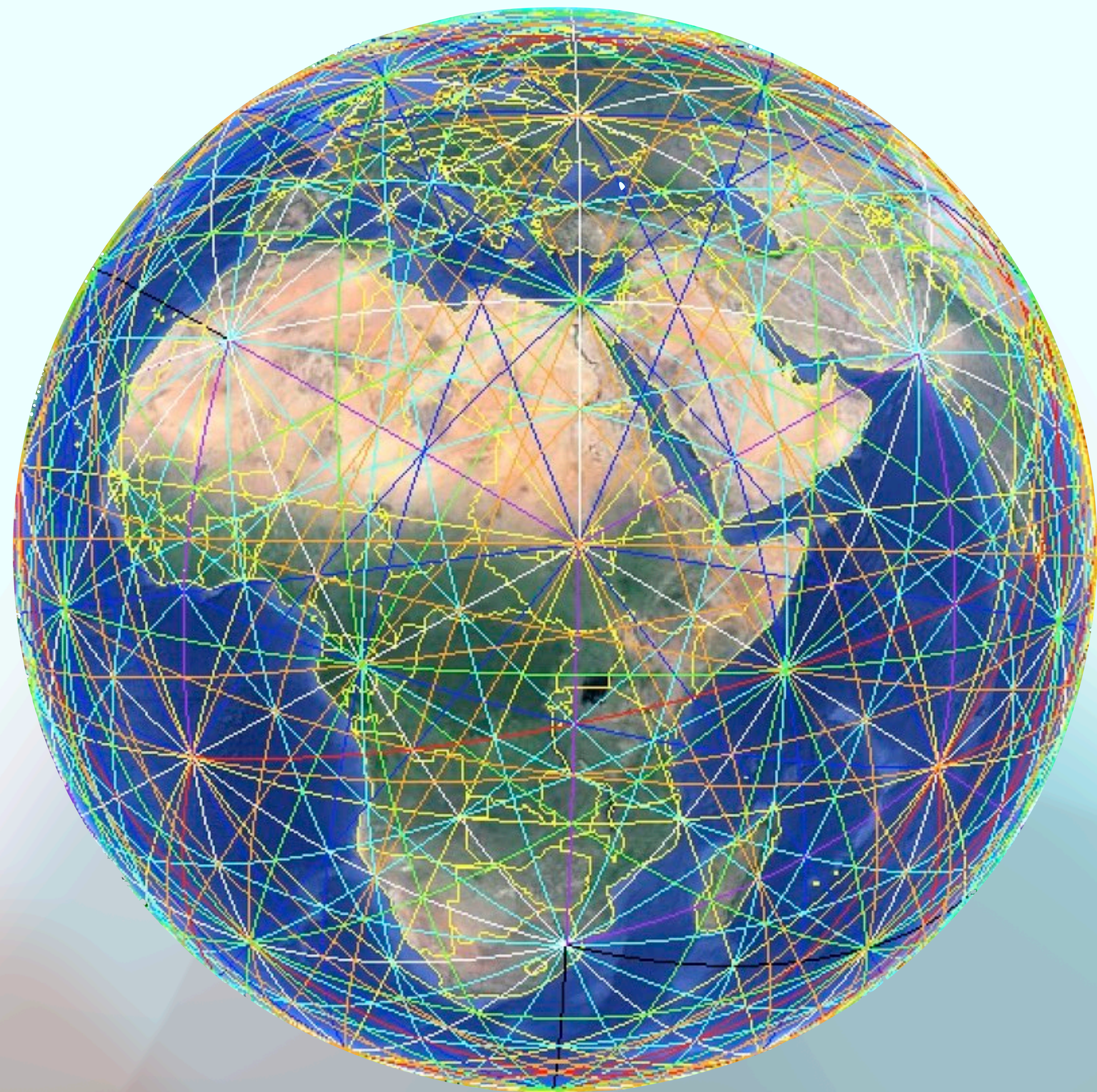
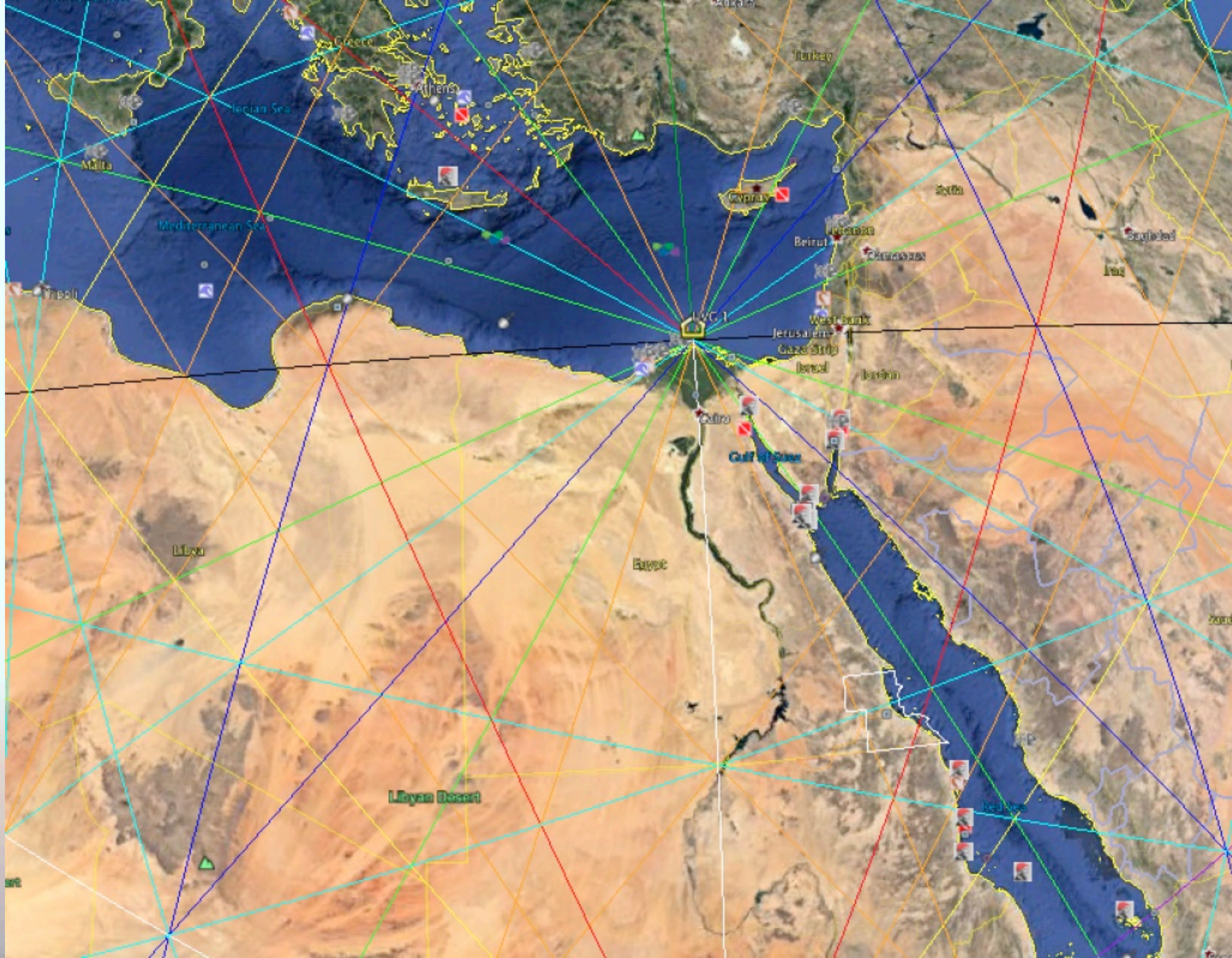
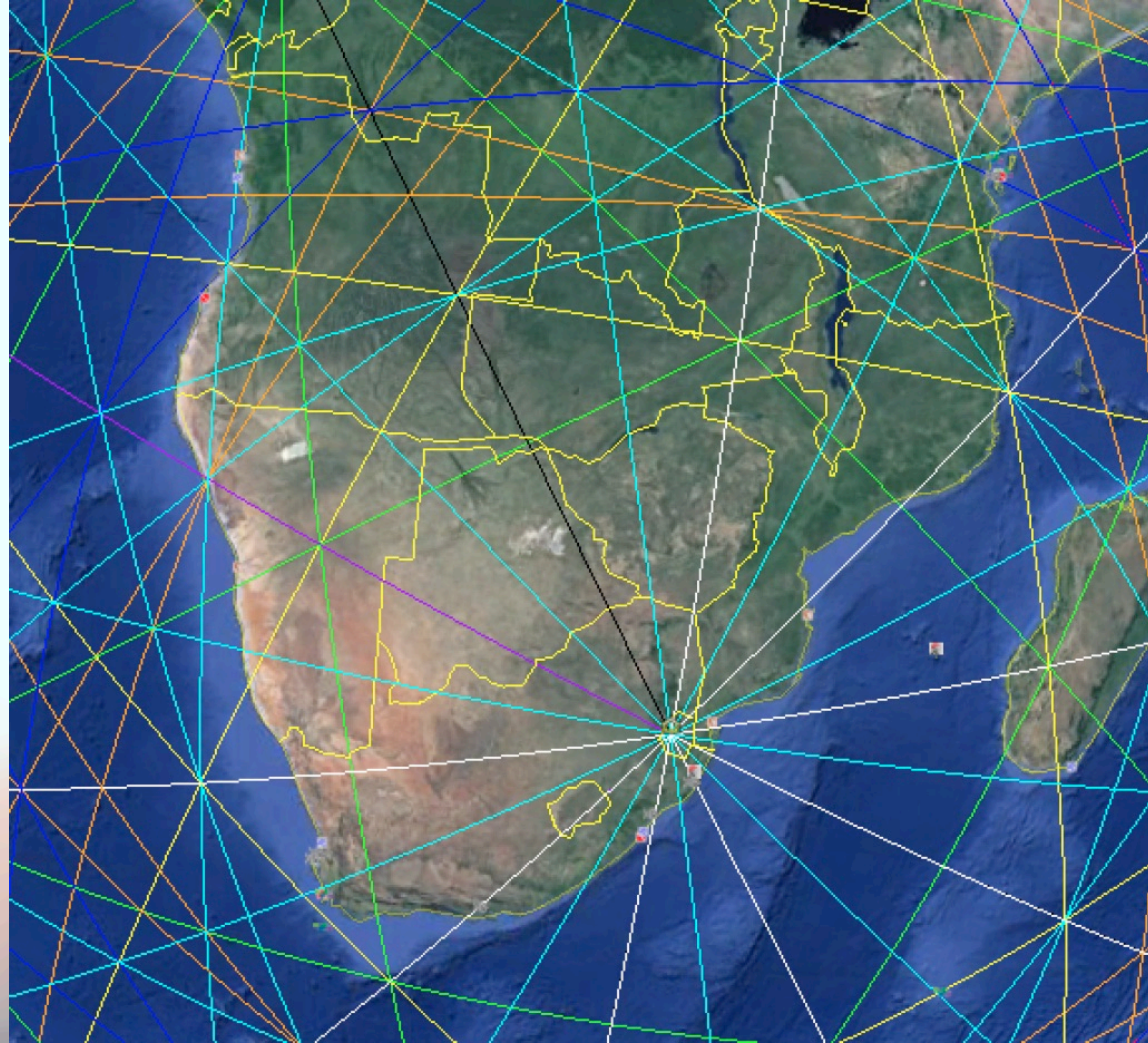


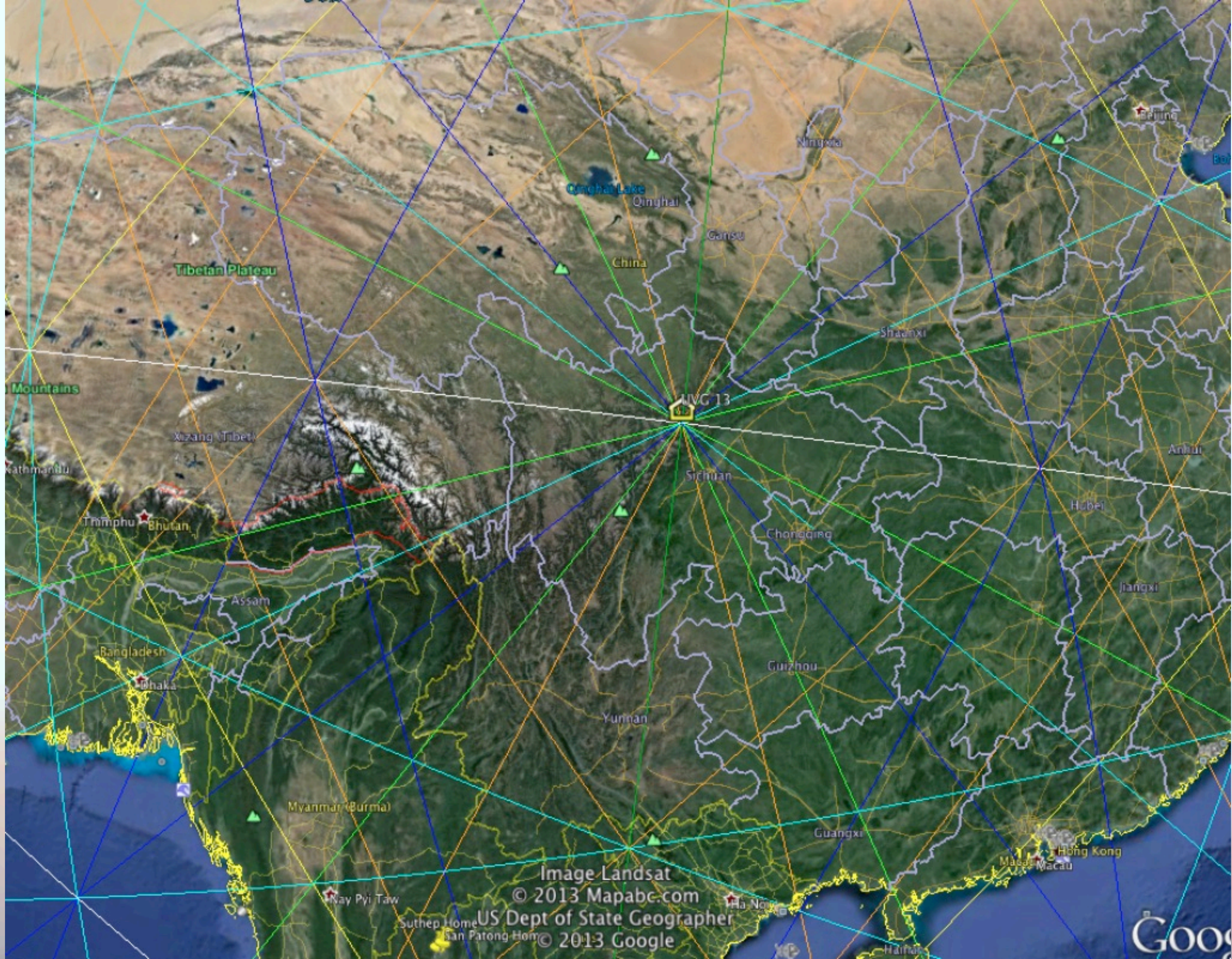
Tri-Sphere Planetary Activations









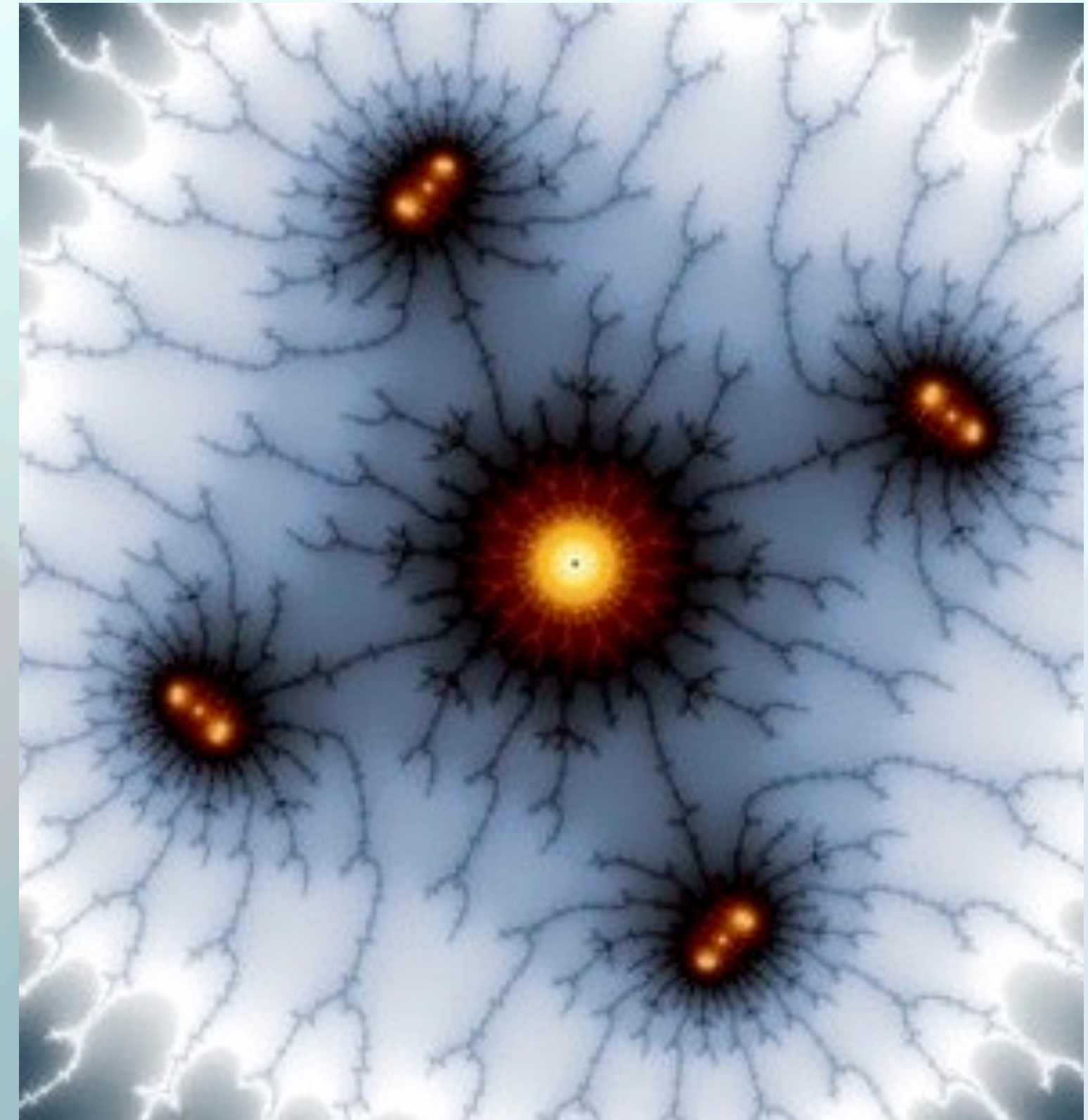


Tri Sphere Meditations

Three concentric spheres of meditation circles:

- 1- Trinity Manifestation Sphere 3* (core)
- 2- Energy Sphere 9* + (intermediate)
- 3- Quarter Guardians Sphere 4* (outer)

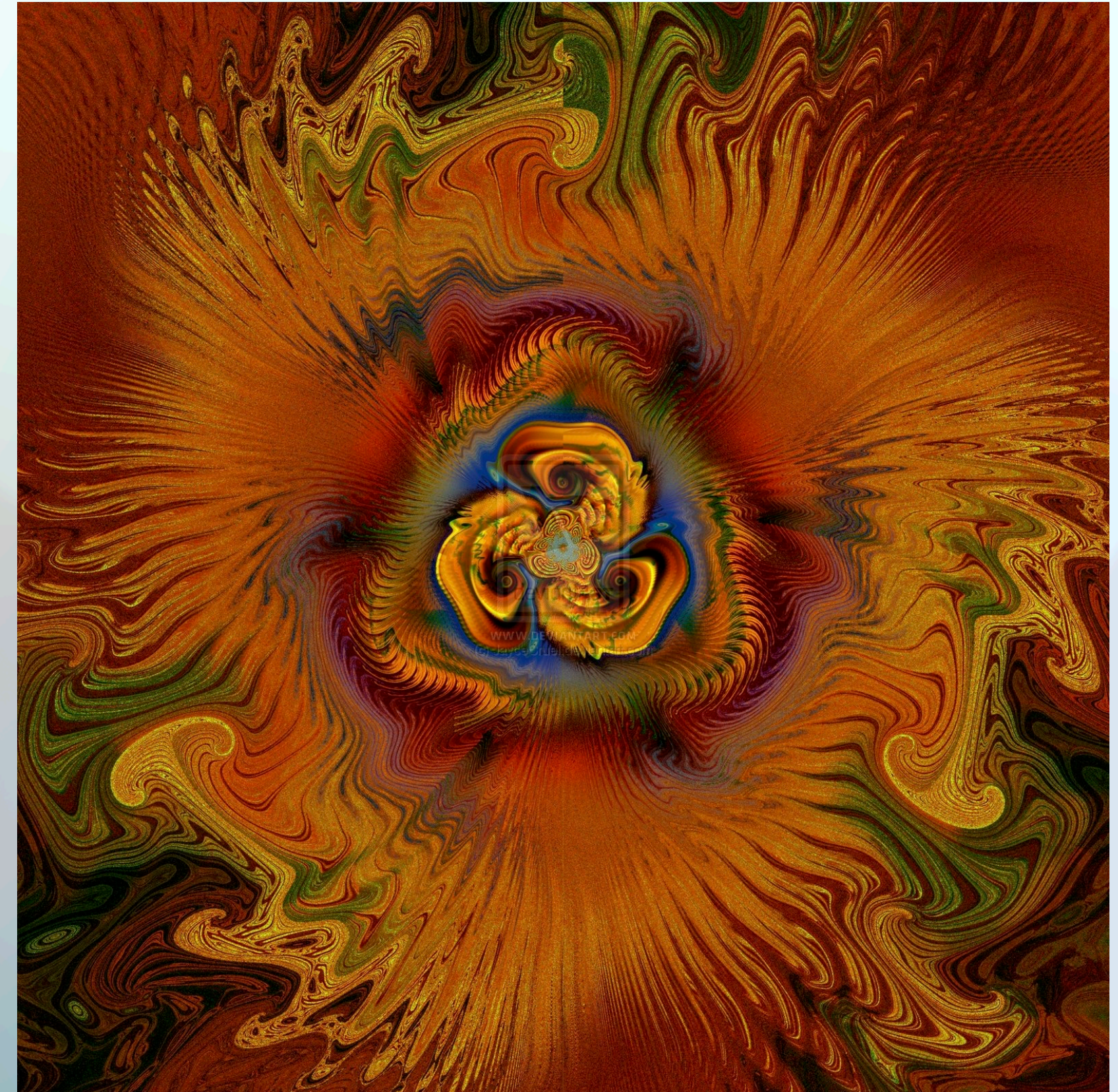
* *Minimum required for a Single Tri-Sphere.*



Tri Sphere Meditations

Trinity Manifestation Sphere

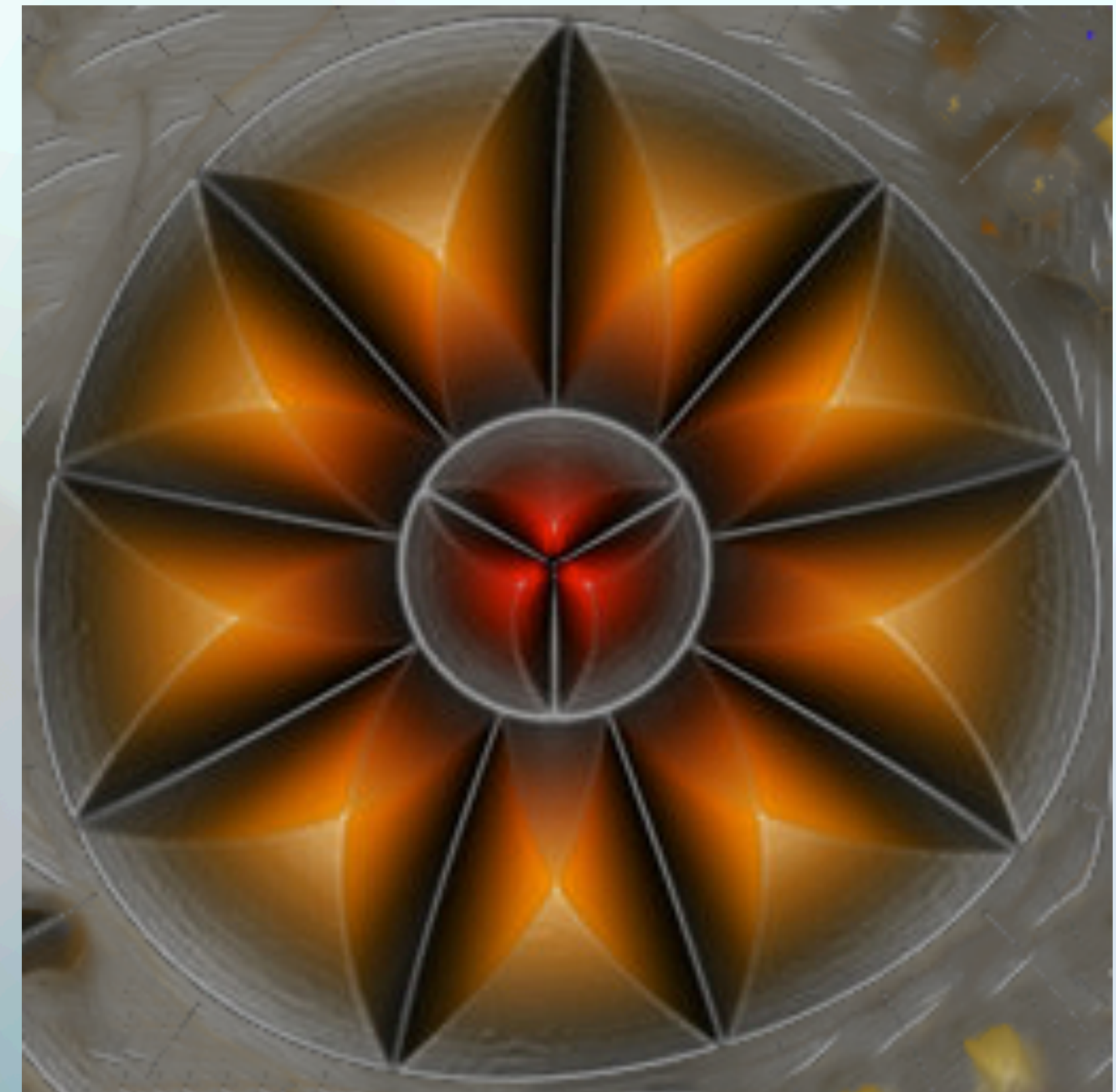
- The innermost interface with the realms of manifestation.
- Consists of three from the same soul elemental family (born 4 months apart) determined astrologically.
- Meditating manifesting and holding the Inner Core intent and supporting it with energy from the surrounding Energy Sphere to manifest the intent.



Tri Sphere Meditations

Energy Sphere (Intent Anchors)

- Surrounding the Trinity Manifestation Sphere, supplying it with the energy to sustain its momentum to reach critical mass and initiates transformation.
- Meditation:
Set the intent and hold it during the meditation time. Energy Sphere members may carry out their daily activities, when the time comes, they go into a silent meditation, set their intent and dimensionally connect with the other collective spheres, intent to supply the Manifesting Sphere intent while being protected by the Guardian Sphere. Then go back carrying out their affairs physically; while their Higher Selves are carrying out the intent.



Tri Sphere Meditations

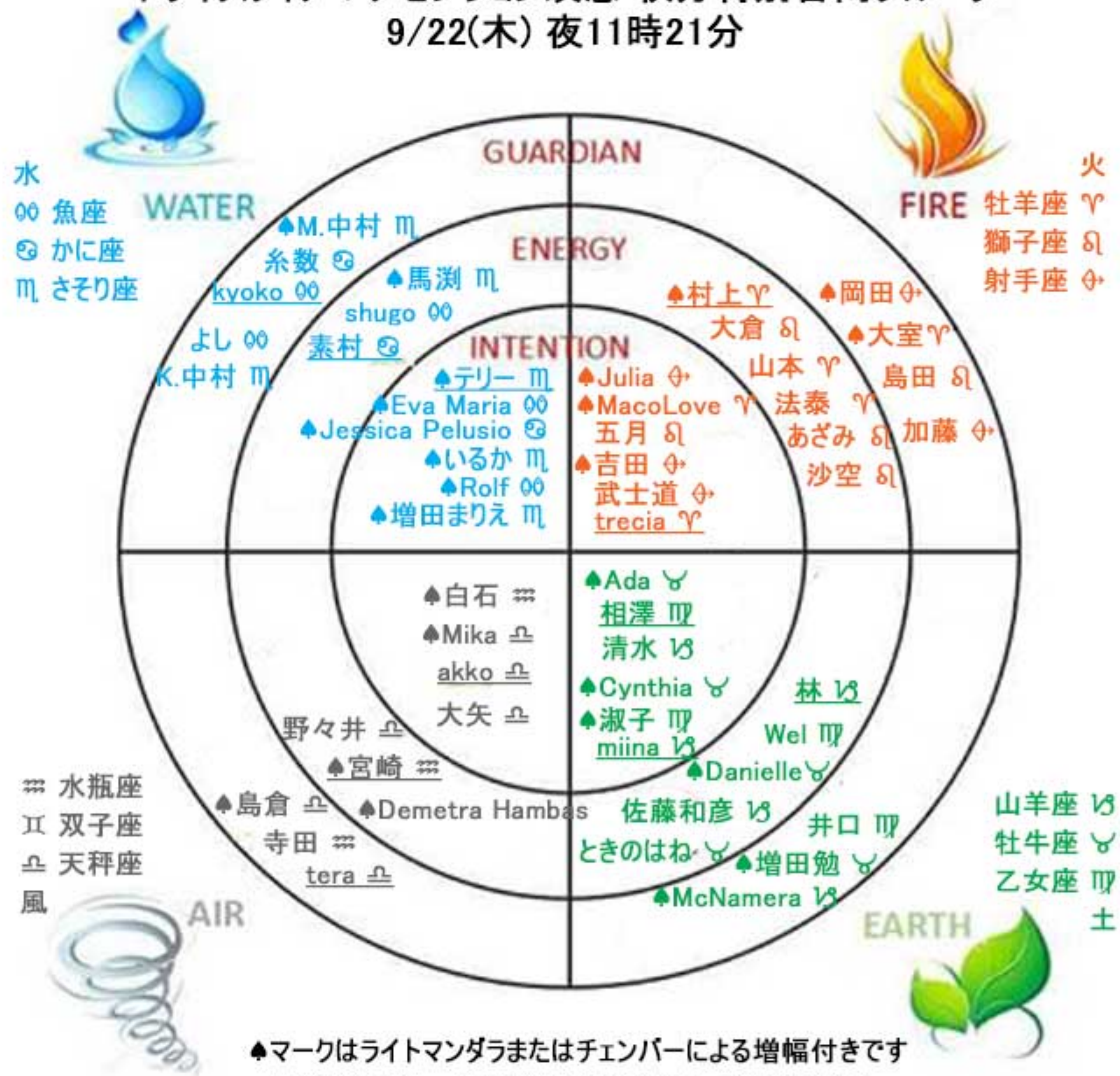
Guardian Sphere (Light Warriors Sphere)

- The outermost sphere provides protection to the other two spheres guarding them from scattered or misdirected chaotic energies and focusing the manifestation intent.

Light Warriors Sphere.



トリスフィア+アセンション瞑想 秋分特別合同グループ
9/22(木) 夜11時21分



♣マークはライトマンダラまたはチェンバーによる増幅付きです
下線付きはサークル希望表明まだの人、またはお任せ

Tri sphere Meditation

1. Use your own technique to bring you to a relaxed state of consciousness.
2. Do the 3 Minds integration preparation connecting inwardly to The Source/God.
3. State your intent to bring peace, harmony and healing to the the world.
4. Visualize a beam of Light emanating from your Soul Star chakra 20 cm above your head into the Soul Star chakras of your Trio, sphere and the Tri-spheres.
5. Visualize the collective beam of Light expanding above and into the Earth energy grid harmonizing and inspiring them to find and finalize a permanent peace.
6. It is very important for people in our circles to be aware that they are being supported ætherically through these meditations so that the energy of Light is received and is bringing equilibrium to the situations as they arise. Inform our circles of friends whenever is appropriate to be receptive to this light; People don't have to actively participate in the mediations they only have to be aware, receptive, accepting or blessing this endeavour.

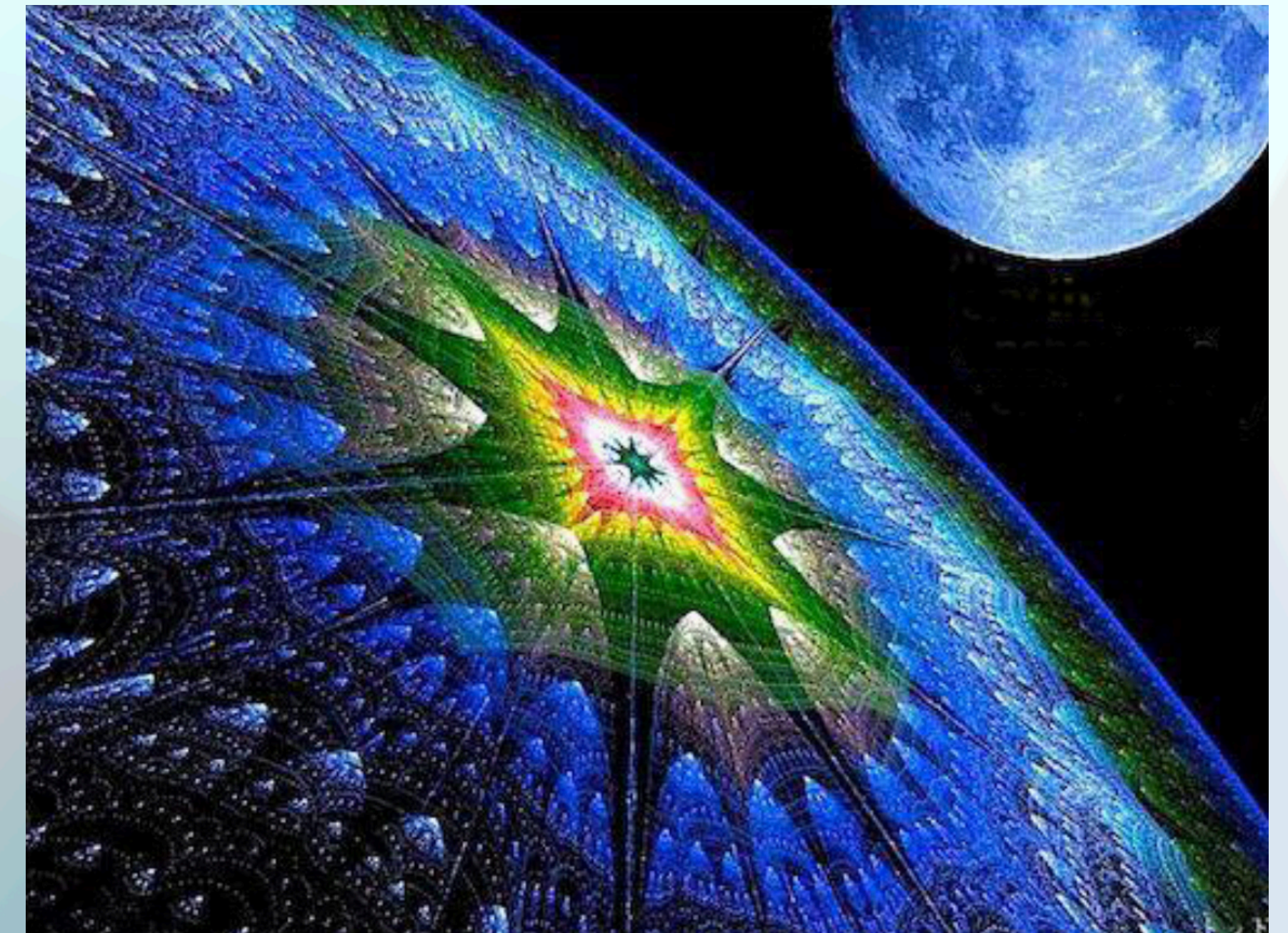
May this transitional period of uncertainty give birth to a bright peaceful World for us an generations to come.



Tri sphere Meditation

Planetary Evolution and Integration with our Higher Selves

- Visualize Earth is flooded with Waves of Light and is effectively "Recalibrating" the Planetary Frequencies for Higher Levels of Consciousness.
- This means, of course, that the old third dimensional "illusion" will continue to crumble and break down. To those who still hold to the Third Dimensional Consciousness, it
- will seem as if chaos is breaking out everywhere, and they will become paranoid, angry, depressed and desperate.
- To those who can see and feel with the Higher Consciousness, it will seem as if a new dawn
- is breaking and that a new way of life is rising, as of course, it is.
- What can expect at this time? The Key word is "intensity". Everything will seem very intense to the point of being surreal. In our personal lives, whatever is still remaining of our old third dimensional consciousness will need to be released and transmuted into something of a higher vibration. This may be difficult if we have emotional attachments to
- the old energies. However, if we simply release and allow the changes, then they can be achieved with the minimum of disruption and hardship. The idea is simply to TRUST the PROCESS and allow whatever needs to happen.
- For those of us who have activated our Light Bodies, it will be a simple matter to integrate
- the incoming Light Waves into our Light Body.
- At the same time, expect some physical discomfort while the Physical Body is be moving into DNA upgrades to allow the physical form to align with our Higher selves and the new Light energies for further Evolution in the New Earth.





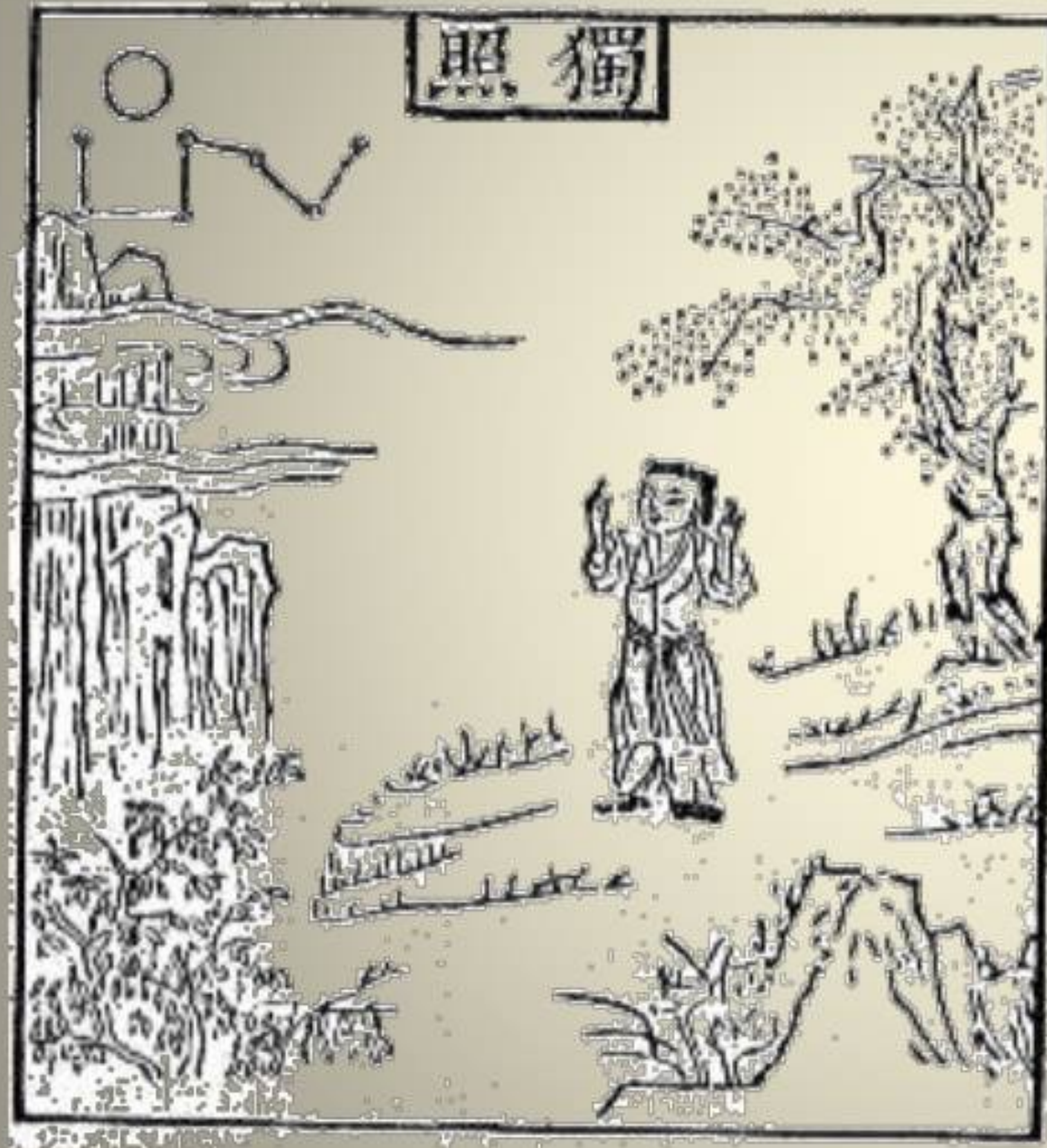
Etheric Hygiene

Energetic Shielding & Protection

Ascension Formulas

Unity of the Three Minds

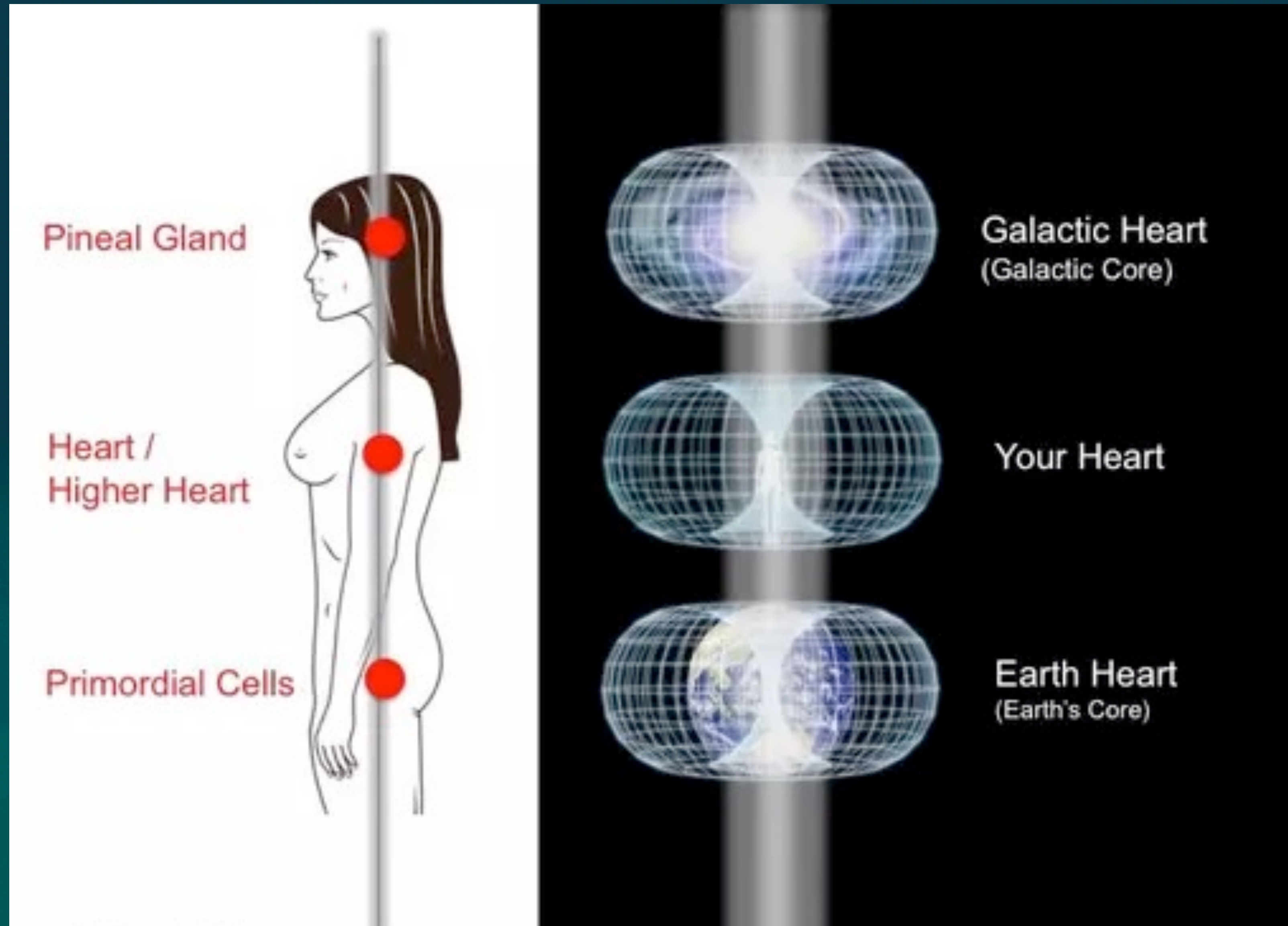
The Ox-Boy sees the Dipper from the *Other Side of The Sky*: Heaven





Rise above the restrictive influence of the stars.

The three dantians



The Three Minds



The Three Dantians

THE ENERGETIC FUNCTIONS OF THE THREE DANTIANS

The primary functions of the Three Dantians is to gather, store, and transform life-force energy. The energy reservoirs of the Three Dantians are linked externally through the Governing and Conception Vessels and internally through the Thrusting Vessels (Centre Channel).

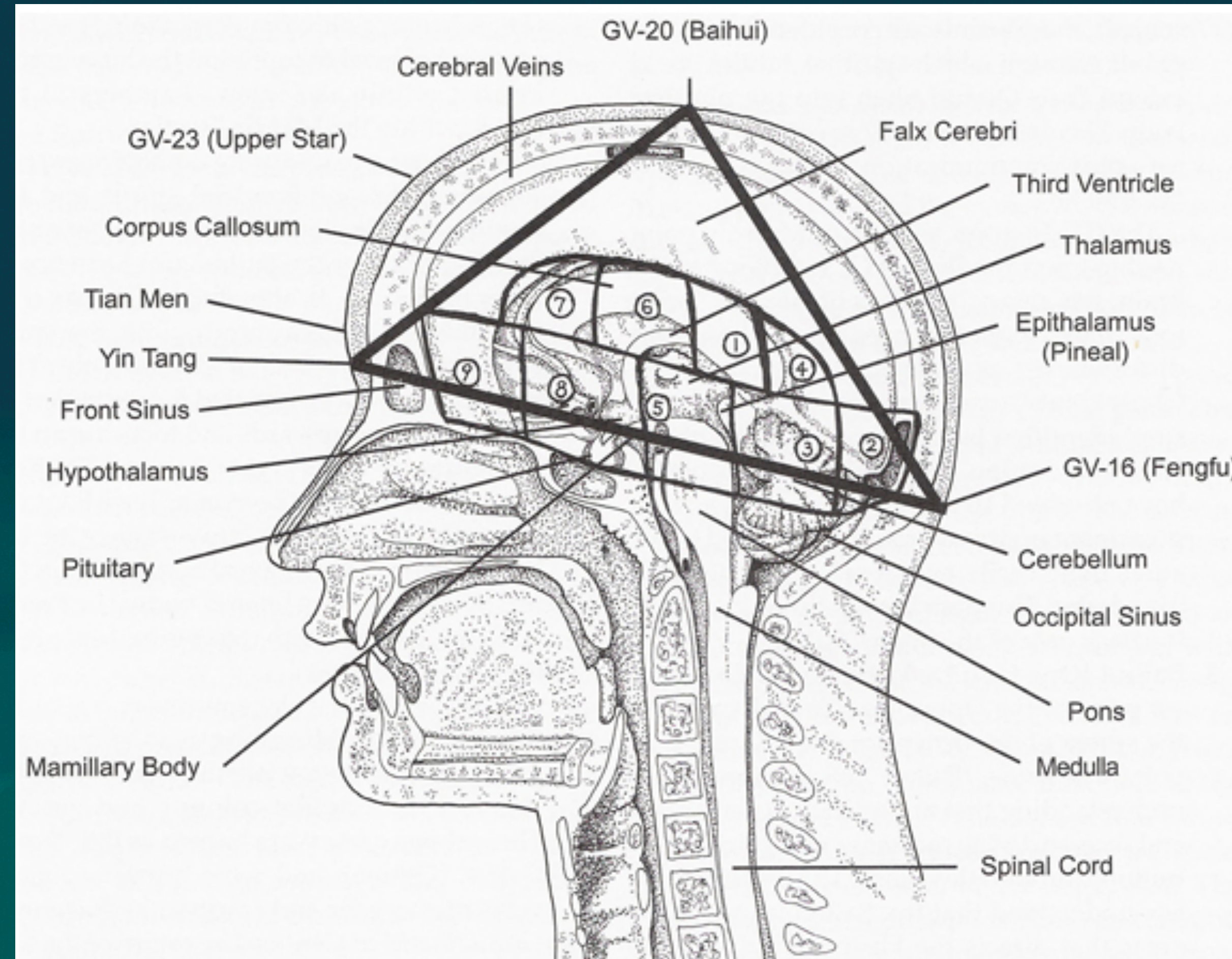
The centre of each Dantian is penetrated by and attached to the Centre Channel, which extends from the *Baihui* point (Crown) at the top of the head to the *Huiyin* point at the perineum. The anatomical location of each of the Dantians corresponds to a physiological centre for heat, electric, magnetic and light vibrations. The intensity and charge of this vibration is dependent on the individual's mental intention, posture, and respiration.

Chi (Qi) moves into the body's Dantians through the body's Centre Channel, Cosmic Orbit and Meridians. The energy is then absorbed into the body's major organs, surrounding tissues and cells as it flows through the Dantians and into the body's internal and external channels and collaterals. Energy is also absorbed from the external environment through the channels, tissues and organs, flowing into the Three Dantians and ultimately into the Centre Channel.

The Three Dantians (Minds)

- * If, by focused intention, Chi (Qi) is increased in the Upper Dantian, a heightened spiritual awareness and sense of connection to the divine occurs.
- * If, by focused intention, Chi (Qi) is increased in the Middle Dantian, the result is a heightened feeling of emotional awareness.
- * When, by focused intention, Chi (Qi) is increased in the Lower Dantian, the result is a heightened feeling of power and stability.
- * The health of the individual and the strength of their energetic fields depend on the amount of energy present in the Three Dantians.

The Upper Dantian and Intuitive Awareness



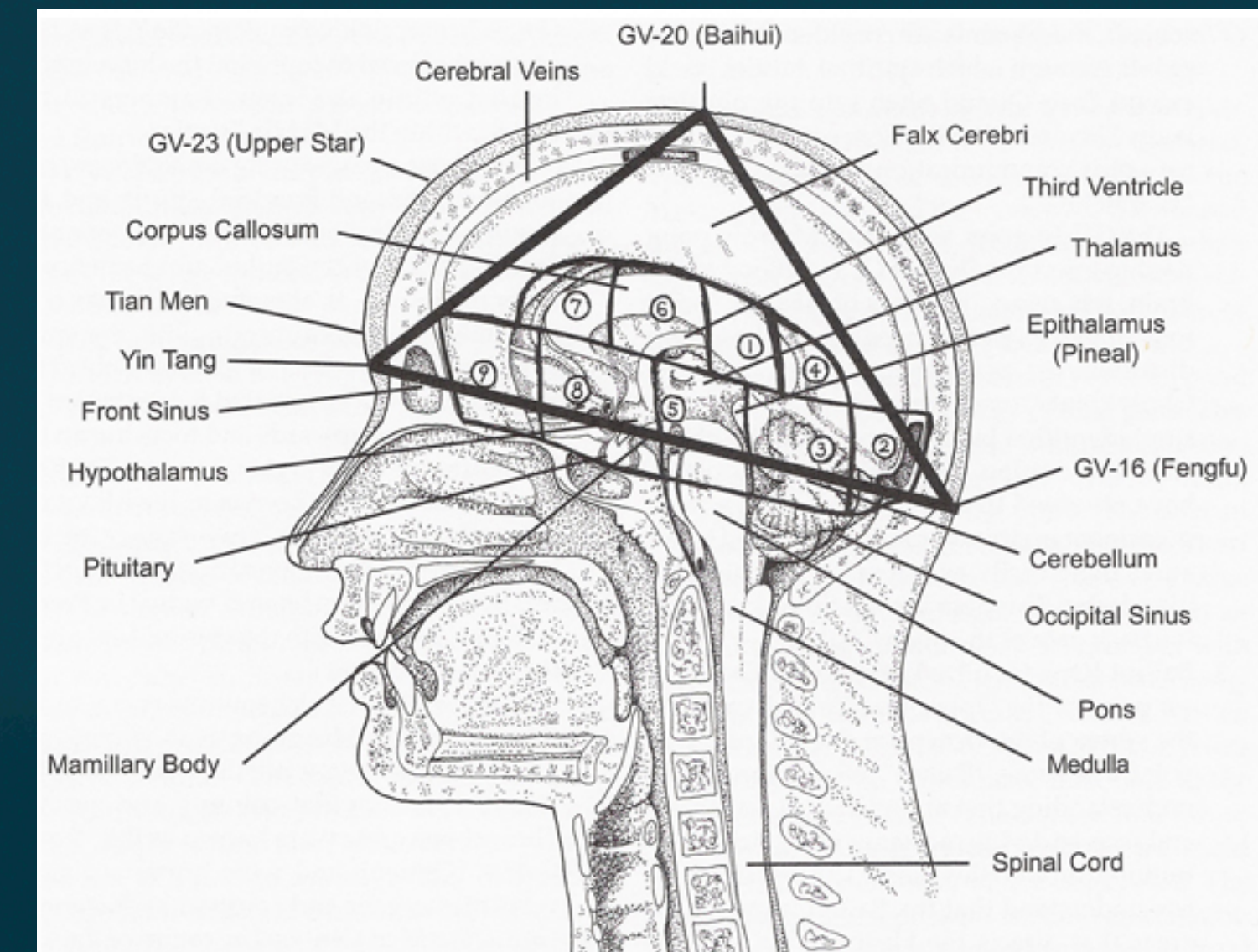
The Upper Dantian and Intuitive Awareness

THE FIVE SPIRITUAL PRINCIPLES:

Five spiritual principles must be in place before communication lines between the individual and the higher self become fully open, connected and operational,

The individual:

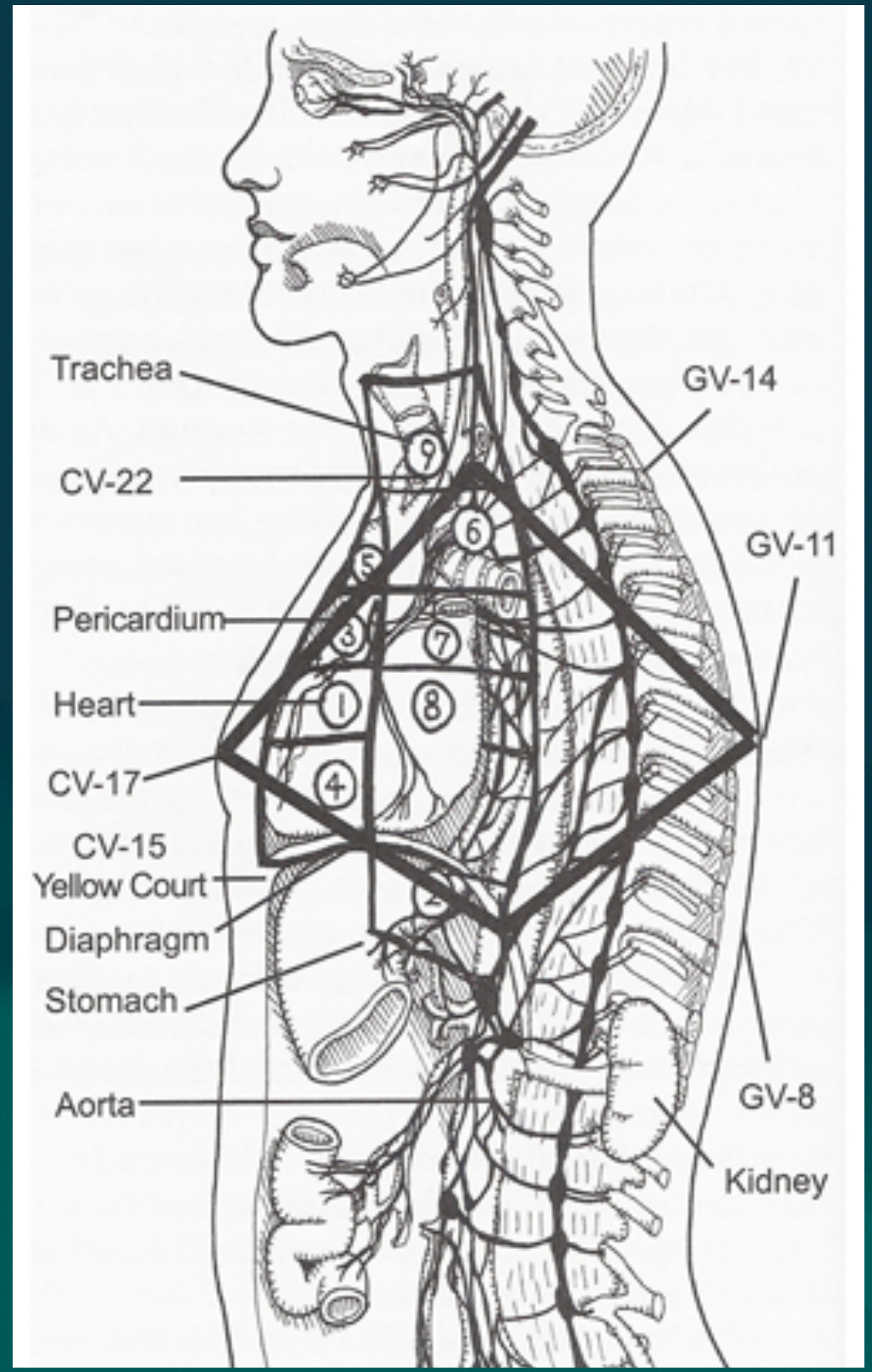
- Must have purity of intention
- Must have no hidden agendas
- Must surrender to the Divine Will
- Must have a quiet and receptive stillness of mind
- Must have complete trust and faith in success (believes and expects)



The Upper Dantian and Intuitive Awareness

- * The lines of communication with the higher self are severed by the logical mind through doubt, fear, and disbelief. Strong faith is required to open this line of communication. Faith requires no logical proof; if proof is needed then doubts interfere and lead to failure. The logical mind cannot know absolute faith, as genuine faith must come from much deeper within one's true self. Any form of cynicism will lead to the stagnation of spiritual growth, for it strikes at the root of faith itself.
- * Faith is not something that can be forced. Even after practicing Inner Alchemy Meditations for many years, we may still have to continuously process our own questions and doubts. Through dedicated practice, however, the seed of faith is firmly established, allowing it to grow and blossom. The opposite of faith is a combination of doubt and fear, oppression and denial of fear builds and armours the ego, leading to further pain through isolation and confusion. When an individual acknowledges and accepts fear, he or she can overcome any obstacle through faith.

The Middle Dantian and Empathic Awareness

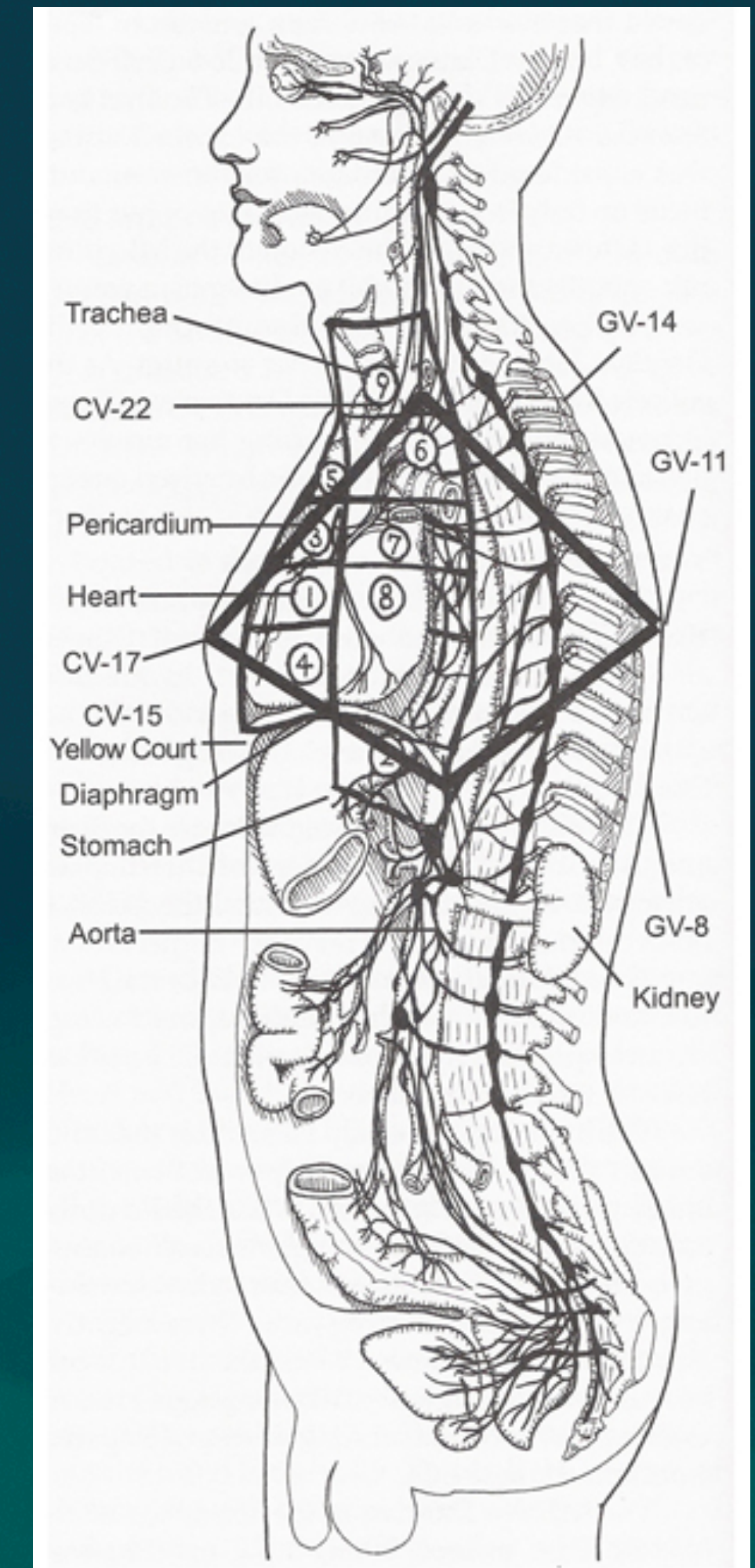


The Middle Dantian and Empathic Awareness

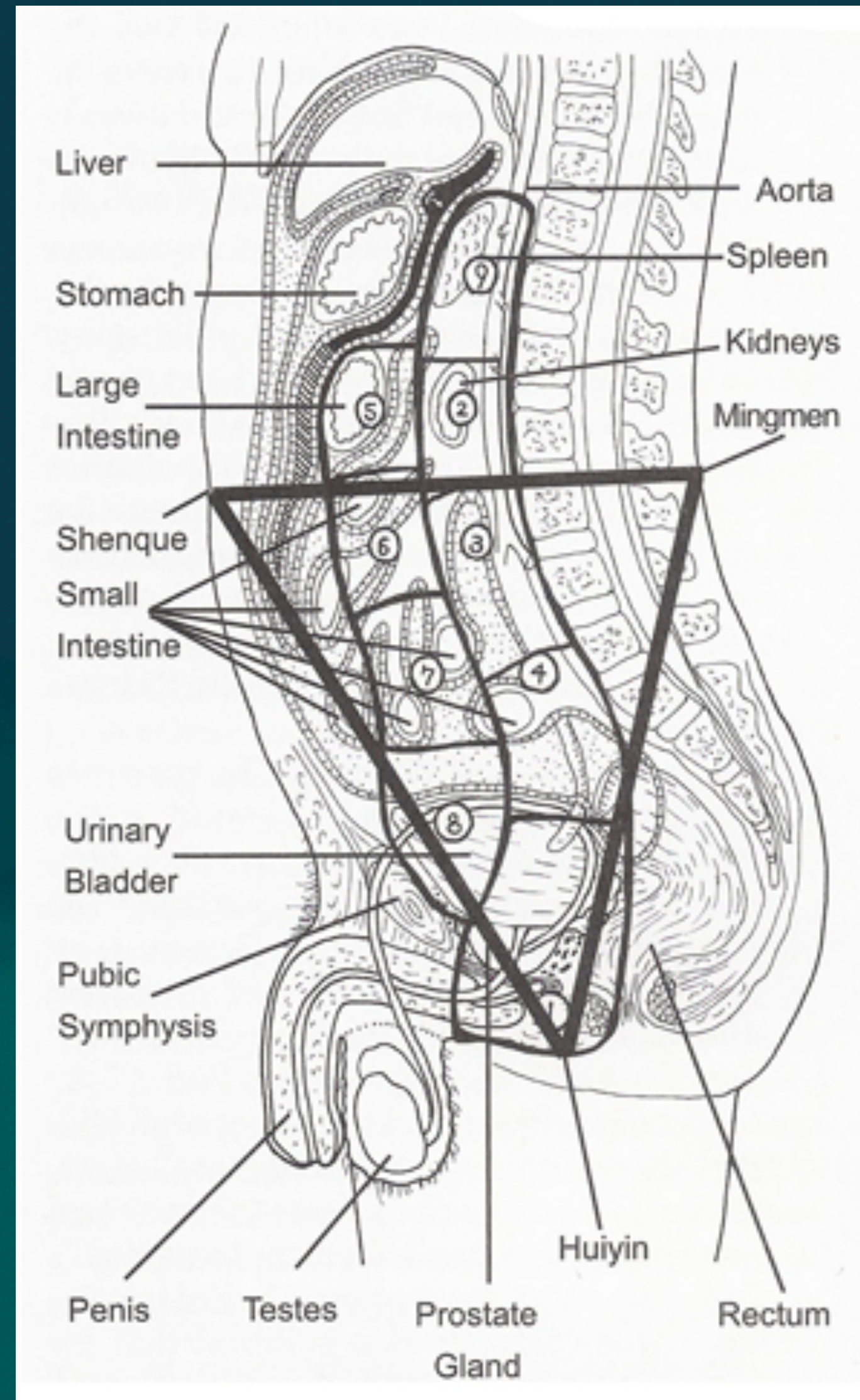
The Middle Dantian is also considered the "house" of emotional (empathic) feeling, communication, and awareness. Emotional communication is experienced as empathy within the Heart. This empathy is the means by which we will most frequently become aware of the emotional components of our energetic blocks and imbalances.

Empathic communication is felt as an emotion and originates in the Heart and Middle Dantian area. When we focus on the Middle Dantian area, a line of communication is created with our higher self. We are all born with this ability, but as we grow older we tend to override this type of emotional communication with an exaggerated dependence on the logical mind.

Through shock, disappointment, denial, and lack of use, impressions slowly diminish, eventually causing us to lose this natural empathic ability of communication. We generally disconnect from this higher perception as a response to the negative and mixed messages received from our parents and from society. The way to reconnect with the intuitive self is to look inward and become one with the true self that is connected to the divine.

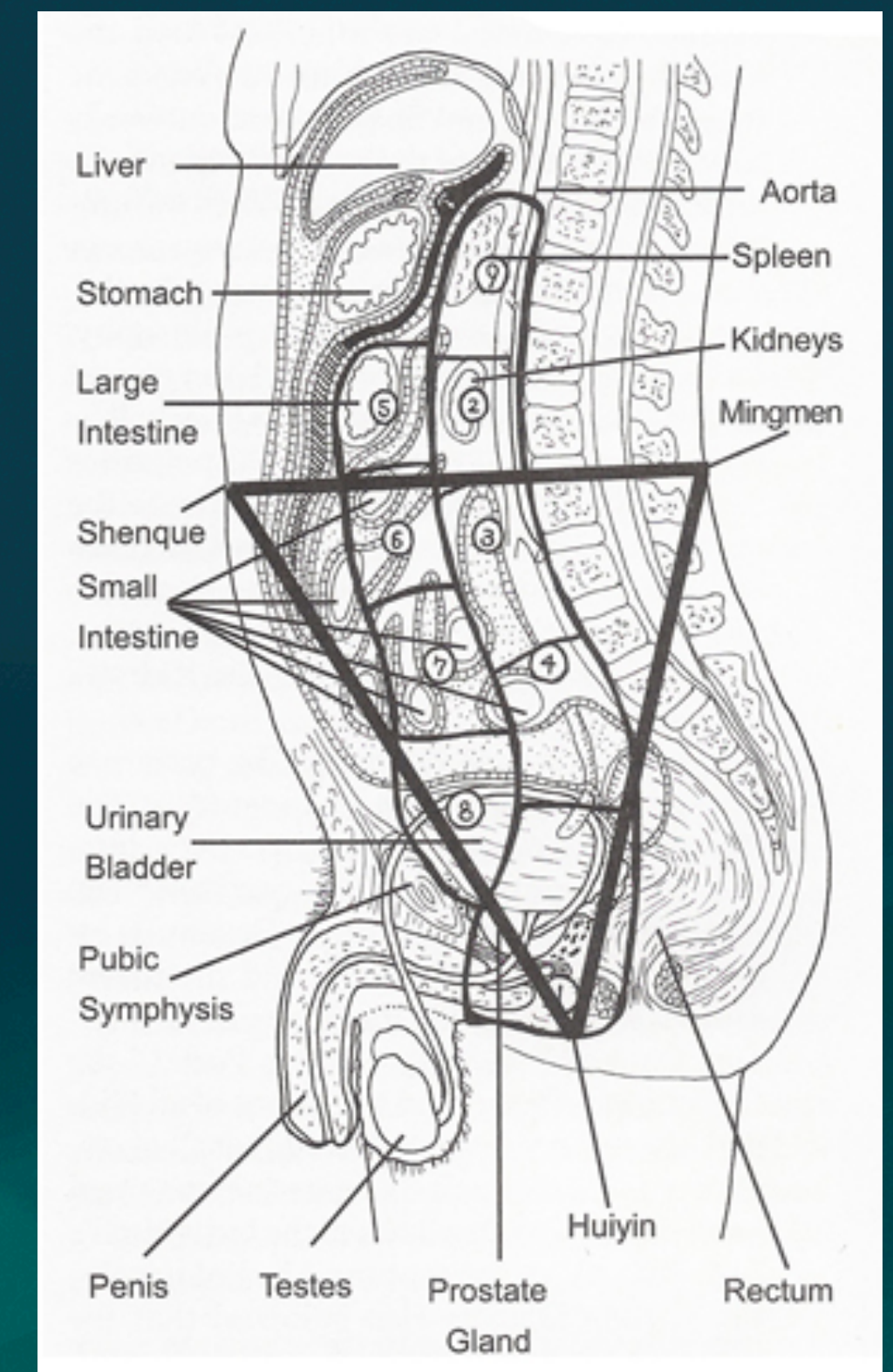


The Lower Dantian and Kinaesthetic Awareness

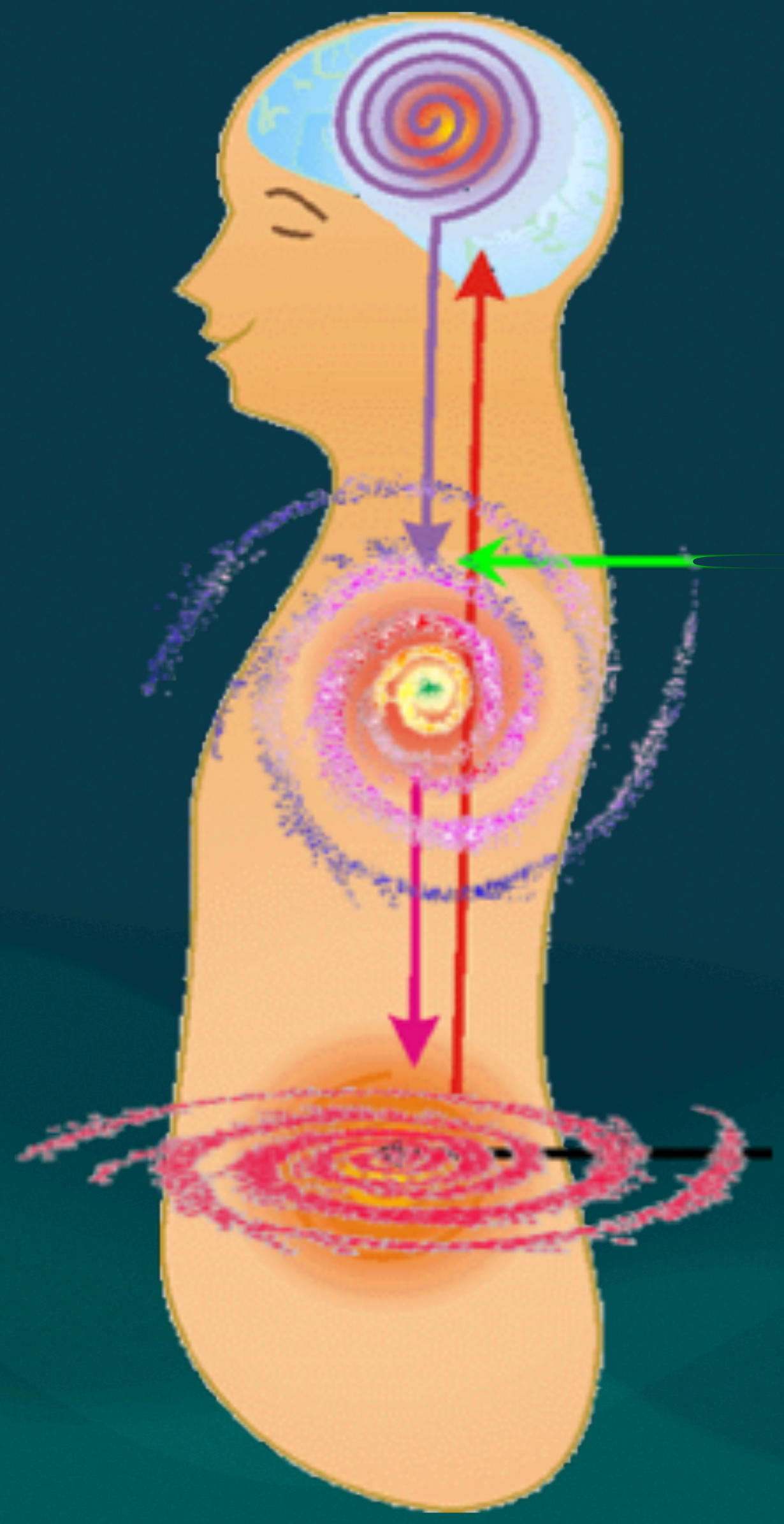


The Lower Dantian and Kinaesthetic Awareness

- * Often, the feelings experienced in the Lower Dantian are very subtle. For this reason, we are trained to establish a heightened degree of awareness of our own body, and are thus able to pick up subtle variations and energetic shifts within ourselves and others.
- * When we collect energy in the Lower Dantian, an increased awareness and sensitivity naturally occurs. Cultivating this ability requires the practice of paying attention to the physical body (training kinesthetic awareness). A high level of awareness of the physical body, the surrounding environment, and the relationship between the two, is required in order to maximize kinesthetic communication.
- * When physical awareness is increased, feeling and kinesthetic body movements happen naturally. These subtle senses allows us to feel, smell, or hear energetic phenomena as they are released from our imbalanced tissues.



Unity of the Three Minds Meditation



UNITY OF THE THREE MINDS MEDITATION

- Close your eyes and breathe deeply into your abdomen and feel your breath flow deeper and fuller.
- Connect with your Navel centre (the sacred womb) and feel the energy there.
- When the breath is full and deep, bring your awareness to your eyes.. relax your eyes , then turn your eyes inwards and down until it reaches your navel
- Feel the presence of the eyes in your Navel.
- Bring your awareness to your ears.. relax your ears.. then turn your ears inwards and down until it reaches your navel/sacred womb.
- Feel the presence of the ears in your Navel.
- Bring your awareness to your tongue .. relax your tongue .. then turn your tongue inwards and down until it reaches your navel.
- Feel the presence of the tongue in your Navel.

UNITY OF THE THREE MINDS MEDITATION

- Take a full and deep breath, bring your awareness to your brain, then feel the mind. Now, calm the mind.
- When the mind is calm, with your intent, command the mind to slowly join with the Navel.
- Feel the presence of the mind in the Navel.
- Now feel the warmth, acceptance, peace, feel how all is present.
- Bring your awareness to your heart.
- Feel your heartbeat and observe the emotions you are feeling.
- Now, listen to these emotions and assure yourself that it is okay to feel. It is safe now.
- When the heart is calm, with your intent, command the heart to flow down and then feel your heart merging with your navel/sacred womb.
- Feel the presence of the heart and mind in the navel centre.
- *Now, feel the warmth, feel acceptance, and feel peace as it is present, always

UNITY OF THE THREE MINDS MEDITATION

- NOTES FOR GROUP MEDITATIONS:
- Visualize a wave of Light emanating from your Soul Star chakra (20 cm above our head) connecting and flowing with the Soul Stars of the Trio.
- Go internally not externally to the deep core within, around the Navel which forms a strong connection between us with God / Source and the universe, while maintaining the dimensional link with all versions of reality and timelines with our soul's Unity of Being. Maintaining our connection with the Earth. See, feel, and hear the cleansing waves of light flowing over, through and connect with the Source Light on all of the six sides of the Earth.
- Give permission to allow the Trio's three soul stars to connect and unite for the purpose of manifesting the agreed intent.
- **State the intent to offer our pure continuous wave of God/Source light flow, via our Higher Self, and visualize bringing a swift end to suffering, trauma, pain and fear, transmuting them into Bliss, Contentment, Love and Security.**
- So Be it and So It Is!

UNITY OF THE THREE MINDS MEDITATION

○ NOTES FOR GROUP MEDITATIONS:

- **This can be a starting point of MINDFULNESS, FOCUS and MANIFESTING, then we begin any other chosen practice, meditations or astral states. It simply insures maintaining the solid connection with God/Source through us and the Earth in a safe loving environment without any external projections or interference.*
- *When Completed , return the 3 sense organs and 3 minds to their physical places, feel them energized, relaxed and in perfect health. Then open the eyes feeling Joy, Love and Gratitude with the certainty of the Manifestation of the set intents.*