



Some basics on meditation :

This info has nothing to do with the worldwide **meditation** that is planned but it is good practice for those that are new to this.

The **posture** is very important. Our **hosts** are **bio-computers**, and all parts in them **communicate** with each other, exchange **information** and **energy** all the time, and everything **influences** everything in this **unity**. In most cases, what is missing is awareness of those processes. But as a **human being** grows **spiritually** and **emotionally** he/she becomes more aware of those processes. And a lot more.



The **food** we consume is extremely **important**.

If we use only **vegetables** our consciousness can easily access huge amounts of **chi energy** that creates and flows throughout our **bio-energetic** field.

If we consume **meat** we allow **DNA virus** to enter our structure and it **blocks** that access and does not allow a clear thinking of the **consciousness**.

This **virus** causes distortion in all the **DNA harmonics** and we start to **vibrate** low.

Suggestion: Stop consuming meat, salamis, hamburgers, eggs, fish and everything that **was alive** and had organic **DNA**.

Even **vegetables** and **fruits** are wrong as we can feed on **prana**, but for **now** this is the **best option** we have.

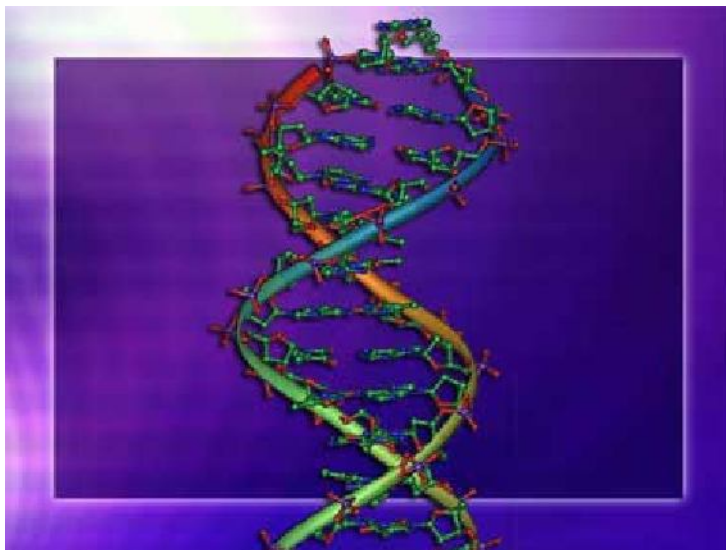
For the record:

Every **bio-unit's body**, without difference wether we call it elephant, pig, tiger, bird, human, fish, alien, dolphin, monkey or whatever, when it **dies** starts to **disintegrate**.

As I stated before, we are only talking about the **DNA harmonic** that matches the **physical body**. Only that harmonic starts to fade away, while all the rest is staying with the **consciousness**.

The **weight** of the **consciousness** depends on the **accumulated knowledge** during the physical ride, and that is why there is a weight **loss** when a person permanently departs from his/her **biological body**.

By accumulated knowledge I mean both **spiritual** and **intellectual knowledge** and it's unique **mix** or the best of both.



Let's proceed...

When we consume **meat**, we consume into our **bio-unit** a **matter** that is in the state of **disintegration**. Not to mention the **mental stress** and negative energies that were accumulated in the timeframe when the creature was **slaughtered**.

Many people do not like the term **FLESH** and they use **MEAT**...its easier for them...If someone would watch from outside he would conclude that we have many anomalies.

It is a **violation** of creature existence, so we are not so polite as a race, in this moment. **We have to change**. And we have to change fast. And hope that **life** will find a way to forgive us for everything that we have **done**.

In other words, when we consume **meat** we allow **DNA virus** to enter **our body**. This virus causes **bluntness** in the consciousness and it makes us feel like we are flesh eating beings – **creatures of lower awareness**.

This **virus** then **slows** the functionality of **our bio-computer** and blocks the access to our **higher sensory abilities** which once we start to use them offer a much different perspective than the one we are used to observe.

You start to look to reality and the Universe with **different eyes**.

You do not seek **falsehood** anymore, but only what **truly is** and nothing else.

You do what you do, you do not expect any rewards or understanding...everything just is, and you align yourself with everything. You start to become one along with the flows of the Matrix.

And then you start to truly **see** and **hear**. And **recognize**.

DNA is the **universal language** through which the **Life Force** manifests itself.

There are basically **four** different **nucleotide** bases in a **DNA strand** — adenine, cytosine, guanine, thymine nucleotides (**A, C, G** and **T**).

Those **four codes** determine what we are.

The **only difference between** us and the birds, dolphins, aliens, dogs etc., is the **combination** of those four codes.

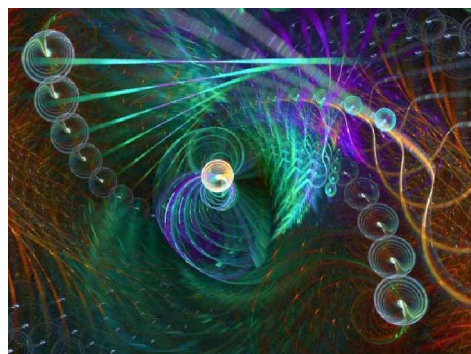


So all of a sudden **we are not** so different after all.

We are all made of the same essence - **Cosmic Consciousness**.

Once more, when we allow animal meat to enter into our bio-computer, we also allow DNA virus to enter, something that does not do any good to us.

Through the **waste system** we eject most of the **biological** waste out, but the **animal DNA codes** of the **physical harmonic** (in the process of disintegration) remain inside our bio-energetic structure and make **System Error** in the hardware and software parts of our **being**.



What our **biological bodies** do by default is amazing. You cut yourself and it starts to heal by itself. It's like an **antivirus software** program that switches **on** or in best case it's on **all the time**.

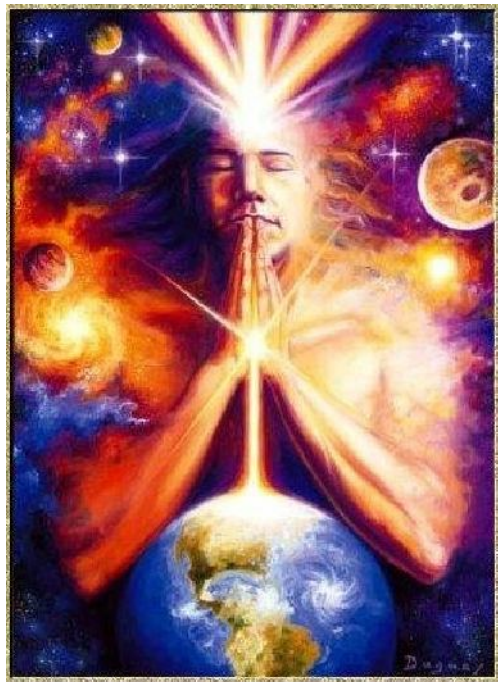
It is interesting that somehow **computers** and our **consciousness** inside our bio-computers are operating in very similar ways.

To summarize : if we stop polluting our **bio-unit** and feed only on **vegetarian food** our **bio-unit** becomes more **vitalized**, the speed of thoughts is extraordinary, the clarity of consciousness increases and the **Chi Level** increases also.

And when we start to **feel** that we are part of everything and that **everything** is part of us, that **Chi Energy** increases even more.

So...

Roughly we can observe our existence as a perfect **equilibrium** of hardware, software and our **pure essence**.



Roughly...

-Our hardware is our bio-unit (our biological body)

-Our software is our subtle bodies and all the energies and manifestations that go with them

-Our pure essence is our Consciousness



Ancients **Rama people** perfectly knew about this **equilibrium** and in fact a true **Yoga** is the **Ultimate path** to this **equilibrium**.

It became distorted from the original concept in many areas in the last few thousands years, but the **Ancient Yoga** was something that ...your knees starts to tremble when you are witness to the **shine**, the **power** and the **Universal knowledge** that it is bringing to you, the further you go and the further you start to understand its true principles...if you **know** what I mean.

It gives you enlightenment how small you are, how much you still have to learn and how long the journey to your home truly is...Luckily the **Nexus** is not so many Light Years away and its coming soon. From one point of view we are **all lucky** to be physically present here in this place and in this particular **time frame**.

Anyway, let's go further...

The ancients knew everything. They even knew what effect will cause a simple **mudra** to our **software** and **pure essence**. Not to mention the **posture**.



So for meditation there are many things that go with it. **Everything is important**...the food we consume, the atmosphere around us and our relation with it, the way we breath, the way we think and feel, the way we treat ourselves and others, the posture, level of awareness of consciousness, driving force, the intention...the purpose of existence. **Everything**...

Let's **start** with posture and breathing..

I think that for this purpose we can use the **meditative posture** depicted in the image.



It is not hard to accomplish and most people can **sit** that way.

Close your **eyes**.



After sitting relaxed for two minutes, lift your **left arm** and start a simple **pranayama** rhythm.

Some people do this simple **pranayama** method with the right hand, but I have found that it is more **powerful** when it is done with the left hand.



Begin performing **inhaling** and **exhaling** through each **nasal passage** using also the two fingers of your left hand (the **thumb** & the **ring** finger), to close and release the breath in the nasal passages or to **block** and **release** prana stream...

-Take your **ring finger** and gently close the **right** nasal passage.

-Then **inhale** and take a deep breathe through your **left** nasal passage.

You do **not** have to count in numbers or something similar; just take the **breath** most naturally into your **left nasal passage**.

In other words, the **inhale** should not be too short and not too long either. The breathing process has to have the most natural rhythm that **Best** fits your body.

When you have **inhaled** to a point that you naturally feel is enough for you, **hold** your breath for a **second**, and with **synchronicity** close your **left** nasal passage using your thumb finger and remove your ring finger from your right nasal passage so you can **exhale** through it.

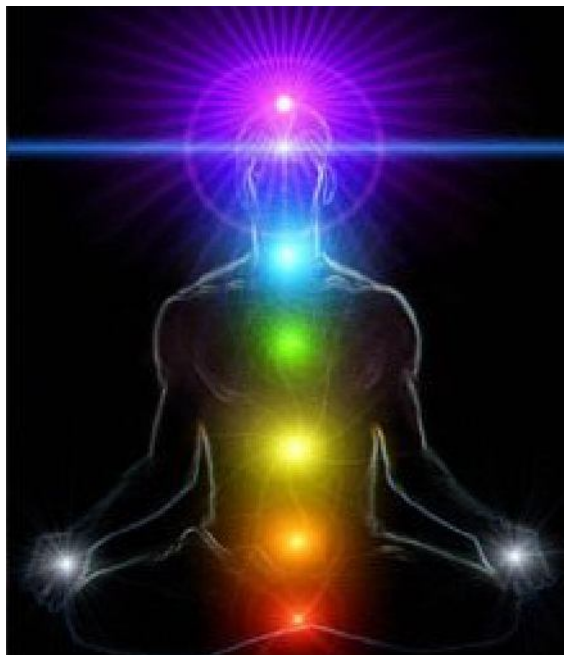
Then **gently** exhale through your **right** nasal passage.

Exhale only to the point that **best** fits your body and don't make it too short or too long. Only to a point that best fits your body.

When you have **exhaled**, gently **inhale** through the same (right) nasal passage and when you feel that you smoothly inhaled enough, hold your breath for a second, **close** your right nasal passage with your ring finger and remove the thumb finger and gently exhale through the **left nasal passage**.

When you have **exhaled** enough you gently inhale through the same nasal passage, hold your breath one second, remove your **ring finger** and exhale through your right nasal passage blocking the left nasal passage with your thumb finger.

Follow the same rhythm for **five** minutes.



Once again:

- You block your right nasal passage.
- You inhale through your left nasal passage.
- When you feel that you have inhaled enough hold your breath for a second.
- You unblock the right nasal passage and begin to exhale through it and in the same time you block the left nasal passage not allowing the prana to return back where it came from.
- After exhaling through your right nasal passage you inhale through the same you hold the breath for a second, block the right nasal passage, unblock the left and exhale through it.
- After exhaling again through your left nasal passage, you hold the breath for a second, you do the blocking and unblocking and exhaling through the right nasal passage.

Just maintain this **pranayama rhythm** for five minutes and it will take you into the **deep**. It's very simple and everyone can do it. I **use** this from time to time and it works **great**.

The **breathing** has to be done in the most natural way that best fits your body. It does not matter if one time your breath is a little shorter or longer from the other time, since your body fits to the breathing rhythm. Your body **talks** to you and you just have to listen what it's telling to you.

When you **align** your breath with your body and your state of consciousness you will feel the equilibrium the balance between your existence and what is around you.

Breathing in this way, will bring more **oxygen** in your blood and also more prana in your right and left hemisphere. It will disintegrate the tension, the stress, it will calm down the thoughts and it will send you to the deep.

Let's go on...

After breathing in this rhythm for five minutes, stop and return your hands to the **previous** posture.



Remain still as a rock. Just stop the time in yourself and become ultimate static being.

Now...focus on your physical body. Try to **feel** how your body is starting to breathe through your **skin** and your **forehead**.

Try to feel how your body is starting to **pulsate**.

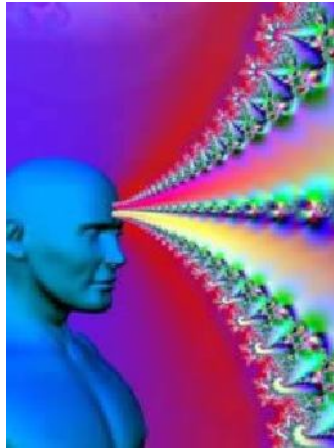
You feel that you do not use your **nose** anymore, but your being inhales vital energy directly through your skin and exhales through your forehead.

Everything vibrates, pulsates, contracts and expands; even our energy field vibrates and pulsates according to our breath and our state of consciousness.

Everything flows with energy, it is one **giant ocean** of energy, and we are **part** of it.

The **important part** is that you have to maintain control over your thoughts. You have to stay focused on the breathing and on **nothing more**. It will probably be hard in the beginning but very soon you will get use to it.

Tune your consciousness into this new breathing process, become One with vital energy **inhaling** through your **body's skin**, and **exhaling** only through the area of your **forehead**.



Do this another five minutes or so. **Then stop.**

Just freeze everything. Stop thinking and **dive as** deep as possible.

Just become **one** with the flow of energy all around you. Feel how it flows everywhere, how it passes by you and through you. Just like air.

Do not allow any content in the consciousness. Just remain completely **empty** and do not think in words or pictures.

If done **properly**, this will bring you in alignment with the present moment here and now.



With your **eyes** closed, remove your awareness from your physical eyes and the blackness of your mental screen. Lift your awareness just as little to the center of your forehead and remain with this perspective.

If you hold that concentration on **emptiness**, if you do not think in words and pictures, the pineal gland will start to produce **DMT** chemical compound and your consciousness will start to receive info from the **Psionic Field**.

In the beginning the pictures will flow fast and will be out of your control. That is why you can keep pencil and paper beside you so you can write and draw what you receive from the Psionic Field.

What comes next I have already explained in the previous posts that are concerning **RV** and **ESP**.



Most **people** usually feel tension in their legs after half an hour or 45 minutes in the meditative posture. But with time and practice this will extend greatly, you will learn to stay still for a long time without your head falling down when you dive too deep, so you can maintain your

connection to the cosmic internet for a long time. If you want to go deeper you can make another effort and from **RV** observation you can transfer your pure essence into one of your **subtle vehicles**.



I **hope** this info will be of some use...

Namaste,

Astralwalker