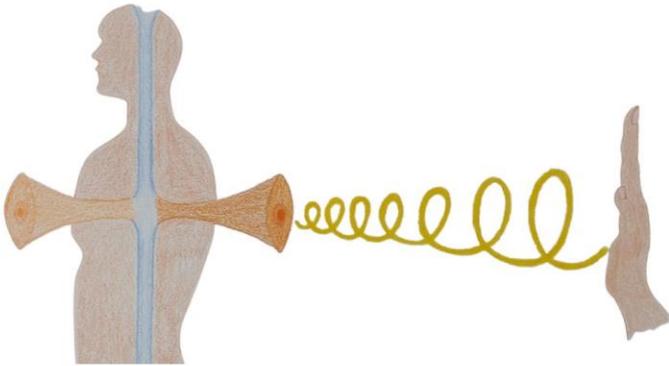


# **Empty The Attic of Emotionality For Veterans**



## **Back Heart Chakra Cleaning**

Rev. Mike Wanner



Back Heart Chakra Cleaning  
Unlocking Veteran Overwhelm

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7/28/22 Rev. Mike Wanner

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*Empty the Attic Of Emotionality Series*

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Free Kindles



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

# Foreword

Rev. Mike Wanner, COMM, IMM

Divinity through the Angels has been moving more in my life this year than usual. I moved from my residence of 45 years in Northeast Philadelphia to the Bensalem Veterans Residence in Bensalem, Bucks County.

It was clear to me once again that the Angels were orchestrating things. It was time to declutter my life and pre-pave a smooth path for myself.

The building was brand new and designed for and dedicated to Veterans. After moving in, they had a dedication that I attended.

The speakers rotated, and Rodney D Wyatt came from Salute 2 Service. Rodney presented the story of his organization, and I was impressed that his work was Boots on the Ground.

I decided to respond to Rodney's invitation and learn more about their extraordinary work. I met Rodney and his spouse Nia, who support veterans.

Talking with them clarified the importance of Veterans' Healing, Veteran's Spouses healing, and Veteran's family healing. Veterans' Spouses could learn much from Nia, and I hope they reach out to her.

I decided to reach out and suggest some things, and they loved my fresh ideas, and we are all working towards expanding programs. Salute 2 Service is emerging with a timely new plan.

They continue even though the floods here and the quarantine are working against them. I have been feeding them with things they don't understand, and our understanding of each other is building beautifully.

The organization needs people, and let me put out the call now and frequently. You can Help Veterans with the skillsets you have. Go to <http://Salute2Service.org>.

Conversations can save lives. Please take a minute now and tell me what you can do for veterans and send me a note with your ideas that you recommend that I can consider for future books.

Rev. Mike Wanner  
Circle of Miracles Minister  
International Metaphysical Ministry Minister

# Acknowledgments

Pranic Healing is a newer addition to my Healing Studies, and it included Back Heart Chakra awareness which I share here. I am grateful to:

Master Choa Kok Sui  
Mahaguruji Mei Ling

Master Marilag Mendoza  
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Siddhartha Neupane

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

# Disclaimer

I, the author, am not involved with clinical care. Still, I have talked to and comforted many people in many intense situations during decades of pre-hospital ambulance care and transportation and more than fifteen years of Hospital Pastoral Care. I am sharing what is coming to me to spread understanding and trigger conversations that can be helpful. It may be that the discussion needs finessing, and I invite your wisdom into the mix.

The intensity of support needed by those challenged by situations can vary greatly. The individuals may have personal inclinations that influence the process and whether or not anyone can partner with them in healing.

My guidance has suggested that we can do a lot to soothe the challenges for everybody when well or ill. I detail my views, which are not the expert positions of a Family Member, Clinician or technician or social worker, Medical Practitioner, Psychologist, Psychiatrist, or another expert who might be helpful here. Collaborations of multiple skill sets could be needed to optimize the results from efforts.

The goal here is to accept and appreciate options while relaxing into the receptivity of other peoples' views and allowing oneself to avoid the inclination to dominate while replacing it with a preference to embrace what is shared. Evaluate the position of the one who said it and see how their perspectives align with good so everybody can be accepted and find favor in each other's contribution.

## Concept

### The Unfolding of Overwhelming Emotions

Deep Within Veterans and those emotionally overwhelmed is an Energy Center seldom accessed by Healers.

It is not accessible from the typical Seven Chakras where most energy healers work. It is not available from the front of the body; it's on the flip side.

This book is about my work with this Chakra. May all who read this be blessed with hope, personal peace, and the willingness to learn a little, trust a lot and begin a new journey of personal Authority, AND SO IT IS!!!!

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# Signing Page

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# 1 - Veterans Need Love and Understanding

## New & Powerful Ways to Help Veterans Help Themselves & Find Support

As I worked with Salute 2 Service, I found the perfect spot to share many of my former writings and Ideas. I talked to them about Angels and Prana, and those topics are seldom discussed around Veterans organizations.

As we talked about possibilities, they invited me to be on their Board of Directors, and I declined as that was just not the best way that I could help. We discussed being the Chaplain, and I am qualified as I am Ordained by the Circle of Miracles in New Britain as an Inter-Faith Minister and The International Metaphysical Ministry in Sedona, Arizona as a Metaphysical Minister.

I said, I'm an Angel Man and Prana Dude, which was an optimal description of what I am doing. I have been involved in Holistic Healing for nearly thirty years and teach many Metaphysical healing modalities. Also offering daily Kindle Book giveaways for Healing Books at <https://angelraphaelspeaks.com/healing-presents/> and another Book Giveaway for Prison Books at <https://angelraphaelspeaks.com/christmas/>

The New book *Salute 2 Service* by Nia Gibson Wyatt describes integrating my experience into Salute 2 Service and what we offer for free, Including Back Heart Chakra Cleaning Now.

## 2 - Attic of Emotionality

After more than fifty years involved with Emergency Medical Services, Over Thirty years in Spiritual Energy, another thirty years in ministry, and Fifteen years in Hospital Pastoral Care, I listen very well to the stories that govern the lives of those in a struggle.

This book shares my discovery of the Back Heart Chakra as what I call our Emotional Attic. In our physical lives, we store unused stuff in our attics, and it sits there and gathers dust, and nobody is bothered.

In people's emotional attics, the Back Heart Chakras of some people are energetically unclean and unhealthy. If you can't let go of past relationships and have tried everything, consider visiting a Pranic Healer and asking for your Back Heart Chakra to be cleansed.

You may also get one of the essential books on the subject – *Miracles through Pranic Healing* by Master Choa Kok Sui or *Your Hands Can Heal You* by Stephen Co & Eric B. Robins, M.D. with John Merryman and dip into the wisdom offered thru Meditation On Twin Hearts and Pranic Healing.

### 3 - Self-Care & Truth

Self-care is as important as traditional and spiritual care, and mental and emotional care. Your doctors need to know all the little things that become obvious to you physically, mentally, emotionally, and metaphysically.

Doctor's training is rooted heavily in science and things that can be proved scientifically. They ask a lot of questions as that helps them verify their perspective of the intensity of your situation.

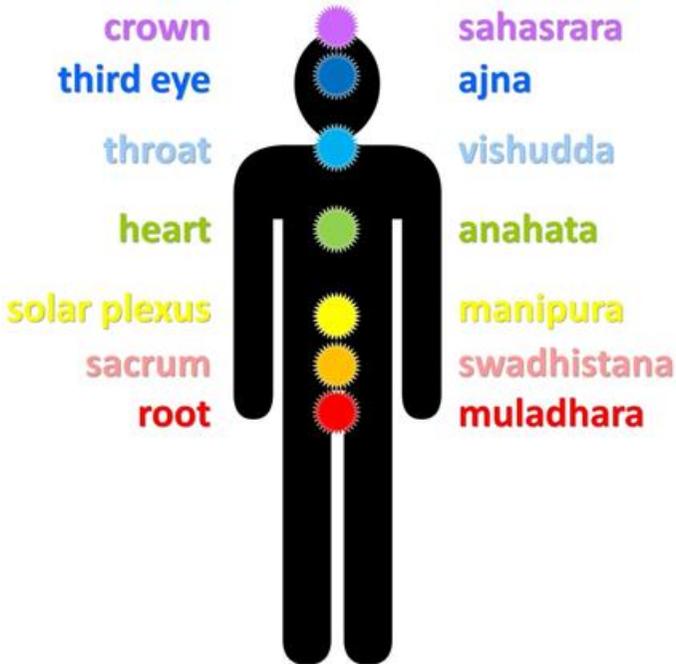
The questions are essential to the way you are treated. Even more important are your answers and their accuracy.

You cannot assume that the doctors will pick up everything you need from the medical tests. They rely heavily on your medical record, updates along the way, current complaints when they see you, and wisdom you share as you are the world's best authority on how you feel. If you withhold information from your doctor, it's at your peril. If you are not going to do what they ordered, please tell them you will not do that, so they may offer options you would do.

Too many people want to sue a doctor because of a poor outcome when the malpractice is theirs, as they did not follow instructions or answer questions correctly. Please be as diligent with doctors as you wish them to be with you.

# 4 - Chakra Locations

## Seven Major Chakras



Back Heart Chakra



Behind Heart Chakra

# 5 - Two Stories

## Story 1

Name – Gary D, 64 of the USA

Major Complaint - Extreme anxiety and pain. 2018-present,  
Lifetime of Depression (diagnosed 1990)

When Gary first came to me, he reported waking up every night with intense pain and then punching his thighs until it diminished.

# Of Healings – 1

Description of Outcome – On Facebook 2/20/22, “After one private online session with Mike W, I started seeing results-but in a huge way! His treatment equated to roughly an 80% reduction in pain/depression that lasted four days.”

A good story and Gary would come back for additional help later. Today he is an Advanced Pranic Healer.

I would like to see Pranic Healing spread to the whole V.A.System. I have already written a Primer – *Pranic Healing Primer For Veterans*, which is available free at [www.PranicHealing.xyz](http://www.PranicHealing.xyz)

## Story 2

Facebook Post 12/1/2021 Akasha Unleashed Private Membership

Laura H of Canada is feeling blessed. December 1, 2021.

“Hi Everyone, Mike Wanner did a Pranic Healing on me Thursday evening. I had a sense of lightness and peace, tingling on my face, plus a feeling of a stiff circle in the middle of my back (like wearing a starched shirt).

Mike later told me that he had to cut three times because the cords at my back Heart were old and sticky. He explained they were draining me.

We had another Pranic Healing session on Friday morning via zoom. That session launched me to a new stratosphere! I didn't realize that I'd been in a fog.

I now have such a sense of clarity. My body is still realigning, and I'm still processing the shift. I wanted to update you on my experience.

Thank you, Mike, for this wonderful gift!  
I'm so thankful to be surrounded by such a loving and supportive group. ❤️❤️❤️

Laura H

## 6 - Why Does The Back Heart Chakra Need Cleaning?

The children in each family and the child inside each adult may have been influenced by words that a person said in a state of stress.

The intensity of the emotionality we hear or feel can startle us and anchor a bit of it in our awareness and energy fields. That may not always be helpful to our seeking of a peaceful and tranquil life.

Life can be tough to deal with when things are going well. It can be terrible to deal with when one little thing changes.

Little things can make a big difference. We can avoid many complex problems when we pay attention to troubling emotions.

Remember the straw that broke the camel's back. Picking straws up help avoid complications and helps keep peace in the family.



Dealing with emotionality prevents little things from causing significant problems in our lives.

The cooperative associations in our society have expectations for how one behaves in a proper community. Social standards, at times, can have situations where the rules are less clear, and that can have many developmental twists.

When serving their countries, veterans may be doing what is expected for national defense that does not align with civilian social standards and can cause many internal struggles for years. Those internal conflicts can make many situations awkward emotionally and create crises from seemingly insignificant triggers.

These experiences can cause more emotional baggage that helps to add clutter to the back heart chakra.

## 7 - Who Can Clean the Back Heart Chakra?

Cleaning the Back Heart Chakra is not something that anybody can do unless they have training. I learned about “cleansing” in Pranic Healing classes and have taken many.

Pranic Healing is an exact process that has many levels to it. It is a systematic, incremental, and inclusive system that promotes wellness in every aspect of one’s being.

It is energetically comprehensive and subtle. There is diligence to the craft and deep healing at the Physical, Emotional, Mental, and Spiritual levels of the lifestyle of its practitioners and their clients.

The natural order and flow of Pranic Healing have come through a multi-cultural, multi-national process of evolution, bringing it great strength and depth. Learning the whole system can take years, and I am still studying.

At my level, I can do cleaning (cleansing) of Back Heart Chakras and have been entirely impressed by the power of cleaning this one Chakra.

Pranic Healing teaches about the preciseness of the process. If you are interested in Do It Yourself Pranic Healing, please check out the books I mentioned in Chapter 2, which might help but could be less helpful than a professional session.

If you are interested in finding a professional Pranic Healer to work on you or those you love, review my free *Pranic Healing In Bucks County and Philadelphia* Primer at <http://PranicHealing.xyz>. Also, try googling Pranic Healing or Meditation on Twin Hearts in your city.

The website above has two whole columns for Veterans Healing, including many Free Books and YouTube offerings. Learning and communicating can be a considerable part of the healing process for Veterans.

## 8 - Individual Options Now

### A - Professional Treatment

When ordering a Professional Treatment, Please know specific requests are attainable when you are clear and distinct and place your request for a Pranic Healing Back Heart Chakra Cleaning.

Some practitioners may be more traditionally rigid in the process than others, so please do not be upset if someone declines to accept your request. Ask in Advance of your appointment as the specificity of the request could be off-putting for some Pranic Healers.

For Veterans, the back Heart Chakra Cleaning could be significant in allowing them to benefit from all the traditional modalities that are available to them.

Clearing Energetic Congestion may also help optimize one's ability to get along with others and find their tribe.

### B - Learn about Meditation on Twin Hearts

Learning about Meditation on Twin Hearts and joining meetups or YouTube sessions can help veterans connect with an audience of helpful people virtually or in person.

## C - Seek out Pranic Healing Group Events

Master Glenn, Master Co, Master Hector Ramos, and Pranic Healing Bucks County all do group events. For info, Google them.

## D - Seek out Pranic Healing Meetup Groups

Search for groups that have Pranic Healing Meetups online or in person.

## E - Look at the Mondays With Mike Program

If you go to <https://pranichealing.xyz/mondays-with-mike>, you can read how the program works.

## F - Look at The Introduction & Healing

If you go to <https://pranichealing.xyz/intro-to-ph-link/>, you can get the link to learn about all the offerings of Pranic Healing Bucks County.

## G - Send Me A Note Of What You Need

Send me a note about what you need. I will try to match you up with a volunteer.

Some Pranic Healers have indicated they would like to help on a limited basis. Thanks to

Carol MM of Baltimore, Maryland

Joe VM of Pennsylvania,

Janet F of West Chester, PA

Janice Dimock of Wappingers Falls, New York

Nancy Young of Southern California

Ellen Barkon

Beverly B., Manchester, NJ

Jean MI, Florida

Diamond D D, New York

## 9 - My Perspective on Heart Healing & Back Heart Chakra Cleaning

Please consider as if the back Heart is the Attic of Emotionality. When stuffed with old emotional residue, the Feng Shui of the Heart Chakra can be energetically congested, and the flow from the back Heart to the front Heart Chakra constricted.

While the heart chakra has one name, there are two distinct functionalities. The front heart chakra controls and energizes the Heart and the thymus gland, the defense system against infections.

The Back Heart Chakra also controls and energizes the Heart and thymus, but it also does the lungs. Energizing the Heart is done through the Back Heart Chakra without causing the physical Heart to be congested.

Negative emotions can have detrimental effects on the physical Heart over time, so storing old emotional baggage is not energetically hygienic. Those under emotional stress could cleanse the Chakra, eliminate overwhelm, and revitalize their emotional peace.

I did not realize it until this book, but the back heart chakra cleaning for me anchored the significance of the Pranic Healing Cleansing process that intrigued me. The cleansing process was unique from all other healing and spiritual energy systems I learned.

## 10 - Characteristics of the Heart Chakras

Location - Chest Area

Sanskrit Name - Anahata

Name - Heart Chakra

Colors - Green/Pink

Source of - Love and connection

Element - Air

Lesson - Self-acceptance

Rights & Responsibilities - To Love and Be Loved.

Represents - Unconditional Love, Compassion, Altruism, evolution, acceptance of divine guidance and grace, renewal, and growth

Gemstone - Rose Quartz

Crystals - Rose Quartz & Aventurine

Essential oil – Ylang Ylang

Gland – Thymus

Body systems adjacent - Lungs, Heart, arms, hands, respiration.

## 11 - Affirmations for the Heart Chakra

Choose or create ones that resonate with you:

I deeply and completely love and accept myself.

I am adequate to that which is expected of me.

I love who I am.

I am willing to love everything about myself.

I trust in love.

I have forgiven myself.

I forgive those who need forgiving for any reason.

I acknowledge my value.

I am pure and innocent.

Love is the purpose of my life.

Love is everywhere and I both give and receive.

I open myself to the healing powers of love.

I follow the path of the Heart.

The healing power of God's love will heal all my needs.

I Am The Only Authority In My Life!<sup>1</sup>

---

<sup>1</sup> *Instant Healing* - S. Shumsky

## 12 - My plan

1. Introduce The Concept of Cleaning the Back Heart Chakra for Veteran's Healing Acceleration.
2. Introduce more people to Mondays with Mike.
3. Share this PDF freely for free on <http://PranicHealing.xyz>.
4. Encourage the Veterans Administration to think about this as an additional clinical protocol.
5. Encourage the Pranic Healing Research Institute & the Veterans Administration to do a study for Proof of Concept.
6. I will continue to do 4-5 people a week on *Mondays With Mike*
7. I would also encourage Veterans to write a 200-to-400-word personal story before and after.

## 13 - The Need For Research

I would like to see research done by the Veterans Administration and the Pranic Healing Research Institute.

I will continue to do my project on *Mondays with Mike* to help people ready to break through their blocks and clean their Back Heart Chakras.

I encourage all readers to share this concept and invite any friends or associates who are Veterans to download a copy of this book at <http://PranicHealing.xyz> and see what they think of the idea.

Justifying the expense of clinical studies may be challenging in these trying economic times, but the suicide rate for Veterans should clarify that new things need to be tested.

I would encourage each Veterans Hospital to consider an evaluation of one hundred patients who could use a progress boost. V.A. could contract out one hundred thirty-minute Pranic Healing sessions with the recommendation that each participant do an online Meditation On Twin Hearts session immediately before the session.

The meditation is available free on YouTube, and the meditation alone has helped some people increase their readiness to heal. Many people find it so helpful that they do it daily or regularly.

Pranic Healing Research Institute would be an optimal partner to consult about research efforts.

## 14 - My Challenge Now & How You Can Help

I struggle to reach ready and willing veterans to open and heal. If you know a Veteran who is struggling, invite them to the Veterans Pages at <http://PranicHealing.xyz>. Where they will find:

Empty The Attic Of Emotionality for Veterans Book  
Mondays With Mike Details  
Salute 2 Service Book  
Angels And Prana For Veterans Book  
Intro to Pranic Healing by Pranic Healing Bucks County  
Pranic Healing for Veterans Original Plan  
Pranic Healing Primer For Veterans  
Veterans YouTube Video - Luis Rivera  
Nia's Veterans Spouse Support  
Veteran YouTube Video - Alorah Tout  
A Meditation Can Help Heal The World Book  
Emotional Intensity Test - One Time and Monthly  
YouTube of Mike at Awaken Your Soul Expo  
My Memorial Day Weekend Empty The Attic YouTube

I am ready to host people at my Mondays With Mike Zoom sessions every week. I cooperate with the Non-Profit 501(c)3 Organization Salute 2 Service, where I am their Angel Man and Prana Dude. A book about the organization is also available on the Veterans pages above. E-mail [mikewann@mail.com](mailto:mikewann@mail.com) to get the link one day before the Monday You want to attend

I talk about healing Veterans and invite hope into the lives of those who have been the most emotionally overwhelmed during their service.

You need not be a veteran to help. I also invite Pranic Healers to start talking about the options here. Candidates for Certification are especially welcome.

I plan to write a separate book inviting Pranic Healers to consider this a Professional Practice niche for their ongoing development. If in doubt, please write me at [mikewann@mail.com](mailto:mikewann@mail.com).

Please let me know what community you want to serve. There are no guarantees, but I would like to help you find Veterans to get started with on any basis that works for you and them.

I will talk with any Veterans hospital who would want to consider anything here or in my other recent book, *Angels and Prana For Veterans: A Prayer And a Share*.

Cleaning the Back Heart Chakra is a little thing to do, but it can unlock the Overwhelm to make all traditional specialties more accessible to Veterans.

If you cannot help spread the word now, please pray for this message to spread far and wide to help our veterans. May all who read this be blessed, AND SO IT IS!

## 15 -Thank You



For  
Considering  
These  
Ideas

## 16 - Don't Worry Ever



Ever

It Does Not Help  
Prayer Still Does!

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

# 17 - Books Category Resources

at [www.Amazon.com](http://www.Amazon.com)

Distant Healing (or Mail List) e-mail [mikewann@voicenet.com](mailto: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 - 65 Prison Books

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

# 18 - Angels Please Prayers

## **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.

## 19 - Reverend Mike Wanner

Rev. Mike Wanner started his spiritual and ministerial studies with Reiki in 1993 and 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 and online.

Rev. Mike holds ministerial degrees from the University of Metaphysics and the University of Sedona. He is a Pastoral Care Associate at Jefferson - Frankford Hospital. He taught at the National Academy of Massage Therapy and Health Sciences and The Center for Human Integration.

For twelve years, Rev. Mike 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 a complete Biography, please visit

<http://ReverendMikeWanner.com/Bio>

# 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 <sup>[1]</sup><sub>[SEP]</sub> 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 Buddhic 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, <sup>[[SEP]]</sup>Peace and Prosperity for several minutes until you feel your body is <sup>[[SEP]]</sup>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,  
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## Addendum - Pranic Healing Primer Series



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