

Angels And Prana For Helping Veterans



A Prayer and A Share

Reverend Mike Wanner

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Introduction

When I was a child, my father got sick with Cancer. He had a hard time, and eventually, God took him, and I missed him. That was many years ago, and I wished I could have done more for him.

I did not understand, but I wanted to, and it was impossible to know what to do to help others. I tried to comprehend but could not find answers.

Wanting to understand has influenced my life. The one thing that I remembered so firmly was the importance of kindness.

So, my priorities in life have been kindness and understanding, and helping people heal. Having lost my father, I also lost my foundation and support system. Everything was scary, and fear-filled days were standard, and for a long time, I did not know how to handle it.

I have felt lost many times along my life journey. Pursuing understanding has been a long and tiring journey for me, but I have had success and am still pursuing more.

I reached a position of peaceful observation for myself and all that is. I was blessed but frequently was not aware of what that meant or how it manifests.

We humans exist in the physical world, which can make things confusing and stressful. Stress can impede the flow of divinely available blessings for us all.

1 - Haven't Got A Prayer – Choose One!

A significant change can come in little steps, and that is my invitation to you. When I returned from Vietnam, I was a mess inside, but outside didn't alarm myself or others too much.

My long slow healing came through Spiritual Energy and Angelic Healing. My recommendation is to do the Angelic Healing First routine with a respectful tone.

Your prayer will be optimal if you customize it, but a simple one is already fantastic. Opening your heart to God and the Angels is step one on a journey of personal growth and healing.

Long ago, I was told that “You Are The Only Authority In Your Life.” I scoffed, but it is true even though I resisted owning my significance. It is true for you also.

What You say rules your universe, so I invite you to:

Own Your Significance.
Invite Angels Into Your Life.
Expect To Be Revitalized.

When You are ready,
Say This Or another Prayer as Step One!

**Angels Dear
Please Come Here**

**Please Bless Me & Connect With Me
Please Help Me Heal**

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

2 - When Ready, Next Step - Share!

The next step would be to share. The sharing experience you are recommended to is a meditation where you join the blessing of the earth. {And on the earth being blessed is everybody you ever met and yourself.}

I particularly like that you can find it easily on YouTube now for free. The Meditation on the Twin Hearts opens both your connection to the Divine (Crown Chakra) and your connection to the people in the world (Heart Chakra.)

Reconnecting with your community allows you to find support that can nurture your interests and help you optimize everything.

There is something powerful about belonging to a community with others that helps oneself achieve homeostasis (your optimal energetic balance) and the healing it brings.

The best option is to find a local meetup group or an online meetup group that hosts the Meditation On Twin Hearts and Other Pranic Healing Events

3 - Enjoy Those Connections

Angels

Those two steps may seem simple but they are powerful.

- 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

Meditation On Twin Hearts

The Twin Hearts are the Heart Chakra where we connect with All of Humanity and The Crown Chakra where we connect with God.and the Divine Team.

During the meditation, we bring Energy in from On High and share it with the world, which includes us. As we experience the energy, our significance in deciding to bring it to the planet at this date and time is clear.

Two Steps can bring you Peace



`Your Peace Perspective Helps Your Healing

4 - How to Find Your Way to Your Optimal Life

Be Aware Of How You Feel

Be Aware Of What You Want

Be Aware Of Who Can Help You

Become Aware Of All You Can Become

Become Aware Of Whether You Are Ready

Set Your Plan

Ramp UP To Lift Off

Prepare to Impress Yourself.

Activate When You Are Ready.

5 - Asking the Right Question to Help You Become Aware of How You Feel

I developed a Simple test for myself and share it with everyone. Please consider using it to help you understand yourself and what can help lift your life.

Measure Twelve Emotions on a Scale of 1 (least) to 10 (most) so you can know where you need support in your life:

- 01 Guilt _____
- 02 Distrust _____
- 03 Shame _____
- 04 Threat _____
- 05 Overly- Responsible _____
- 06 Heartache _____
- 07 Betrayal _____
- 08 Resentment _____
- 09 Anger _____
- 10 Stress _____
- 11 Powerlessness _____
- 12 Fear _____

The test above can help you know what needs emotional support within you. Knowing the answers, you can start to self-care for whatever emotions you get the highest score on. You don't have to go further until you are ready decide to start.

6 - Angels Can Help You Claim Peace and All Your Power

During my military service, a career in Emergency Medical Services and a calling to ministry, I have seen a lot of people make changes, amaze their doctors and families and friends, and create new repurposed futures for themselves.

It seems there is a plague in America right now of doubt, fear, personal insignificance, judgment, powerlessness, depression, addictions, incompetence, and despair. Most, if not all, of us, have used some crutches or excuses in our lives. We may know we have been guilty, but that only matters if you become stuck in the stuff.

Each morning brings new opportunities to recreate your life and become a shining star example of rebirth. Please consider the daily chance to optimize your experience and future. You are free to Ask for any help you need.

I enjoy asking the Angels for help because they can keep secrets.

You have never been so bad that your Creator ignores you. You only need to forgive yourself enough so you can get started helping other people heal and avoid the pitfalls of your experience.

7 - Angels Are Part of God's Team

You Can Keep Inviting God's Light
and the Angels to Your Situation



8 - Choose What Works for You

I will share below a series of ideas and messages to see what speaks to you. Concepts are described that invite you to think about options for you to consider so that you can choose tools for your life optimization.

I write a lot and have many things to share, but I am also still a student and do my evaluations of things that others suggest to me. I keep asking God and the Angels for guidance, so I pay attention to the messages that I need to process.

Please feel free to send me your comments and suggestions so that I can ask on high, listen, and communicate more to others later.

When your internal guidance reacts to an idea, please consider learning more, while opening your discernment wide. Please see pain and problems as invitations to visit reality as a topic needing study, which may well be beneficial to others.

One of the best things that we all can do is reach out to uplift others, and God will see that, and you might just be able to optimize their life and yours.

Share With Me What You Want to Learn

9 - You May Want More Angel Information

It could be that your spiritual tradition does not teach about Angels, but that does not need to limit your embrace of Angel-like support. When you endeavor to reach Divine connectedness, you may not know precisely the right name of the spiritual helper you are contacting.

I invite you to work within your spiritual beliefs and connectivity to embrace spiritual support that aligns with your spiritual experience. Asking is the action needed while connecting with the hierarchy of the Divine.

The next action after asking is listening for the queues that will take you further down the perfect path for your journey to be blessed. I share my experience and invite you to share yours so others who learned like you can build upon your involvement in their lives.

I believe:

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

10 - 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!

11 - Angels of Function

One of my spiritual teachers shared with me that one need not know the name of an Angel to receive the support you need. Asking for the Angel by a function can also work.

Angels may show up who have never been recognized previously. You need not be concerned unless the message does not come from love or feel loving.

God and the Angels come from love. Spirits from the dark side may try to misrepresent themselves. A good test simply is to bring the light of God into the conversation. Dark ones retreat from Divine light. If they don't stay with you when you pray, don't stay with them.

If you asked for the Angel of Healing, I would not be surprised if Archangel Raphael was revealed to you. Raphael is well known to me as he has led me on quite a journey of sharing about healing. I created a website to share the information that has come from Raphael - www.AngelRaphaelSpeaks.com.

12 - How I Connected With Angels

As a Vietnam Veteran seeking personal healing, I was on a spiritual journey that took me to Spiritual Healing and Reiki and then Integrated Energy Therapy® (IET).

IET is a healing modality that uses an Angelic Heartlink to simplify the understanding and connection to Angels. Embracing and understanding the possibilities allows practitioners and their clients to focus on intention expediently so that angelic alignment can be experienced and used without fear and doubt.

The first blessing of working with IET is the ability to help with releasing stuffed emotions and cellular memory. I still find it amazing how clients make so much progress so fast when they are ready to heal and release doubts about their significance in the Divine Order.

I was geographically blessed to be near the early development of IET and was part of the second class of Master-Instructors in 1999. I have also been blessed to co-teach the first class of the new millennium.

Today there are thousands of Master Instructors, and the work has spread internationally, and the simple reason for that is that it works exceptionally well and covers personal peace and Divine alignment

IET has also continued to develop to better serve more people by offering classes for the broader community.

IET was offered for those in the healing community who had practices offering modalities to the general public, and that worked well and helped a lot of people

IET through Master Instructors now offers classes for:

1. Healing Angels of the Energy Field
2. 7 Steps to Transformation
3. Higher IET Steps to Transformation
4. IET for Kids
5. IET for Pets {Where basic level practitioners can work on Horses, Dogs & Cats.}

13 - Angel Raphael Speaks Series

In Late April/Early May 2013, I was contacted by a friend, student, and teacher and was told that she wanted to channel for me. In total confidence with the caller, I said, of course, and the date and time were set.

May 4, 2013, the session was. It proceeded beautifully and was very enlightening. As the messages developed, there was a separate special invitation from Angel Raphael, who was inviting me to connect regularly weekly.

After the session, I invited Angel Raphael to communicate, and the series of messages started. Follow the progression of events and see the kind of developments that are possible.

The thrust of my life for the prior twenty years had been about teaching and practicing healing energy work, and my mission has been to reach the people. Angel Raphael is the Angel of Healing, and the invitation aligned very precisely with the work that I have been doing for years.

The message sets that come through are a great challenge for me to get right. There are follow up discussions on the word selection and phrasing. Some things are easily adjusted for the comfort level of all, and sometimes, Angel Raphael and his team insist on unusual word structures.

I do not feel responsible for the grammar as my focus is on meaning, and one could quickly lose specificity while trying to be grammatically correct.

Each reader is invited to the discussion table so they can share their views with Angel Raphael directly in a prayerful or meditative state. Angel Raphael seems to be responsive already to people who need Angelic uplift.

Inviting the support of the Angels is a wise thing to do when your life may seem unbearable. You very well could be surprised by the answers that you get directly or indirectly from such an invitation.

Please note the unusual structure of the program is aligned with the way the work developed. The arrangement between Angel Raphael and me has the messages coming through in the order as received in channeling.

Along the way, the feeling emerged that the messages in random form should be offered free in some format, and I have compiled them into e-books that I offer them free with giveaway Rights on Joint Ventures so many can grab the messages and share them freely.

The need to compile messages on single important topics emerged. Also, the concept of creating a set of message sets into a book has evolved, and that started a series of books that included six paperbacks and two kindle e-books.

The Angel Raphael Speaks Series includes about Three Hundred Channeled Messages in the First three volumes:

- Angel Raphael Speaks Volume 1: Take Courage! God Has Healing in Store for You!
- Angel Raphael Speaks Volume 2: Take Courage! God Has Healing in Store for You!
- Angel Raphael Speaks Volume 3: Take Courage! God Has Healing in Store for You!

And Two Small Kindle E-Books:

- Angel Raphael Speaks – Prisons
- Angel Raphael Speaks – Veterans

And A Parallel Different Titled Pair of Addiction Books:

- Angels Are Always Around Addicts and Addicts: Help Is Near Now! Invite It In!
- Angels Are Always Around Addicts and Alcoholics: Volume 2 – Tools To Help Re-Light Your Life

And the series sparked Three Later Books which derived from the earlier Angel Raphael Prison messages which also sparked another couple of dozen books on prisons:

- Angel Raphael Speaks Volume 4: Angels, Addicts, Alcoholics & Prisoners – Oh Yeah!
- Angel Raphael Speaks Volume 5: Prisoners Caring for Alcoholics – Australia In Miniature Projects Intro
- Angel Raphael Speaks Volume 6: Prisoners Caring for Addicts – Australia In Miniature For Addicts

A recent addition to the Angel Raphael Speaks Series is a compilation that includes Angel Raphael Speaks – Prisons and

the eight additional messages about prison that came later. The title of the project is Penitentiary Edition Angel Raphael Speaks.

My latest Angel book is Angels and Soul Retrieval: Pull Yourself Together.

The Tabs at <http://AngelRaphaelpeaks.com> have a lot more to discover and it is all free:

- The “AAAAAAA” Tab shares all the chapters from the First Addictions Books.
- The ”Prayers” tab has The Addict’s Prayer, The Alcoholic’s Prayer, The Cancer Prayer, Emergency Workers Prayer, and Creating A Prayer.
- The “Angel Raphael Speaks Volume One” Tab has the Title List of all the Angel Raphael Speaks Volume One Message titles.
- The “ ARSVO” tab has all the messages from Angel Raphael Speaks Volume One.
- The “Prison Books” tab has a list of books about Prisons.
- We offer two daily Kindle book giveaways at the “Healing Presents” and “Prison Presents” tabs.
- The “Non-Eng Med. Hist.” Tab above has a Medical History form that can help Non-English-Speaking People get Medical Care When Alone. Just have an appropriate Bi-Lingual person fill it out in advance, and it can help them in an Emergency. You may copy and paste the format into a text or word document to save paper when printing.

14 - Connecting With Angels

Angels are user friendly and inviting them is as simple as any conversation. I recommend that you develop a relationship over time to simplify your ability to become comfortable with the Angels.

It may help if you Thank God First, using words from your spiritual tradition. Maybe something simple.

God Almighty
I Thank You For all Your Gifts
I Am Especially Grateful for the Angels

Choosing the Angel or Goal

You may have guidance, and you would do well to follow it.
If You do Not Have a clue where to start, Try This Process.

Write a short paragraph about your concerns so you can transfer the emotional connection into words and allow yourself some balance and a break. Please write below what concerns you without thinking too deeply. Spontaneous writing helps clarity. "They" are always around us, protecting, guiding and directing.

Pick One or Many Angels To Help You Now If You Need A Lot of Help - Invite Them All

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)

Inviting One Angel Includes The Whole Team
of Specialty Angels

Offer Thanks for the Angels

Declare Who You Want to Connect With

The Angels Are Ready, Willing, And Able To Support You

Angel Name _____

Or

Angel's Names _____

or

Angel of (function) _____

Greetings Angel _____

Please Help with _____

Please Bless _____

I Thank You

15 - The Angel System I Teach

My wish is the above information provides for many a path to rise out of fear. Embracing the many blessings of Angelic uplift changed my life from one firmly rooted in fear to one that embraced the inevitability of many blessed days to come.

I trust the Angels can do the same for you. I encourage you to have a conversation in Prayer or the language most common where you live

There is a system that I particularly respect that has helped me understand the blessings available. I am a certified teacher of the system and offer training for everyday people or healing arts practitioners,

People interested in learning more about Angels can take a course called “Healing Angels of the Energy Field.” It teaches you how to “Heartlink” with an Angel and provides introductions to each Angel. The course can be done in one day, either online or in person.

The modality in total is called “Integrated Energy Therapy®.” In addition to the class mentioned above, the system also offers Courses for Pets and Kids and Practitioners. You can learn more about everything on the website www.LearnIET.com, or you can contact me.

16 - Link to Free Meditation Primer

<https://pranichealing.xyz/a-meditation-can-help-heal-the-world-2/>

A Meditation Can Help Heal The World



And All Of Us!

Reverend Mike Wanner

Siddhartha Neupane

Read or Download on the Cover of <http://PranicHealing.xyz>

17 - Link to Free PH Primer For Veterans

<https://pranichealing.xyz/pranic-healing-primer-for-veterans-2/>

Pranic Healing Primer for Veterans



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

Reverend Mike Wanner

Read or Download on the Cover of <http://PranicHealing.xyz>

18 - Link to Salute 2 Service

<https://pranichealing.xyz/salute-2-service-book/>

Salute 2 Service

Salute2Service.org



Helping Veterans Step Up
and Stand Tall

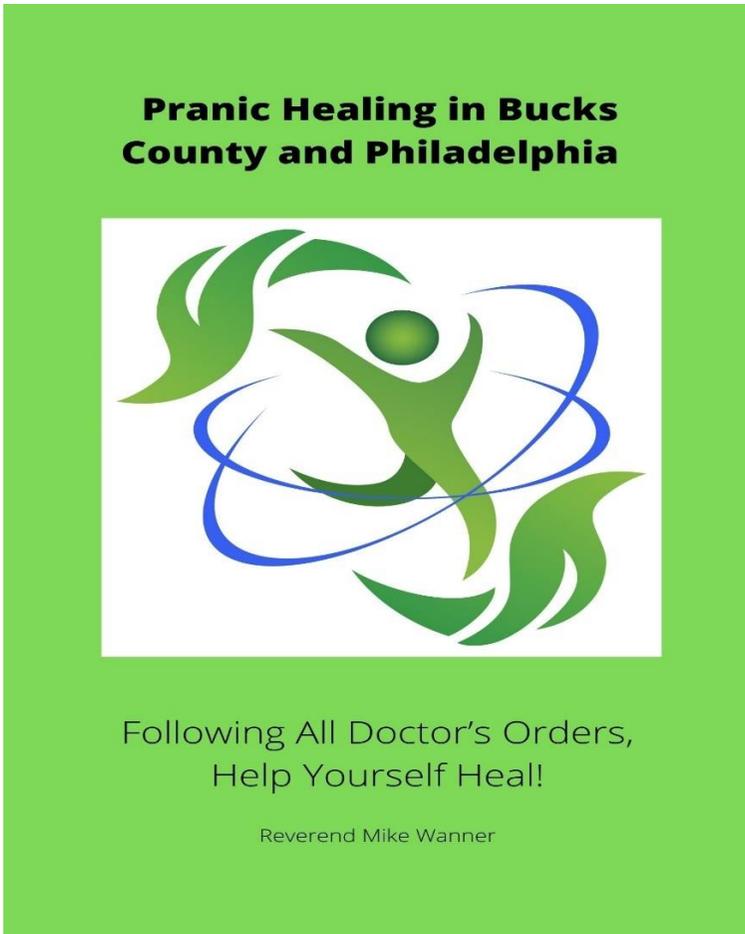
Nia Gibson Wyatt

Read or Download at

<http://pranichealing.xyz/salute-2-service-book/>

19 - Link to Pranic Healing In Bucks County & Philadelphia

<https://pranichealing.xyz/wp-content/uploads/2022/04/6.3-Pranic-Healing-In-Bucks-County.pdf>



<https://pranichealing.xyz/wp-content/uploads/2022/04/6.3-Pranic-Healing-In-Bucks-County.pdf>

20 - Link to Fear Not – Angels Are Waiting To Serve

<https://pranichealing.xyz/wp-content/uploads/2022/04/6.1-Fear-Not-.pdf>

Fear Not!



Angels Are Waiting To Serve



Reverend Mike Wanner

<https://pranichealing.xyz/wp-content/uploads/2022/04/6.1-Fear-Not-.pdf>

21 - 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.

22 - Thank You



For
Considering
These
Ideas

23 - On-Line 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>

<https://www.prayers.co.uk/>

24 - Books Category Resources

at www.Amazon.com

Distant Healing (or Mail List) e-mail mikewann@voicenet.com

Veterans Healing Six Pack plus 2

<http://angelraphaelspeaks.com/healing-books/veterans/>

PTSD Power Pack

<http://angelraphaelspeaks.com/healing-books/ptsd/>

Angel Raphael Speaks Series & Other Angel Books

<http://angelraphaelspeaks.com/>

Reiki

<http://angelraphaelspeaks.com/healing-books/reiki/>

Children

<http://angelraphaelspeaks.com/healing-books/children/>

Emergency Medical Kindness

<http://angelraphaelspeaks.com/healing-books/emergency-medical-kindness/>

Cancer

<http://angelraphaelspeaks.com/healing-books/cancer/>

Addictions

<http://angelraphaelspeaks.com/healing-books/addictions/>

Miscellaneous Healing

<http://angelraphaelspeaks.com/healing-books/misc-healing/>

Prison Books - 60+ Prison Books

<http://angelraphaelspeaks.com/prison-books/>

25 - Private Channeling

Angel Raphael Speaks, a series of messages channeled through Reverend Mike Wanner for the Highest good and Highest Healing of all concerned.

Many questions arise about Reverend Mike doing private channeling, and he does help with that, so E-mail him.

Reverend Mike is available worldwide as a psychic channel, emotional release facilitator, spiritual energy practitioner, teacher, and public speaker.

He looks forward to meeting you soon! E-mail - mikewann@voicenet.com 215-342-1270

PRIVATE SPIRITUAL READINGS/channelings or Spiritual Healing Sessions can be by telephone or in-person.

Rev. Mike is available for individual, intuitive one-on-one sessions with you, his Guide Family, and your Guides. He helps by offering clarity on emotional situations about your life, your purpose, your spirituality, and your release of stuffed emotions and cellular memory.

Connect to the love of your Guides today!

For more information, please visit
<http://angelraphaelspeaks.com/channel/>

26 - Reverend Mike Wanner

Rev. Mike Wanner started his spiritual and ministerial studies with Reiki in 1993 and had studied seven styles of Reiki in the U.S., Japan, Canada, Denmark, and Australia. He is certified to teach.

He became certified to teach Integrated Energy Therapy in 1999 and co-taught the first IET class of the new millennium. 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>

Addendum 1 - 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 [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 [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.

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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.

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(Signed) Choa Kok Sui-
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Addendum 2 - QuickStart Two Step

Invite the Angels

-

Angels Dear
Please Come Here

Bless Me
Connect With Me
Help Me Heal Please

-

Search Your Phone or TV for
Meditation on Twin Hearts

Hit the Play Button
Follow The Guidance

-

Please Share

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