be aware that they can choose to move in many directions. This is not to say that they have to choose immediately to be this or that.

Veterans have already experienced many pressures to do many things and as all that has come to a close, there is new freedom available to them.

No Pressure to Act

Being surrounded by loved ones can be wonderful but it can also create new issues for veterans to ponder. Let this be an invitation for each veteran to take the time they need to understand where they are and what they want.

While many questions will be asked of you, allow yourself to not feel pressured to answer. Allow yourself to be drawn to that which brings you peace.

In every moment there is the power of life that can help you to accept where you are and choose what you want. Know that you can take as much time as you need to and then when you are ready, you can move forward with your life.

Disconnection

Many times veterans return to find a world that is different than the way it was or different than the way they thought it was. Do not be alarmed about any changes because you also have changed and the change you see may be better aligned with who you are than you think it is.

The lives of your friends may have continued to change and others may have stepped into relationships or jobs that you once thought were yours. The new reality may be somewhat intimidating at first but closer study will allow you to see that there is still room for you.

As you understand that which is different, know that the new you now has new opportunities to study and grow. The government has many programs to help when you are ready to take advantage of them.

Indecision

It is perfectly normal for veterans to not want to make any decisions. After all, you have been trained to take orders and that became your normal.

Your new normal does not have a personal order giver to tell you how to live your life. While it may feel like you have been abandoned, in reality you have been elevated to a new level of respect that allows you to think independently and be who you want to be and do what you want to do.

While the new found freedom may feel not so great, embracing your freedom can lead to an expansion of your opportunities.

Shame

Strange as it may seem, some veterans can feel a shame for having served in a military situation. Allowing any shame to fall away is hastened when you embrace the support of your creator and the Angels.

When taken into the military, young people have little understanding of the reality of the situation that they are entering. The realities of life can be sobering and survival needs can change many a soul.

If you have an issue that persists, military chaplains and civilian ministers alike are well equipped to help you understand your situation. The situation will not remedy itself so if you are troubled, know that you are worthy of the support you need so be empowered to ask precisely for the help.

Asking is Important

All the Angels and Veteran agencies honor your free will and your independence. Receiving service as a veteran is different than when one is in the military.

Please know emphatically that you are worthy of support in many ways and there is absolutely no reason why you need to

hesitate to ask for all that you have earned by being a child of God and a participant in the military forces of your country.

As a Veteran

Knowing what you know brings with it responsibility to share the truth of your convictions. You may be totally at peace with the way your country conducts its' business or you may find that peace is an option that you would like to see pursued.

You can be quiet about your feelings or you may get active in the affairs and organizations of your country so that others can know what you know to be true.

Being a veteran means that you are out of the military but it does not mean that you no longer have any ability to serve your fellow citizens.

As you relax into your life, you will respect fully the value of the journey that you have taken and the importance of all that you have learned. Know the full measure of your significance.

Where Do You Wish to Go Next?

Is there a battle that you have left to fight? Is there a fellow brother or sister from the Military that has had it rougher than you who would be honored to hear from you or be visited by you?

Is there a battle that you feel called to fight which is beckoning you into service of a new kind.

What is there deep within that is calling to your genius and asking you to be all that you can?

Who in your family could use your guidance and support?

Please know that you are still here for a purpose. Finding that purpose can be difficult but when you do, you will find joy that you can share with many more than you can ever imagine.

As Reverend Mike would say, “May all Who Read this be Blessed AND SO IT IS.” ☸

Addendum - Angels Are Part of God's Team

Invite God's Light
and the Angels to Your Situation



God Has Given You Free Will

Angels are part of God's Team and Respect
that You Have Freewill

Angels need to be Invited to Take Any
Action In Any Situation

If You Ask, Angels Can Help to Bring You
Peace

Your Peace Perspective
Helps Your Healing



God's Love Is the Best

Angel Love Is Awesome
Them Loving Me (or You) Is Awesome
Me {or you} Loving Them Is Awesome

You {or me} and Them Loving Everyone
Altogether Is Awesome

Thanks For Reading

Please Visit My Websites:

AngelRaphaelSpeaks.com {Healing Presents} {Prison Presents}

Create-A-Prayer.com

StressReleaseCoach.com

ReverendMikeWanner.com

PranicHealing.xyz

[YouTube.com](https://www.youtube.com) + Reverend Mike Wanner Cancer Healing Chat

Please visit my Author Page on Amazon
"Reverend Mike Wanner"

Angels Who Match Your Emotional Intensity Results
Pick One or Many Angels To Help You Now

If You Need A Lot of Help - Invite Them All And More

Emotion - - - - - Angel

- Guilt - - - - - Ariel (& More Angels)
- Distrust - - - - - Gabriel (& More Angels)
- Shame-- - - - - - Celestine (& More Angels)
- Threat - - - - - Celestine (& More Angels)
- Overly – Responsible - - Faith (& More Angels)
- Heartache - - - - - Cassiel (& More Angels)
- Betrayal - - - - - Cassiel (& More Angels)
- Resentment - - - - - Daniel (& More Angels)
- Anger - - - - - Daniel (& More Angels)
- Stress - - - - - Sarah (& More Angels)
- Powerlessness - - - - - Sarah (& More Angels)
- Fear - - - - - Michael (& More Angels)