

BEING A WHOLE HUMAN

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VEIL

7/16/2020

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When I go from the ever-changing world
into the never-changing Holy of Holies
within my heart, all agitations
are left on the world side of the veil.

At the feet of the greater Self,
the deep of consciousness, the Lord I Am,
identities as well as cares
are non-existent.

How does the '**Within the Veil**' meditation bring benefit? It:

- calms the mind, and relaxes the body;
- strengthens the Present Moment Sphere (merkaba);
- open and energizes the heart;
- grounds a person to the center of the earth;
- brings healing to the planet;
- opens the Third Eye (Eye of Ra);
- radiates the brain with Christos energies;

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- anoints the heart space with crown chakra energies;
- gives an experience of entering the Holy of Holies within;
- frees the meditator in many ways;
- provides a key to dwelling in the Divine presence; and
- lightens the energy field with the music of the spheres.

This meditation is designed to be learnable (so it can be practiced at the pace, and in the way, of the meditator.)

However, at the start, it can be helpful to follow the narrative of the audio-video.

To go within the veil:

1. Visualize, with feeling, the Present Moment Sphere encompassing your body.
2. Breathe Present Moment Light deeply into the sphere around your heart.
3. Exhale light energies, down your body, through the Bubbling Wells, through the center of the earth; then outward, encompassing the planet with a cloud of light.
4. Breathe Present Moment Light, back through the earth, then up both legs, and deeply into the sphere around your heart.
5. Exhale the Light from your heart sphere, out through your body, radiating the energies into your Present Moment Sphere.

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6. Inhale Present Moment Light into your pineal gland, feeling it open the Eye of Ra, and focus on the energies of unconditional love, the Christos.
7. Exhale from the Eye of Ra, radiating the Christos energies out, feeling the light penetrating the brain.
8. Inhale deeply, pulling Christos energies through the Eye of Ra, down your energy column and into the sphere around your heart.
9. Enter that space, the Holy of Holies, and bow within as you exhale. Breathe smoothly, and regularly. Feel deeply these words, and speak them, if you choose.

O, deep of consciousness, the Lord, that I am.

Within the veil, I come to Thee.

Open my heart, that I may be free.

Free to be one, with the source of all love.

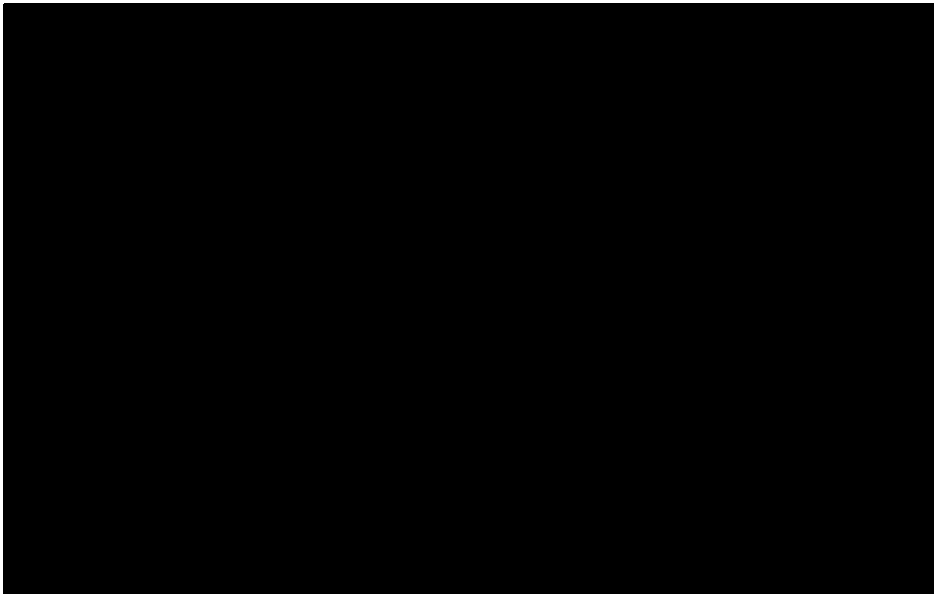
Free to be one, with the source of all life.

Still my mind, to dwell in Thy presence.

Let it be my main thought, that 'it is, what it is.'

1. Place both hands on the area of your heart; and breathe the music of the spheres, deeply into the inner sphere, expanding it into your energy column; from the perineum, to the pineal gland.
2. Breathe the music of the spheres out slowly to your Present Moment Sphere, and smile with appreciation.
3. You may breathe smoothly and regularly, and relax your hands. Continue to breathe light

energies between the sphere around your heart, and your Present Moment Sphere, for as long as you choose.



'Within the Veil', by Emanate Presence.

Version 20.8

This meditation is designed to be learnable, so it can be practiced at the pace, and in the way, of the meditator.

When you are ready, move into a comfortable position, with your eyes open or closed. Calm your mind, relax your body, and connect to yourself as pure, radiant, consciousness.

Visualize, with feeling, the Present Moment Sphere encompassing your body. Breathe Present Moment Light deeply into the sphere around your heart.

Exhale light energies, down your body, through the Bubbling Wells, through the center of the earth; then

outward, encompassing the planet with a cloud of light.

Breathe Present Moment Light, back through the earth, then up both legs, and deeply into the sphere around your heart.

Exhale the Light from your heart sphere, out through your body, radiating the energies into your Present Moment Sphere.

Inhale Present Moment Light into your pineal gland, feeling it open the Eye of Ra, and focus on the energies of unconditional love, the Christos. Exhale from the Eye of Ra, radiating the Christos energies out, feeling the light penetrating the brain. Inhale deeply, pulling Christos energies through the Eye of Ra, down your energy column and into the sphere around your heart.

Enter that space, the Holy of Holies, and bow within as you exhale. Breathe smoothly, and regularly. Feel deeply these words, and speak them, if you choose.

O, deep of consciousness, the Lord, that I am.

I come to Thee, within the veil.

Open my heart, that I may be free.

Free to be one, with the source of all love.

Free to be one, with the source of all life.

Still my mind, to dwell in Thy presence.

Let it be my main thought, that 'it is, what it is.'

Place both hands on the area of your heart; and breathe the music of the spheres, deeply into the

inner sphere, expanding it into your energy column;
from the perineum, to the pineal gland.

Breathe the music of the spheres out slowly to your
Present Moment Sphere, and smile with appreciation.

You may breathe smoothly and regularly, and relax
your hands. Continue to breathe light energies
between the sphere around your heart, and your
Present Moment Sphere, for as long as you choose.

This meditation, is completed. May your days be
blessed.

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