



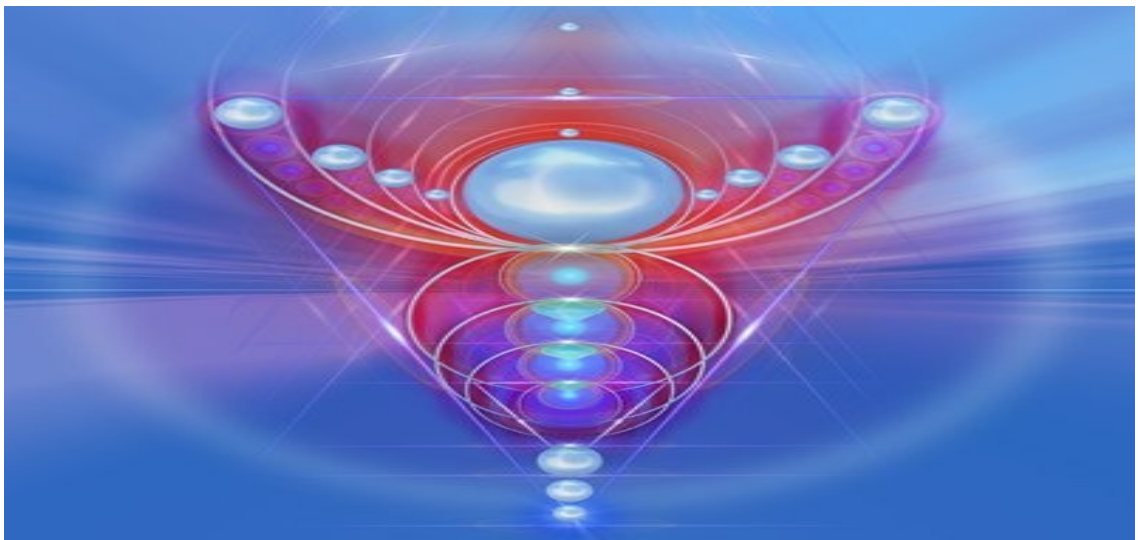
“Your Inner Light”



Many have probably heard about the Inner Light , around can find different information about this, but still , who or what is it in reality? How to distinguish between reality and fiction? Why do human need it at all? Answers for a lot of questions you can find in yourself and only in yourself, for the beginning through meditations...Every time,when you ll find answer you ll smile,feel self much better,stronger ,with the return of the memory of past incarnations, Inner Knowledge all around will seen differently and perceived as well.. it becomes clear, why opening yourself you change the world around you.

In this meditation some of you ll get answers or some experience,but remember all start with something ...to move quickly to the point should be avoided "mind games" "and try as much as possible to remain in a state of inner peace and tranquility.

To assist ,everyone can be viewed before and after a meditation this [mandala](#) “Energy of frequencies”



“Your Inner Light”

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

"I ask the Higher Teachers, Higher Beings and all the Higher Powers to allow me to connect to the Kundalini Reiki Meditation - **"Your Inner Light"** and help 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 and on your meditates body, what do you see? Around is just bright lights and some energy beam glowing in different colors.. He shimmers all imaginable and unimaginable colors and most of one prevails. It stronger and brighter than the rest. That is YOU and your essence of who you are. Look on this light , feel his warmth, his wisdom, his unconditional love .. Feel Oneness , he is you and you is he... Watch as around you illuminates endless array of such lights, it's all around you, the whole planet, space .. feel freedom to be yourself. 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 Reiki



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

thank you all