

Thank You



**"Transition of the Planet Terra and its population on the vibration of 5D"**

***Tanaath Note: English is not the first language of the writer of this meditation. I asked for clarification - this is intended for us to send our energy TO 5D, not for us to skip transitional stages. This is also meant to be done on or before 31 Dec 2014, so please feel free to do this before then. Once again, if it doesn't appeal to you, you don't have to take part. If it does, please feel free to join us.***

It is very simply, but important meditation ... First find calm place, where can get relax and feel good. What can looks like Terra and all in 5D?all energy prints will change,get more light ,more love,freedom of choices..



So. 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 Reiki Meditation - ""**Transition of the Planet Terra and its population on the vibration of 5D** "" and help to us all"**

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 " a 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 you, feel how all change , feel new more high vibrations, colors, freedom... feel all this is real happened. it is reality you want to be, you want to see this Planet to be, all around to be there in 5D... 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**

