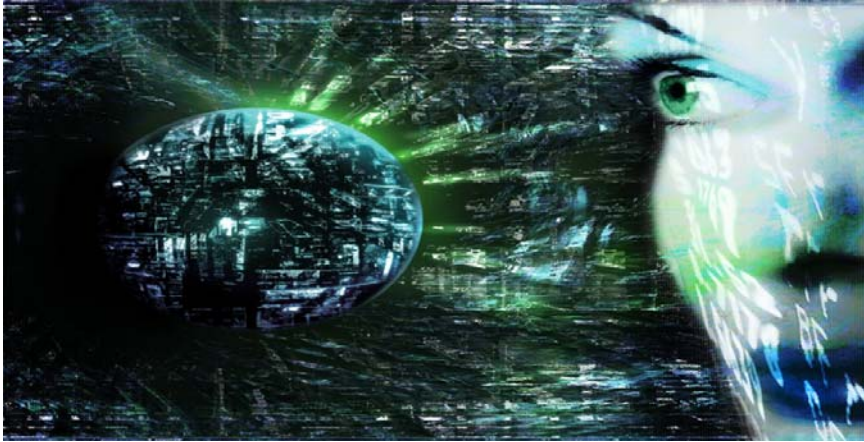


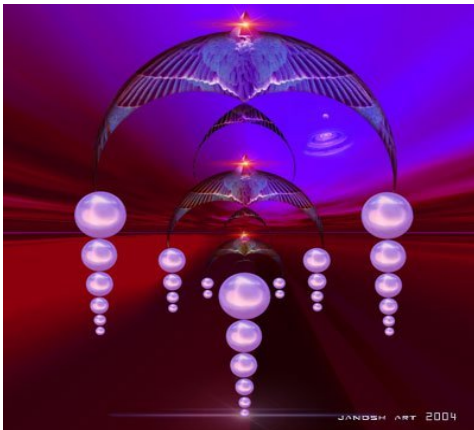
Many people ask themselves questions : Who we are or what we are ? Where we live , how and why ? How make the soul and whether it is at all? What is the Matrix and does it exist? Many questions and information about it too , so what is true and what is fiction ? Who can answer this question honestly : politicians, scientists , preachers, predictors or someone else ?

All the answers you will find in yourselves and only yourselves, because you know them for a long time , always knew just forgot and now need to recall them ... How? Very simply, it is necessary to awaken the consciousness, give him the opportunity to help you to be yourself. If your hands are stained with glue and you can not do with them anything you just clean them in different ways until they are clean and will be free , right? So do in this case , the mind need to be purified from all that hinders . To help with this I propose to make a general meditation " Out of the Matrix"



To help for those, who wish ,propose to look before meditations and in general, when just will have a wish to these mandalas

Energy exit from the Matrix



Energy of Liberation



OUT OF MATRIX

SO. SIT CALM, QUIET BREATHING. RELAX, RELAX TOTALLY. ADD UP THE PALMS IN GASSE. CLOSE YOUR EYES. CONNECT TO KR AND SAY AFFIRMATIONS

"I ASK THE HIGHER TEACHERS, HIGHER BEINGS AND ALL THE HIGHER POWERS TO ALLOW ME TO CONNECT TO THE REIKI MEDITATION – ""OUT OF MATRIX"" 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 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 REIKI



NOW LOCALIZED YOURS ATTENTION ON YOUR ""MEDITATOR BODY"" SOME WHERE DOWNSTAIRS AND ENERGY STREAMS PASSING THROUGH IT. LOOK CAREFULLY TO THESE STREAMS, THEY HOLD ON YOURS BODY, PREVENTING IT FROM MOVING FREELY, CREATING A KIND OF LIMITED SPACE - MATRIX.

BUT YOU ARE FREE, YOU CAN MOVE FREELY, YOU - LIGHT STREAM OF PURE ENERGY, YOU ARE IN NO WAY LIMITED. EXPERIENCE THE FREEDOM, THROWING UP MEDITATES BODY OF THIS CELL, SEE HOW ALL OTHER PEOPLE AROUND YOU, TOO, PULLED OUT OF THEIR MATRIXS, YOU ARE HOVERING IN STREAM OF PURE LIGHT , YOU ARE FREE ... YOU ARE OUT OF THE MATRIX. 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 REIKI .



AS WELL THANK KUNDALINI REIKI , HIGHER BEINGS AND MEMBERS OF THIS MEDITATION.

THANK YOU ALL