

“Connection to the Atlantis gate” 21/12

First find calm place, where can get relax and feel good. Think about all wonderful Crystals, what has Atlantis and Atlantian, about them amazing city...



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 – ‘Connection to the Atlantis gate’ 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 ...

Try to imagine the Atlantis gate, how only positive energy ships with unconditional Love and crews of the STO [Service to Others] groups came in and came out ... [that] they bring only Freedom, Love and Light to this Planet Terra, knowledge, healing, and peace to all around.

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 make balance KR.

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

Thank you all

