

“Cleaning, healing and full activation all Atlantis Crystals”

17/12/2015

First find calm place, where can get relax and feel good. Think about all wonderful Crystals what has Atlantis and Atlantian. Maybe you can recall something from your memory, maybe not, just thinking for a while about them. maybe look on this before start to meditate.



Sit calm, quiet breathing. Relax, relax totally. Add up the palms in Gasse. Close your eyes. Connect to Kundalini Reiki and say affirmation:

"I ask the Higher Teachers, Higher Beings and all the Higher Powers to allow me to connect to the Kundalini Reiki Meditation - 'Cleaning, healing and full activation all Atlantis Crystals' and help to us all"[Note: call specifically to those aspects of yourself who are higher consciousness and exist in a timeless state, this helps prevent any cases of 'mistaken identity' or spoofing (Tanaath).]

Feel the flow energy of Kundalini Reiki. 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. Passed through you this Energy yourself, let it be in you and yourself to be in it. Feel and 'see', as Reiki fills you with the brightest Energy, as Light KR 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 do not to leave any thoughts, no emotions, no feelings, no sensations... - nothing, but awareness of your individuality and boundless energy of Kundalini Reiki...

Look around, trying to feel, see all this amazing Crystals small and big, different colors, listen them sounds. Around you only light energy and unconditional love. Stay in this position of freedom. 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 make balance KR.

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

Thank you all

