

“Cleaning and Harmonizing the energy of all on the Planet-Star Terra”

First find a calm place, where you can get relaxed and feel good. . . Make sure that the place you are meditating has fresh air or good ventilation. Try to think about how much different energy now is running free around the Planet, inside, outside, on the surface and underground.



Sit calmly, breathing quietly. Relax, relax totally. Place your palms in Gasse. Close your eyes. Connect to Kundalini Reiki and say affirmation: *"I ask my HS, all the Higher Powers custodians and protectors of the meditation to allow me to connect to the Meditation – "Cleaning and Harmonizing the energy of all on the Planet-Star Terra" and help us all with this"*

Feel the flow of the energy stream. After that, you can put your hands as you are comfortable or leave in mole position (Gasse).

Feel and imagine, that you are in the stream (beam, channel,) of Pure Kundalini Reiki Energy, that descends on you from space and goes to the center of the Terra. Be in this stream of energy. Just be, be aware and watch what is happening. Feel the part of you that is made up of this energy, let it be in you and let yourself be in it. Feel and see, as the energy of the meditation fills you with the brightest energy, as your own Light fills your entire being. Become this Light, merge with it, dissolve it and then just be. Just watch what is happening. Dissolve so much, that you are distracted by no thoughts, no emotions, no feelings, no sensations... - nothing, but are full in the awareness of your individuality and boundless energy...

Look around now, and experience all the different colors of the energy around you. See how all this energy is formed of Unconditional Love, Freedom, Happiness, Balance and Harmony, and is flowing out to everyone and everything around, make all of us feel all the same, free and happy glowing with bright Light.

Stay in this position of the Freedom, Love, Peace. . . Enjoy it.

Remember, you are in meditation - the observer, a witness. Watch for energy, thoughts, emotions, feelings and do not interfere, just - Testify! Remember, that you are the one who is watching you, someone who sees these, your thoughts, emotions... Watch the observer of your thoughts... Just be in the moment, just exist... In this meditation there is no past, no future, only now, there is only this moment, be in the moment, be here and now.

Allow yourself just to be...

At the end of meditation slowly proceed to the normal state of consciousness, inhale, exhale, slowly open and close your eyes a few times.

After the meditation, if you feel a lot of energy in itself -, ground or use a balancing technique such as Kundalini Reiki or whatever you prefer.

As well thank Kundalini Reiki, Higher beings and members of this meditation. thank you all

