

# God Conscious Meditation - Manual

Connects you Personally to God  
no matter what Faith you follow...

**OUT  
NOW!**



God Bless...  
Mystic Man..  
(Dennis Maguire)

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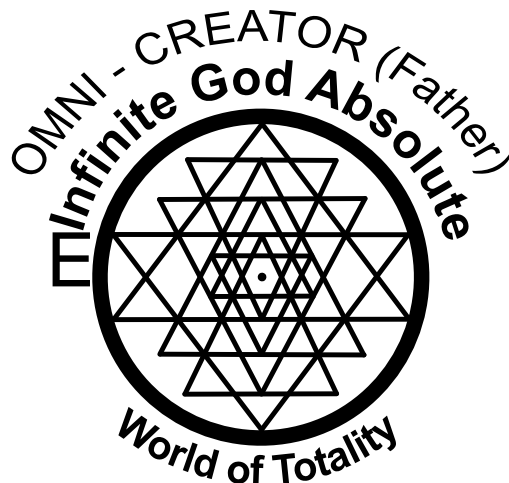
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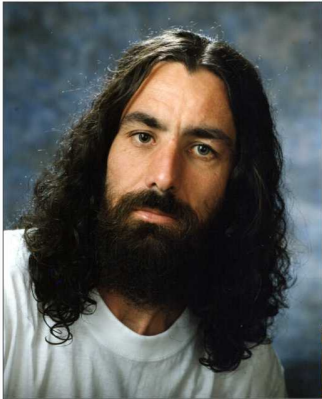
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# My Life as the Mystic Man...



Enlightenment 1992



Mystic Man 2012



Mystic Man Meditating

Being born on this Earth... was my Sacrifice to the World... to give Glory to God... so I may fulfil God's second Promise to Humanity...

I have been given the Honour by God... to share my teachings that God taught me, to the world... To Help prepare Humanity... for Heaven returning to Earth on Judgement Day... 21/04/2052

So all those who God deems worthy on Judgement Day... can receive Eternal Life... & be welcomed into the World of God...

While I also oversee the fulfilment of God's Divine Plan... for Humanities Spiritual Evolution...

God Bless  
Mystic Man...





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© 1993 Mystic Man  
(Dennis Maguire)

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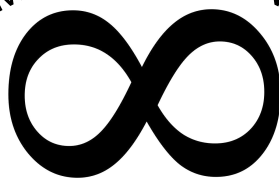
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OMNI - EXISTENCE



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OMNI - PRESENCE  
Universal God



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€€ ÌÈÈÖa [ ~^Á ^ÈÈP [ , Áãã/Á^\* ã ÈÈ  
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€G ÌÈÈÁ Á^·^·Á ÁQZÁBÁÁ Á^·ãã>ci fbYmcZ

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 GÌ ÈÈÖ[ à•Á^&^^æã { ]|^çãÁ nghjWGMìYÁ  
 9A -GG5FM5@@9; -5B79`GHM@9

GÌ ÈÈÈ; cXg: ]bU`8 YWYY""æÀÚcæ^Áì CE  
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 GÌ ÈÈD5 FH!( ""GHJ Y' , f5 LÈÖ[ ã•æ^ Úc |Á'  
 GÌ ÈÈD5 FH!( ""GHJ Y' - ÈÖ[ ã•æ^ Úc |Á'ÈÈ  
 GÌ ÈÈD5 FH!( ""GHJ Y' (\$ÈÖ[ ã•æ^ Úc |Á'ÈÈ  
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 GJÌ ÈÈ7 ca d`Yhcb/ Á[ ]\*!æ |æã }•ÈÈ

# 7 cbhYbhg! 7 \ Ufhg

€€JÈÈÁ cX`]b`tcHJ]mì!`Hf]b]mì7\ Ufh""  
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 €GHÈÈF Ujg]b[ `nci f`7 cbgV]ci gbYgg`tc`l b]hY`  
 k ]h `; cX`]b`h Y7 cga cg""  
 €G ÈÈÈ €Á]æ^èY [ ]|à•Á-ÁÖ[ àÁÖ[ ]•&ã`•}^••  
 €GHÈÈH Y7 ca a i b]Wjcb`K cf`X`cZ; cX""  
 €UÈÈÁV, à^!•æÁ àÁÁ-ÁÖ[ àÁÁçæ ]|^&çæÈÈÈ  
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 I bWèbX]hcbU`çj Y""  
 €Ì ÈÈÈÖ[ ç] àà\*Á[ `|^ÁÖ[ ]•&ã`•}^••ÁÁ@Á  
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 €Ì ÈÈÈÖ[ ]àÁV`àÁÁ[ ç&ç } ÁÁ ç^ } ÁÁ ÁÖ[ àÈÈÈ  
 €Ì ÈÈÈCj Yfj ]Yk `cZGmìYg""  
 €Ì ÈÈÈUç^|çã, Á-ÁÚc |Á'ÈÈÁ \ Ufh""  
 €Ì ÈÈÈGHJ Yg`%!&`Á ] ] ba YbhÈÁVá ^ÁÖ@çÈÈÈ

€Ì ÈÈ%tc`%&9Ì dYWYX`5 V] ]hYg""  
 €Ì ÈÈÈVæ\*^cãÀç^|Á-ÁÖã&ç ]ç^|çãÚc |Á'ÈÈÈ  
 €JÌ ÈÈÁ c`X`7 fcgg!`DfchVW]cb`W YW ""  
 FFJÈÈÖ[^æ\*à\*Á-Á@Á-ÁD`ng]WU`6 cX]Yg""  
 FÌ ÈÈ7 ca d`YhX`7 \ UfhÁ-ÁÖã&ç ]ç^|çãÚc |Á'ÈÈÈ  
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 GFJÈÈY @ } &, ]g`7 ca d`YhX` [ `|^Á^çÁ ÈÈÈ  
 Á GHUbX`VYZ`fY; cXÈÈà^|^Á`ghUfh]b[ `&  
 GGGÈÈJcfmì ""CE |æÓ|^æ\*^!ÁBÁ) !\* ã^!ÈÈÁ  
 GHEÈÈÁ cXg`8 YWYYVYZ`fYghU Yg` \$`tc`  
 ` , 6 ""Áæ^Á ]|^Á } à|^çã } ÁæÖ[ àçÁ  
 ]^~^•ç^|çã } Áç^|çãÁÁÁÁ^•cÀÚcæ^•Á  
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Ö[ àÁÖ|^••ÈÈÁ^•cÀÚc ç ÈÈÈ

; cX'7cbgW]ci g'A YX]hUh]cb

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; cX'7cbgW]ci g'  
A YX]hUh]cb3





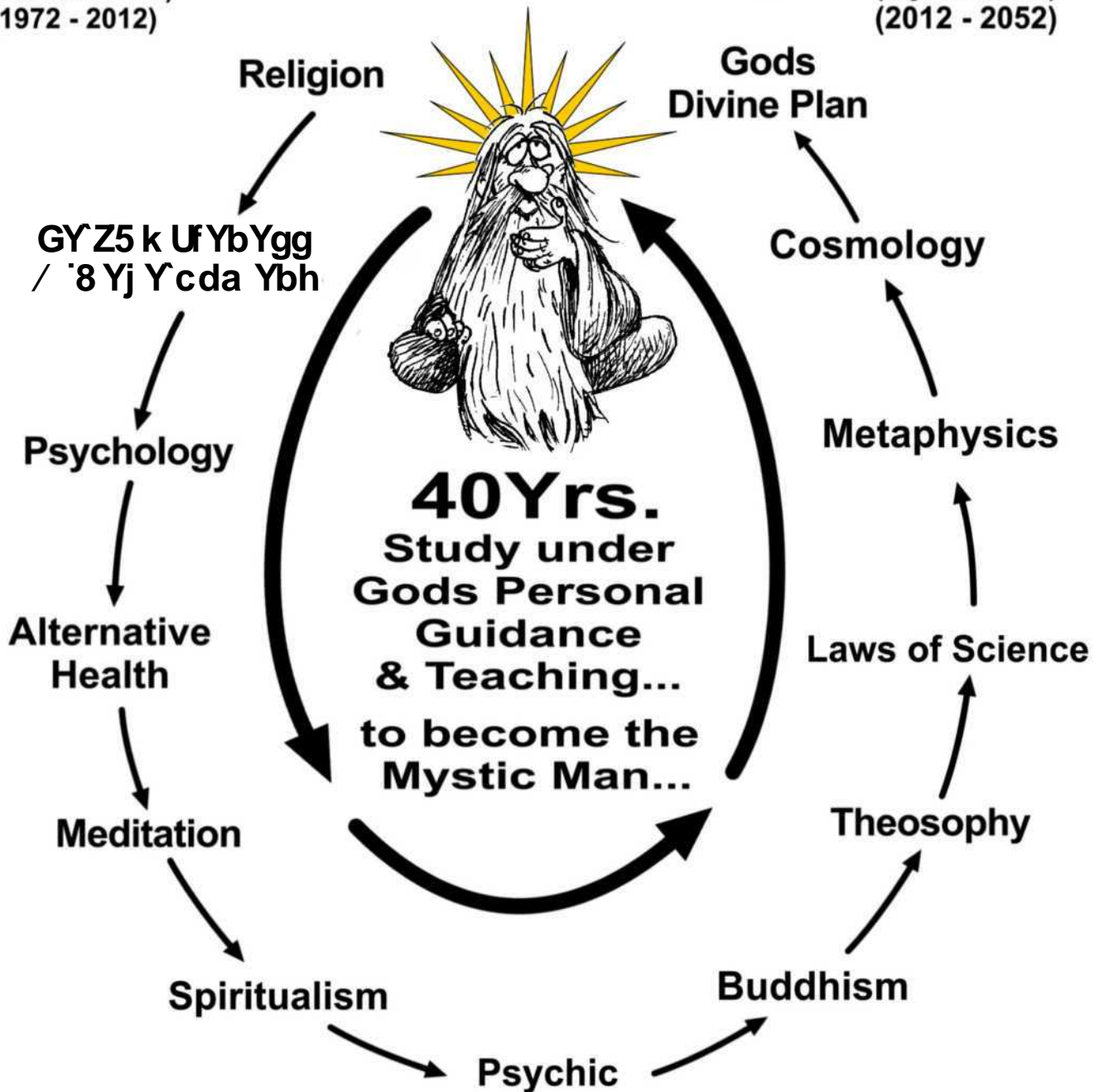


(Gods Student)  
(1972 - 2012)

# My 40Yr. Journey Discovering the Meaning of Life... & Gods Divine Plan...



(Mystic Man)  
(2012 - 2052)



## MY LEGACY

I am able to Explain, Show & Describe the Meaning of Life  
& Gods Secret Mysteries in simple detail for anyone... M.M.



; cX'7cbgV]ci g'A YX]hU]cb

≠bhcXi W]cb  
5'6f]YZ< ]ghcfmicZ  
A YX]hU]cb







; cX'7cbgV]ci g'A YX]hU]cb

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Á







; cX'7cbgW]ci g'A YX]hU]cb

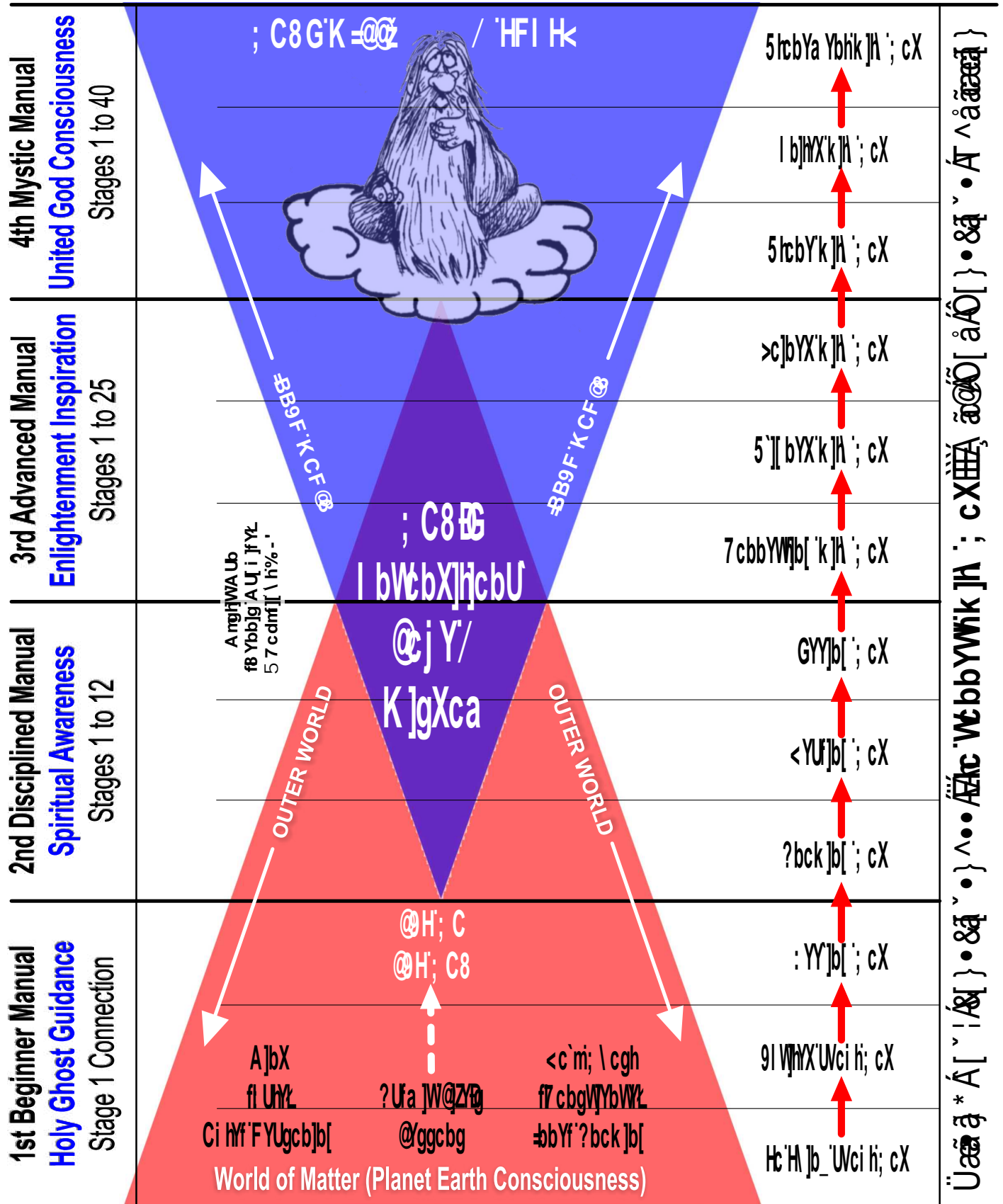
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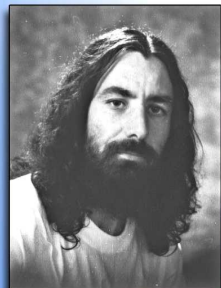
# <ck ; cX'7 cbgWci g'A YX]h]hcb'K cf\_g

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# God Conscious Meditation

Allows Access to God's 40 Plane/Worlds of Consciousness



(Gods Student)  
(1972 - 2012)  
(\$'MUFg)



(Mystic Man)  
(2012 - 2052)  
(\$'MUFg)

⊖Z]b]hY'; cX'5 Vgc`i hY  
⊖bYf'; cX'7 cbgW]ci gbYgg

fCa b]!JYfgYŁ  
Ca b]!7 fYUrcf'D`UbY#K cf`Xg



9hYfbU`Gd]f]hcZ; cX  
8 i U]mi; cX'7 cbgW]ci gbYgg

fA Y[ U]JYfgYŁ  
Ca b]!9I ]ghYbW'D`UbY#K cf`Xg

I b]j YfgU`Gd]f]hcZ; cX  
Ci hYf'; cX'7 cbgW]ci gbYgg

fA i `h]j YfgYŁ  
Ca b]!DfYgYbW'D`UbY#K cf`Xg

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⊖bYf'K cf'X'cZH YGd]f]hcZ; cX  
f] cX@]K]`/ `Hi h Ł

Gcb

8 i U]miK cf'X'cZH YGd]f]hcZ; cX  
f] cX@]@j Y/ `K ]gXca Ł

< c`mGd]f]h

Ci hYf'K cf'X'cZH YGd]f]hcZ; cX  
fA ]bX'cZ; cX'⊖hY`][ YbWŁ



; cX'7cbgV]ci g'A YX]h]cb

5'E i YghicZ@[ZY'UbX  
5'A mgh]W]'>ci fbYm  
cZ'bf][i Y''''  
Á







; cX'7cbgV]ci g'A YX]h]cb

H\Y'7ca a i b]W]h]cb  
K cf`X'cZ; cX''''  
Á







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& a e | ~ ^ | B A | | | E | a e c | A ^ S a A q A . . [ ] . E A @ A a a @ A a e ^ A A ^ E a ~ c a \* A a d | A A A a a a \* A | | A  
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^ } h ^ a a | A @ A O | a A c ^ a a A @ A U ^ & ^ c B A T ^ . c | a . A ^ S a A E A U | ^ | c ^ . E O | a B A @ A U | a a Y | | a A  
| - A O | a E O A @ A | a a A e A A | , A ^ | A a } [ , | a ^ a \* A O | a A A ^ | S a A E A | a \* A } ^ & c a A A O | a A  
a A @ A ^ a a c @ | ~ \* @ S | c ^ A B A a a \* A . } a a a A ^ O | a q A | a a a A | ^ c B A Y a a { A @ | ^ c ^ | A ^ A ^ a A  
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Y A A q | A a [ A a a E O | ~ \* @ O | a A O | } . & a ~ . A ^ a a a a } E a c a ^ | S a A c a & c a \* a E A V c a A ^ A  
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c a a E S a A A ^ | E a @ A V a ^ | . ^ A B A O | a E

) "H Y7 ca a i b]WU]cb'8]U] fUa "  
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DfUmYfdU] ^ a a \* A a a A YX]H]cb'dS a c } a \*  
DfUmYf#A YX]H]cb'7 ca a i b]WU]cb'GYhi d.  
; cXAV] a ^ . a A ] a a E H Y G c i ^ A V @ A Q a ^ A | - D E G d | f | h A ] b X A P a @ | A U | - D E A c ^ m a \ c g h a e A  
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A c V ] Y D \ c b Y A ca a i b]WU]cb'GYhi d.  
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Ci f'AcV]YD\ cbY.A' . a e A c ^ A c ^ a a ^ a c ^ A ^ | A Q } ^ A A A ^ a } ^ a A | A A | { { ~ } a a a } E A a a A  
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Ci f'6fU]b'fH YD\ ng]WU'GYZcf'A]bXL A U ^ a a . A | A S | \* a E c a e E A ^ | [ | a . E E & E A c a A a a ^ a A  
+ | { S a A q A c ^ | ^ a e A c | ^ a } & . E C i f'6fU]b' A c ^ A a e | a e A | | ^ . ^ } . A c ^ A U @ . a a A U | - E

Ci f'Gd]f]h A ^ | A U ] a a a a A c ^ | [ ] a \* A U | E A A | a \* A U ] a a a a A c | ~ \* @ U | a e | A a a A ^ a a a a } E A A  
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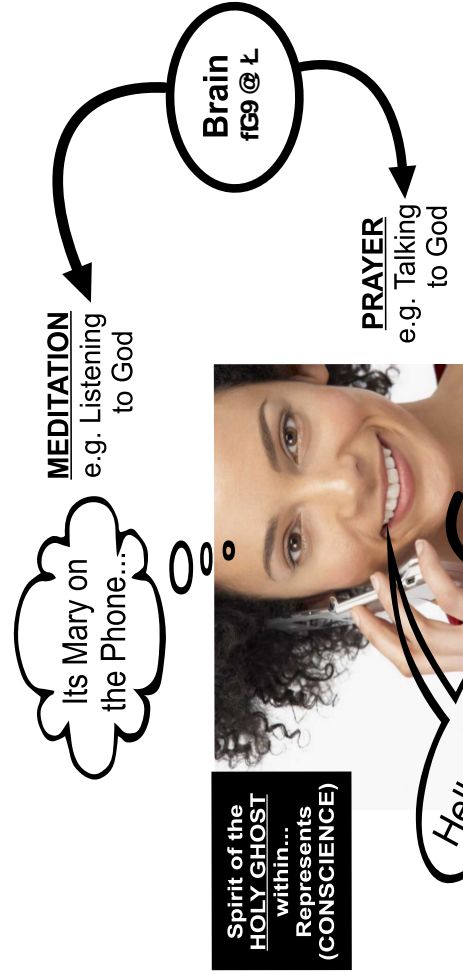
Ci f'Gci' . A ^ a a . A O | a q A O | } . & a ~ . } . ^ . . A ^ O | a q A U ] a a a a A | ^ c B A Y a a { A a | | ^ a A a a A | { A  
c @ A V ] a ^ . a A ] a a A ^ O | a E V @ A ^ & ^ a A O | a A A | | ^ . ^ } c a A a a A c ^ } d ^ A A @ A U | ^ | E C i f'  
Gci' A A c ^ A a e | a e A | | ^ . ^ } . A c ^ A U ] a e A U a e | a e A A } a e A A @ A a \ A A c ^ ^ } A O | a E U | ^ | & A A  
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^ c | ^ a } & . A A c ^ A U @ . a a A [ | a E A ] a A a a a \* A c ^ | A c ^ A A A | | ^ A | S a A c a e b . c ^ c a a \* A A A  
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: cX7 cbgMci g'A YXJhJcb. 'H Y'Dck Yf' cZ7 ca a i bJWJcb'!

fD 'I "Gja 'JufJYg'cZci f'AcV'Y'DI cbYBYk cf\_L

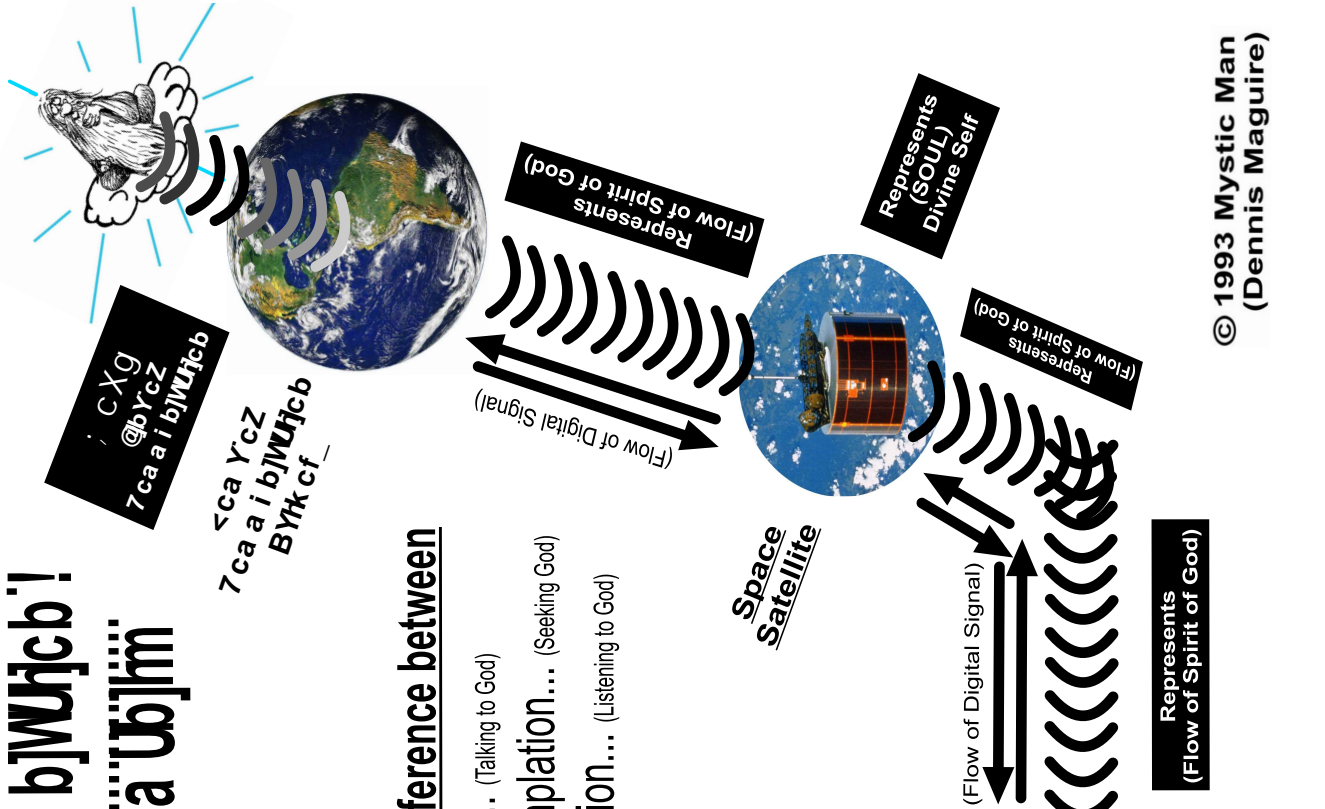
'VYk'Yyb; cX/ <i a UbJm



**MEDITATION**  
e.g. Listening to God

The difference between

- Prayer... (Talking to God)
- Contemplation... (Seeking God)
- Meditation... (Listening to God)



Please Note:  
The workings of Our Outer World of Humanity... are a reflection of the workings of Inner World of God.

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The same as we talk to other people on the Telephone, so it is that Prayer and Meditation is our Telephone to God.







; cX'7cbgV]ci g'A YX]hU]cb

A UbrnGhUhYg'cZ  
=bgd]fUh]cbU`5k UfYbYgg











; cX'7cbgWci g'A YX]huh]cb

H\Y'8ccfk Umhc  
h\Y'Gci `@  
7cbgWci' gbYgg'''  
Á







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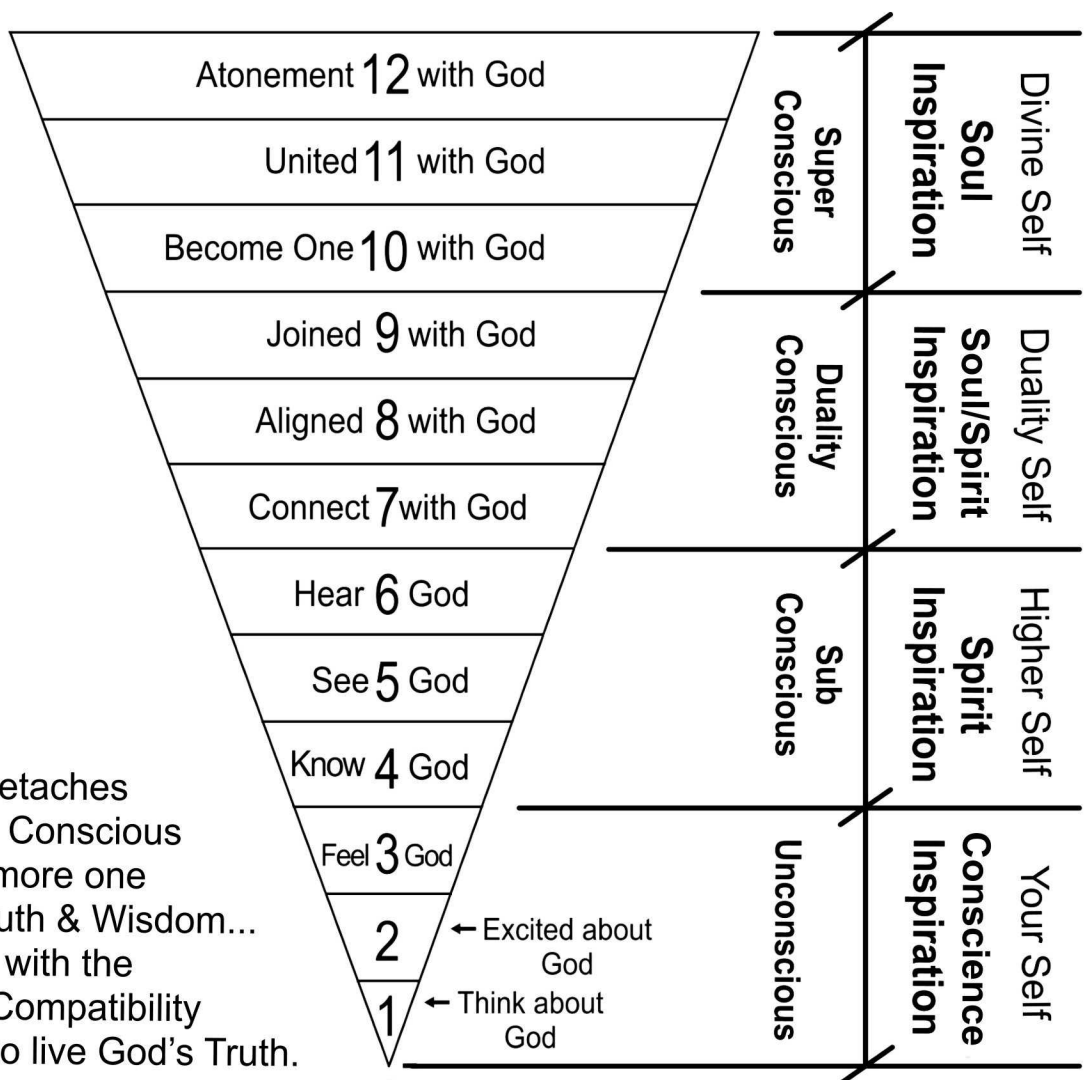
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# The Door way to the Soul's Consciousness and the Universal Mind of God.

- Plus:  
The 5 paths  
to reach  
Self-Mastery
- 5th The Master's path
  - 4th Initiate Master's path
  - 3rd Disciple Master's path
  - 2nd Probationary Master's path
  - 1st Spiritual Seeker's path



The more one detaches from self in God Conscious Meditation, the more one attains God's Truth & Wisdom... when combined with the Cosmic Law of Compatibility due to learning to live God's Truth.



**The Self**  
(Body, Brain & Mind)

© 1993 Mystic Man  
(Dennis Maguire)



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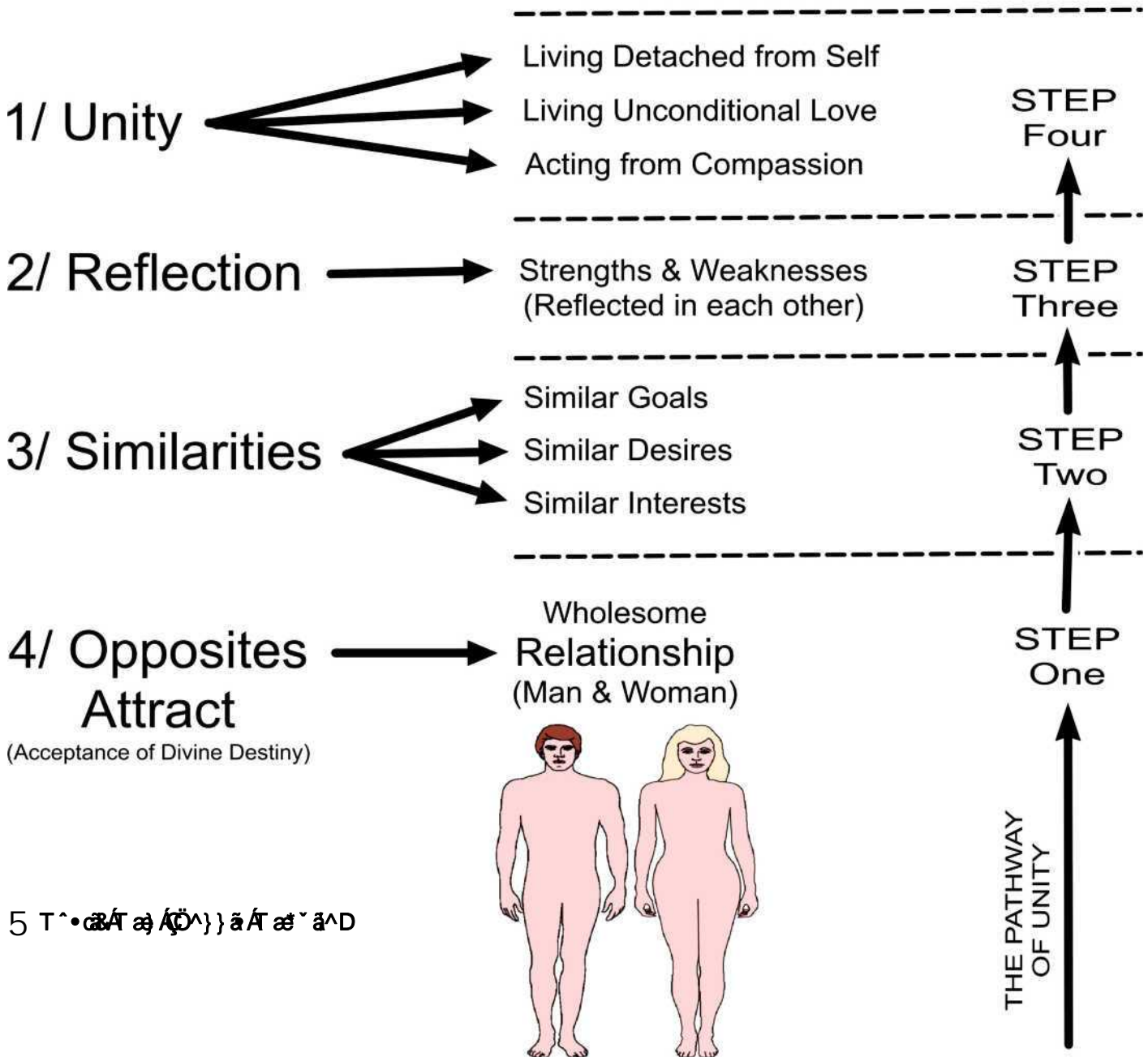
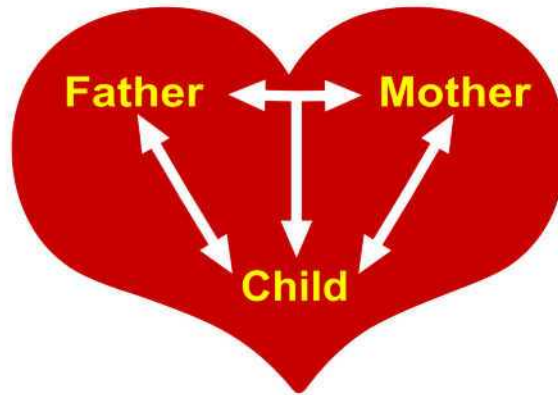
# The Cosmic Law of Unconditional Love

(To Accept Your Journey of Family Life)

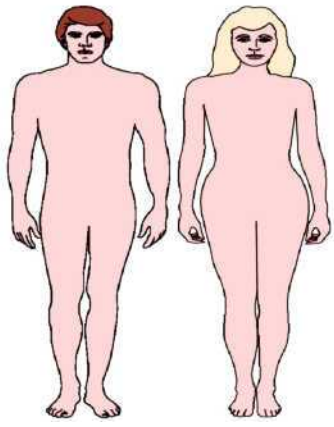
TO LEARN: To Give Love - Receive Love - Become Love

## The Cycle of Life

(Destiny's Secret)



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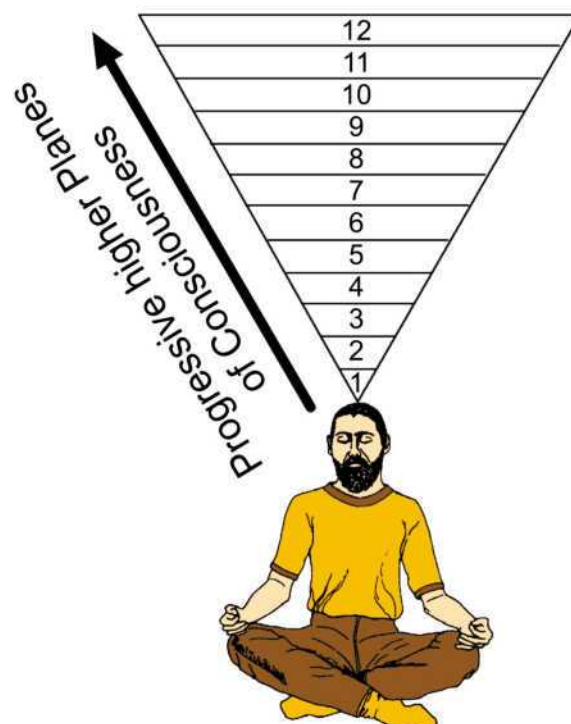
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# Higher Consciousness & the Cosmic Compatibility Law

- 1/ Each time you enter a higher level of consciousness as a result of Meditation, it is because you have grown spiritually within yourself.
- 2/ It is impossible to enter a new level of consciousness until you have completed the previous or existing level of consciousness.
- 3/ All planes of Higher Consciousness have the Cosmic Compatibility Law incorporated in them, a set percentage requirement that each individual must achieve. If their Being does not meet the percentage required, then the individual will stay in the previous plane or dimensional level, until their learning of that level is complete.
- 4/ The Compatibility process can only be achieved through (Like attracts Like) the Cosmic Law of Compatibility and no other process. The Cosmic Compatibility Law is a Divine Law of God that both Humanity & other Beings are bound to, as also all planes of consciousness.
- 5/ Once we spiritually become compatible to enter a Higher level of consciousness, we find we have to apply a new level of protection. Each level has its own type of protection to be applied. **APPLY THE WRONG PROTECTION to the WRONG PLANE** and it will not work. This will eventually lead you to a lack of FAITH, confusion, anxiety and hopelessness.
- 6/ **WHENEVER YOU GO INTO MEDITATION** you must put in place each previous level of protection or the lower levels **WILL NOT BE PROTECTED**. e.g. (If you have achieved seven levels of Higher Consciousness you must, at the beginning of your meditation, use the required seven levels of protection otherwise any Truth you receive in meditation will be a false-Truth, gained as an illusion of the Truth.)



The more one detaches from self in Meditation, the more one attains God's Truth & Wisdom... when combined with the Cosmic Law of Compatibility.

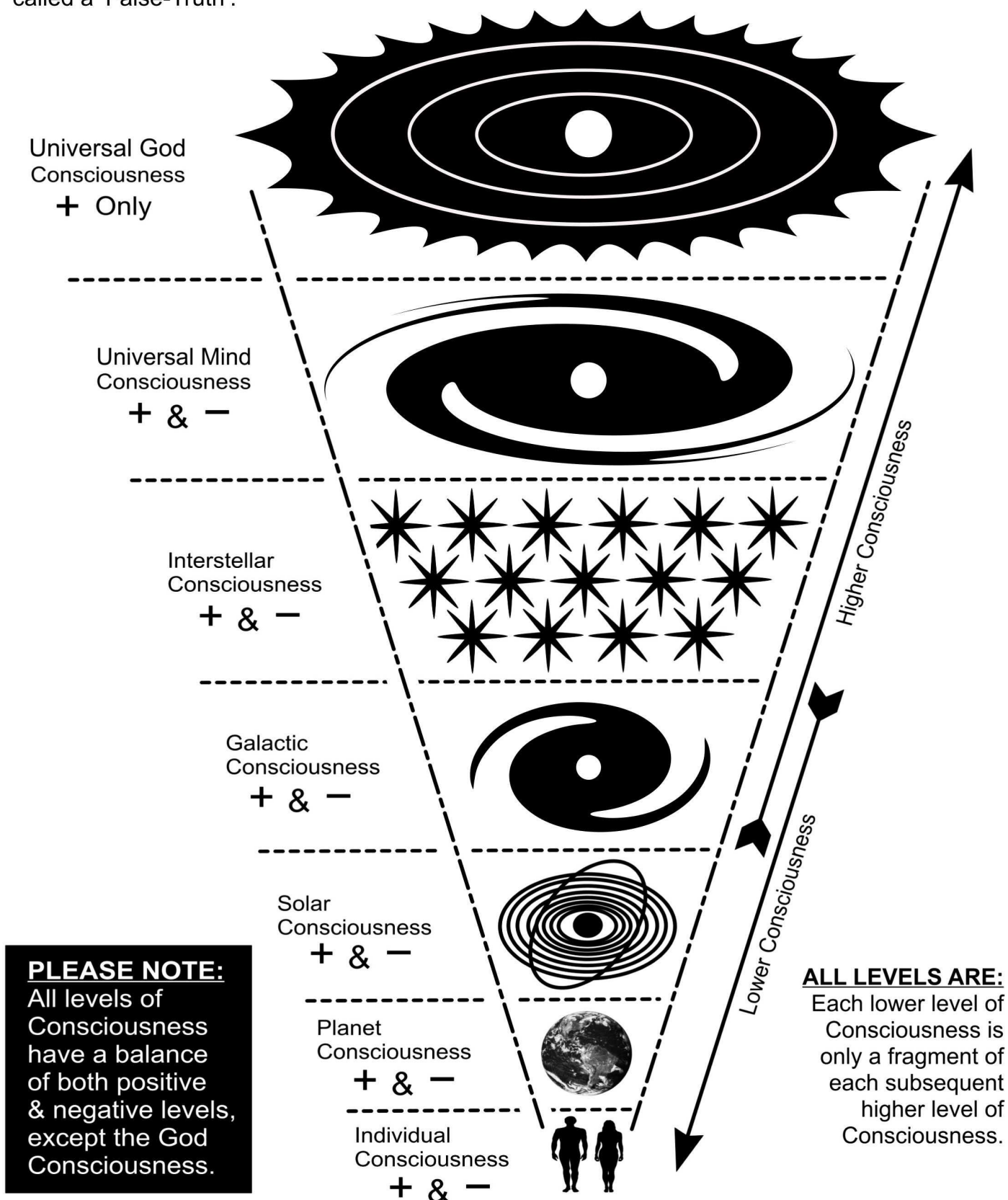
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# Expanding Your Consciousness into the Universe & Beyond.

There are many States of Consciousness ranging from God Consciousness right down to an individual's Consciousness. All Consciousness can be accessed within God Conscious Meditation but it all depends on the individual's Spiritual growth with which state of Consciousness they are in harmony & in tune, when Meditating. All states of Consciousness consist of both negative & positive energies, therefore you must protect yourself against each attained level of Inspirational Wisdom otherwise the inspiration you may receive might be an illusion of Truth called a 'False-Truth'.



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# BASIC PRINCIPLES



## Basic Principles

- 1/ The most important principle while Meditating, is to have your thumb and first finger touching while in Meditation. The reason for this, is to help you to detach from Self and Seek direction while Meditating.
- 2/ Whether you Meditate Asian style cross-legged on the floor or sit in a chair Egyptian style. You must have a straight back to enable the Kundalini to flow unobstructed.
- 3/ Last of all, if Meditating Egyptian style, sitting in a chair, your legs must be uncrossed and feet touching the floor.



# God Conscious Meditation

\* Adapted from previous Ancient Basic Meditation Postures - with Gods Blessing...

## There are 3 Rules... - Decreed by God

**1/ The Hand positions are important...** e.g. Palms up & Thumb & First finger touching... enabling Direction, Detachment & Let Go... Let God...

**2/ Sit with Straight Back, close Eyes & let your thoughts float away...** e.g. Straight Back helps energy flow... or your experience will be minimal... & No Lying Down or you will **only** be astral dreaming...



Right Hand Position



Left Hand Position



\* Old Asian Meditation Posture



New Western Meditation Posture



Side Sitting Posture



\* Old Egyptian Posture

**3/ You must Protect yourself... A Simple protection to begin with is...** just simply ask God to protect you while in Meditation... **& it will be so...** if you do not protect yourself it will be an Astral illusion... e.g. (False Truths...) This is **Decreed by God... God Bless... Mystic Man...**

**Meditation - Minimum 15 to 20mins. - Maximum 30mins. to 1 Hour**



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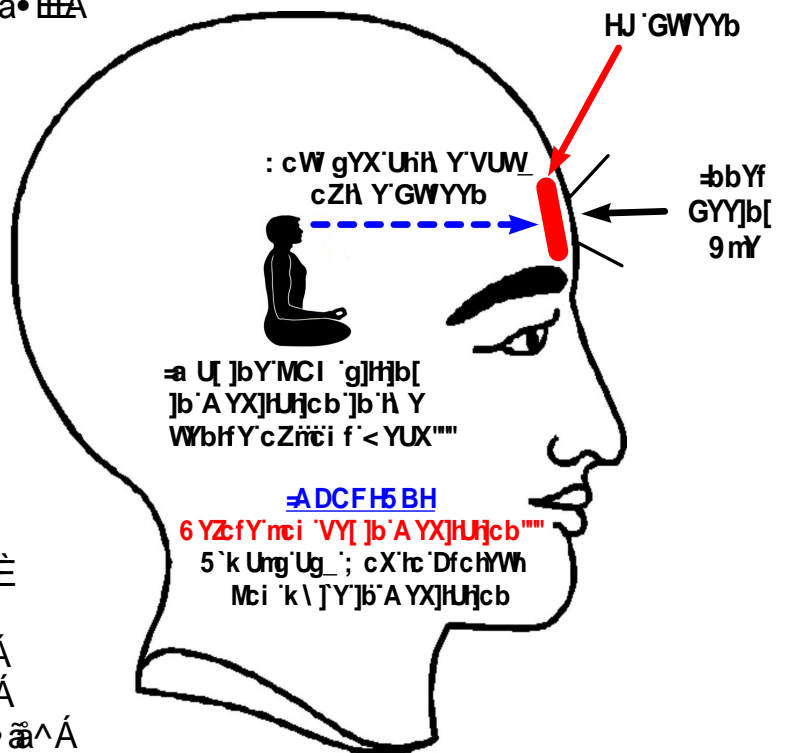
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# GhUbxUfX`Ghm`Y

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≠bgd]f U]h]cb

## GhUbxUfX`Ghm`Y

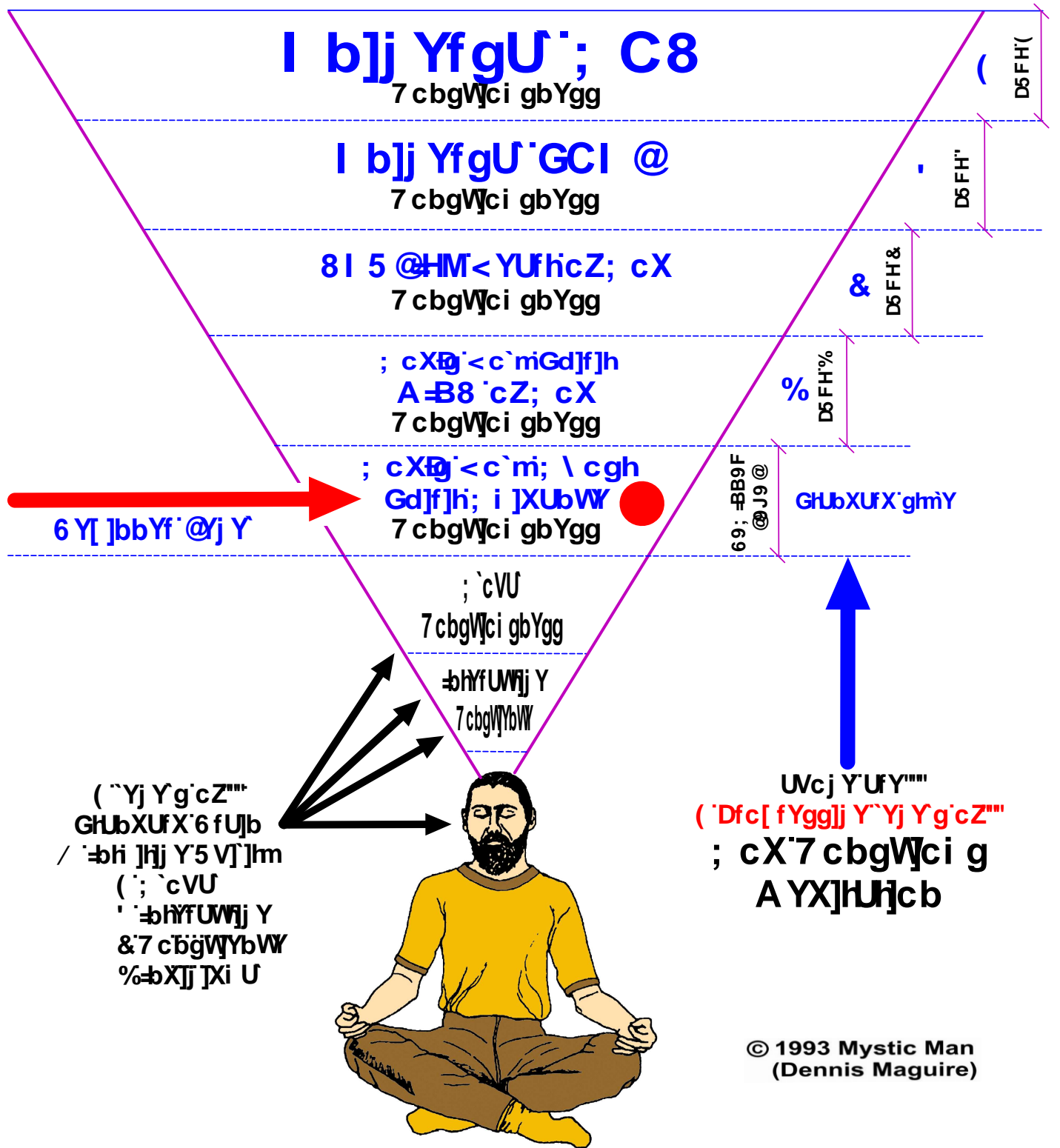
; cX![ ]j Yb`Hi VY`DfchYV]cb

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# God Conscious Meditation

**GhUbXUfX'GhmY**  
**fHf]U' / '6 Y[ ]bbYf'GhmYŁ**

**7 cbbYWYX' < c`m; \ cgh7 cbgW]ci gbYgg**



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; cX'7cbgW]ci g'A YX]h]h]cb

**GhUbXUfX'Ghm`Y''''/`GhU[ Y'%**

k ]h `; cX'[ ]j Yb'; c`X'Hi VY'DfchYW]cb

; cX#Gci `#Gd]f]h`bgd]fU]cb



**GH5 B8 5 F 8**  
fGhm`YL'



**UbX**  
**GhU[ Y'%**

; cX![ ]j Yb`Hi VY'DfchYW]cb

F U]g]b[ `næi f'7 cbgW]ci gbYgg'hc

U][ b`næi f''''Gci `#< YUfh#Gd]f]h

k ]h\ `; cX'7cbgW]ci gbYgg''''

; cX'7cbgW]ci g'A YX]h]cb

**GH5 B8 5 F 8 'GHM@**

; cX![ ]j Yb 'Hi VY'DfchYW]cb,

a i ghUgc ]bWi XY'h Y  
DfYj ]ci g'6 Ug]Wdf]bW]d`Yg



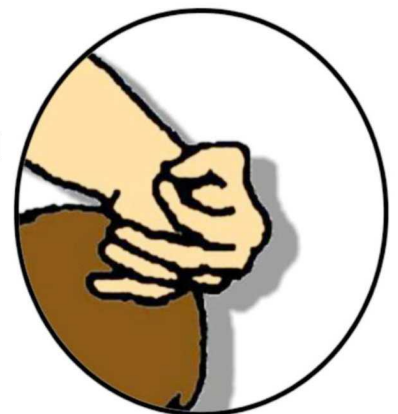
F U]g]b[ 'mci f'7 cbgW]ci gbYgg  
hc `VY[ ]b 'U][ b]b[ 'k ]h` ""  
; cX""Gci `#< YUfh#Gd]f]h

# BASIC PRINCIPLES



## Basic Principles

- 1/ The most important principle while Meditating, is to have your thumb and first finger touching while in Meditation. The reason for this, is to help you to detach from Self and Seek direction while Meditating.
- 2/ Whether you Meditate Asian style cross-legged on the floor or sit in a chair Egyptian style. You must have a straight back to enable the Kundalini to flow unobstructed.
- 3/ Last of all, if Meditating Egyptian style, sitting in a chair, your legs must be uncrossed and feet touching the floor.



# God Conscious Meditation

\* Adapted from previous Ancient Basic Meditation Postures - with Gods Blessing...

## There are 3 Rules... - Decreed by God

**1/ The Hand positions are important...** e.g. Palms up & Thumb & First finger touching... enabling Direction, Detachment & Let Go... Let God...

**2/ Sit with Straight Back, close Eyes & let your thoughts float away...** e.g. Straight Back helps energy flow... or your experience will be minimal... & No Lying Down or you will **only** be astral dreaming...



Right Hand Position



Left Hand Position



\* Old Asian Meditation Posture



New Western Meditation Posture



Side Sitting Posture



\* Old Egyptian Posture

**3/ You must Protect yourself... A Simple protection to begin with is...** just simply ask God to protect you while in Meditation... **& it will be so...** if you do not protect yourself it will be an Astral illusion... e.g. (False Truths...) This is **Decreed by God... God Bless... Mystic Man...**

**Meditation - Minimum 15 to 20mins. - Maximum 30mins. to 1 Hour**

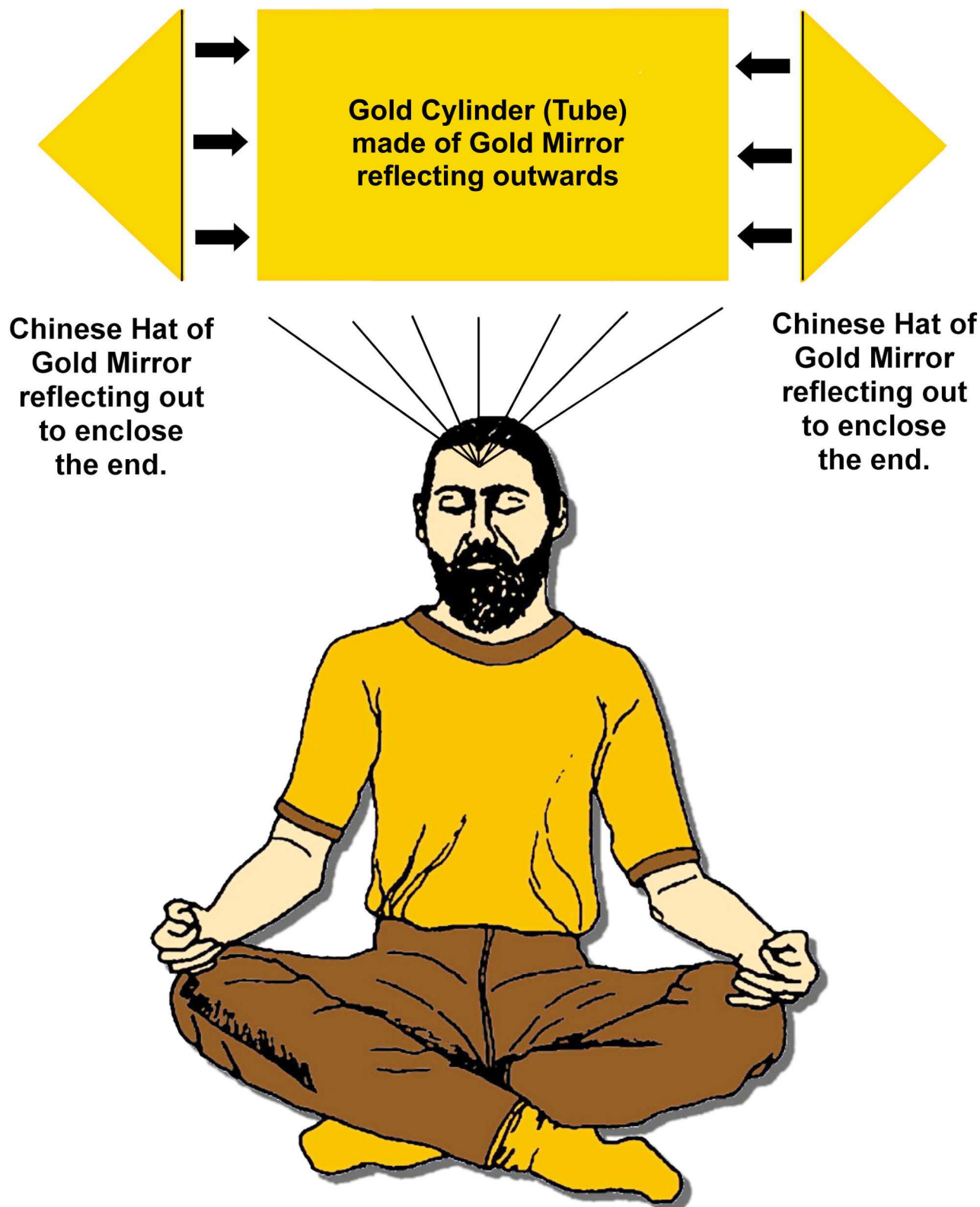
# STANDARD - Meditation Style

The Protection of Unconditional Love



**Gold Cylinder (Tube)  
made of Gold Mirror  
reflecting outwards**

# STANDARD - Meditation Style

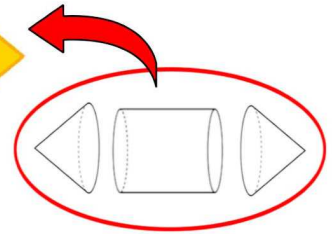


- 1 Close your eyes & imagine with your mind's eye (Third Eye) that you create a Gold Cylinder made of reflective mirror (reflecting outwards)
- 2 Then create two Chinese Hats also of Gold reflecting mirror & attach to each end, to seal ends.



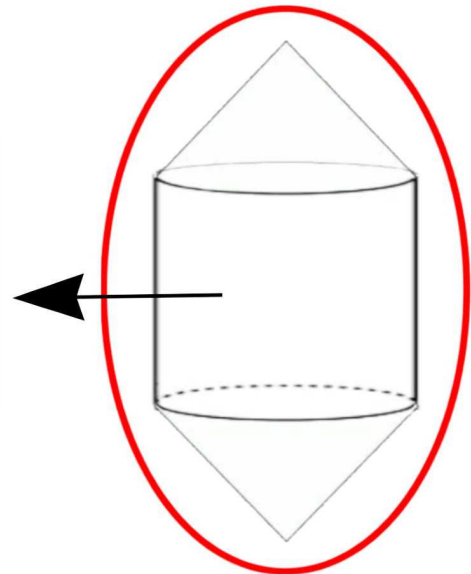
# STANDARD - Meditation Style

3 Flip the enclosed cyclinder down into a vertical position.



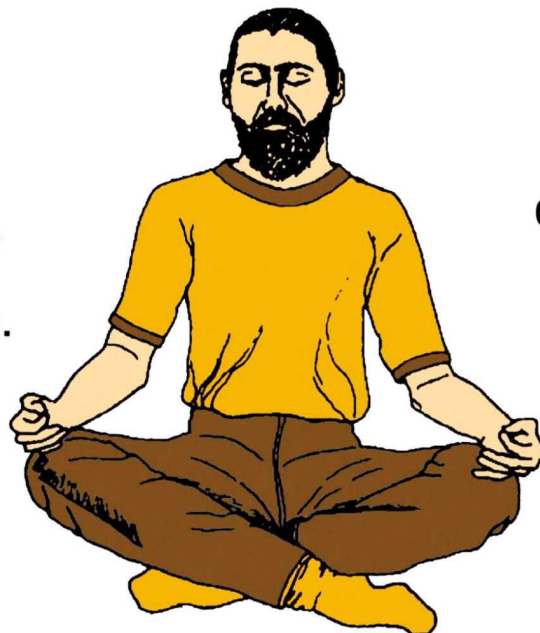
3 Dimensional open eg.

4 Gradually expand the cyclinder (Tube) at the same time drawing it down over your self, until the Gold mirrored cyclinder is 1 metre out & around in all directions.



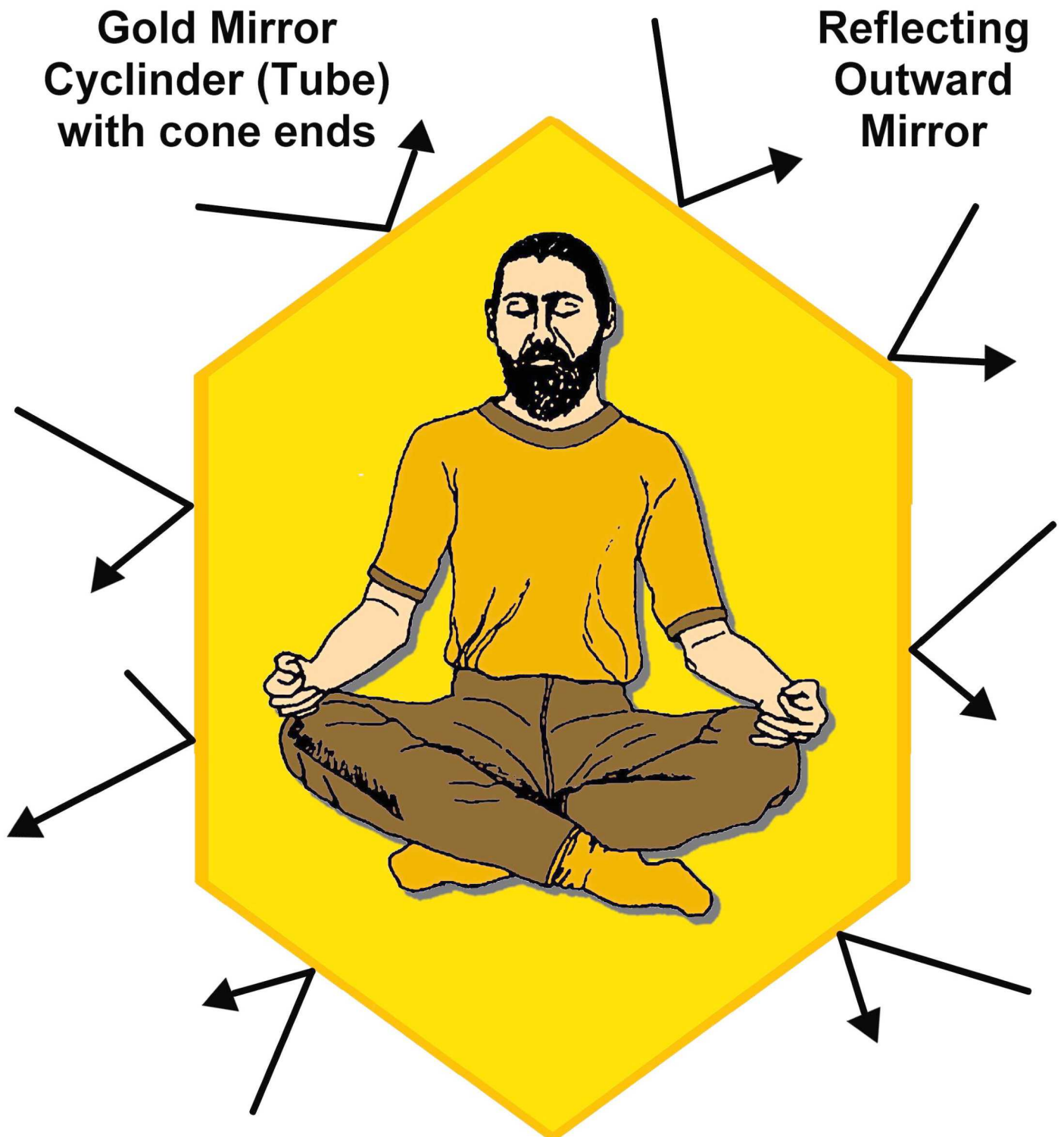
3 Dimensional example enclosed Tube.

5 Expand the Tube as you bring it down & over you.



6 Make sure there is 1 metre clearance between you & the Tube all around you.

# STANDARD - Meditation Style



Gold Mirror  
Cylinder (Tube)  
with cone ends

Reflecting  
Outward  
Mirror

Cylinder walls  
5 cm thick

1 Metre clearance  
between body &  
walls

; cX'7cbgVci g'A YX]huh]cb

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fGhm`YŁ

<ck `hc `A YX]huhY  
k ]h\ `h\Y'6Lg]M'Df]bV]dYg/  
; cX\_[ ]j Yb'Hi VY  
DfchYV]cb''''''







; cX'7cbgW]ci g'A YX]h]cb



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fHf]U' / '6 Y[ ]bbYf'A YX]hU]cbL' / 'GHU[ Y'%  
; cX!'5 b[ Y' / 'GU]bh; i ]XUbW  
7 cbgW]ci gbYgg'; i ]XUbW!'DU[ Y)(

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**DUf h%**

GHU[ Yg'%%&fGd]f]hi U'5 k UfYbYggL  
; cX!'H\ Y'8 ]j ]bY'Gci `#Gd]f]h5`][ ba Ybh  
7 cbgW]ci gbYgg'5 k UfYbYgg!'DU[ Y,'

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**DUf h&**

GHU[ Yg'% !&) 'f0 b`][ \ hYba Ybh=bgd]fU]cbL  
; cX!'Gi dfYa Y'Gci `#< YUfhcZ; cX#Gd]f]h5`][ ba Ybh  
7 cbgW]ci gbYgg'9 b`][ \ hYba Ybh!'DU[ Y%-

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**DUf h'**

GHU[ Yg'&\* '! , f6 L'fA mgh]W!'5 hcbYa Ybhik ]h `; cXL  
; cX!'I b]j YfgU'Gci ``7 cbgW]ci gbYgg  
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**DUf h(**

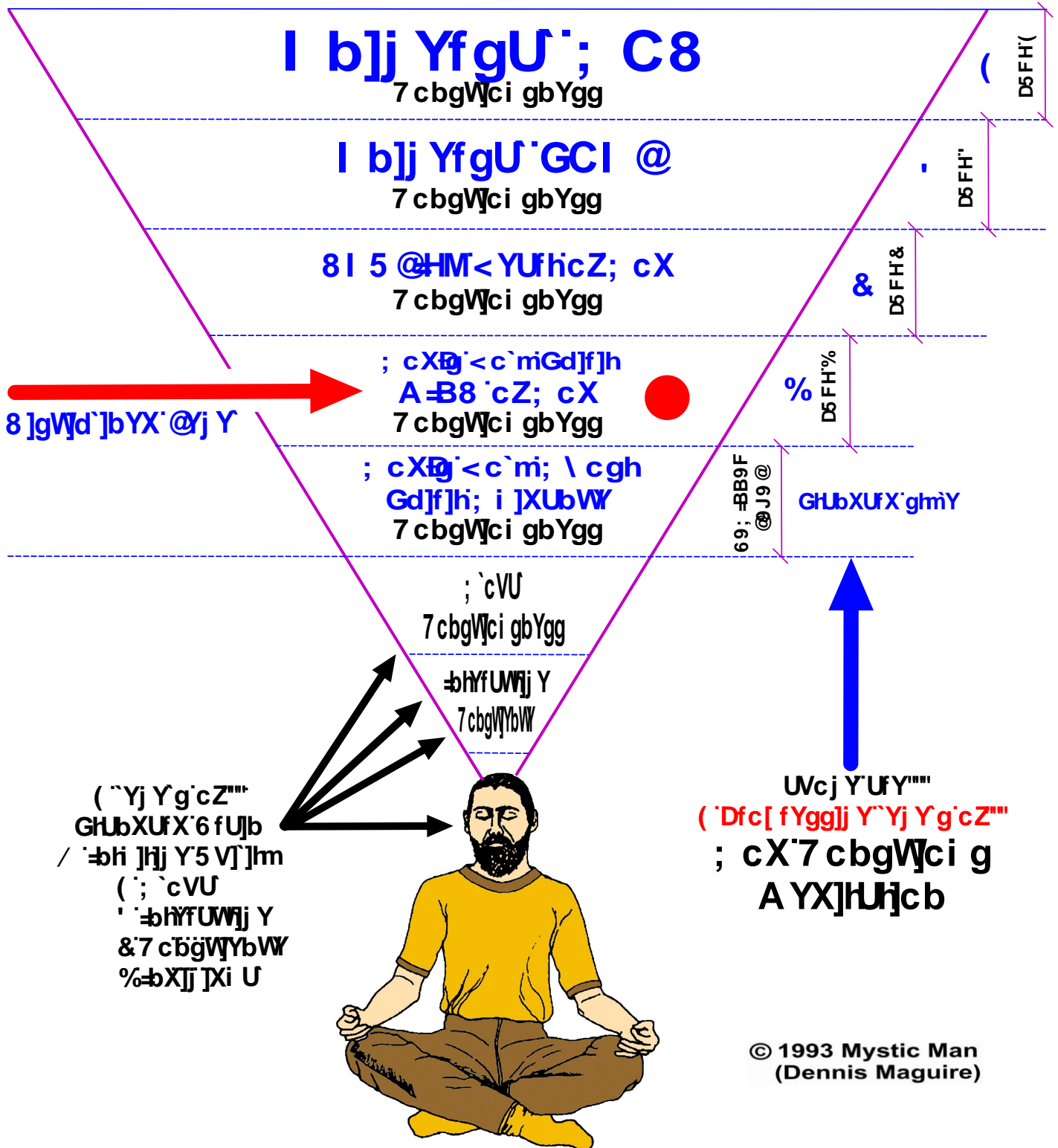
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; cX'7 cbgW]ci gbYgg'I b]mi!'DU[ Y&+)

# God Conscious Meditation

**BYI h!`D5 FH`%**

fB ]gWjd`]bYX`Gm`YŁ

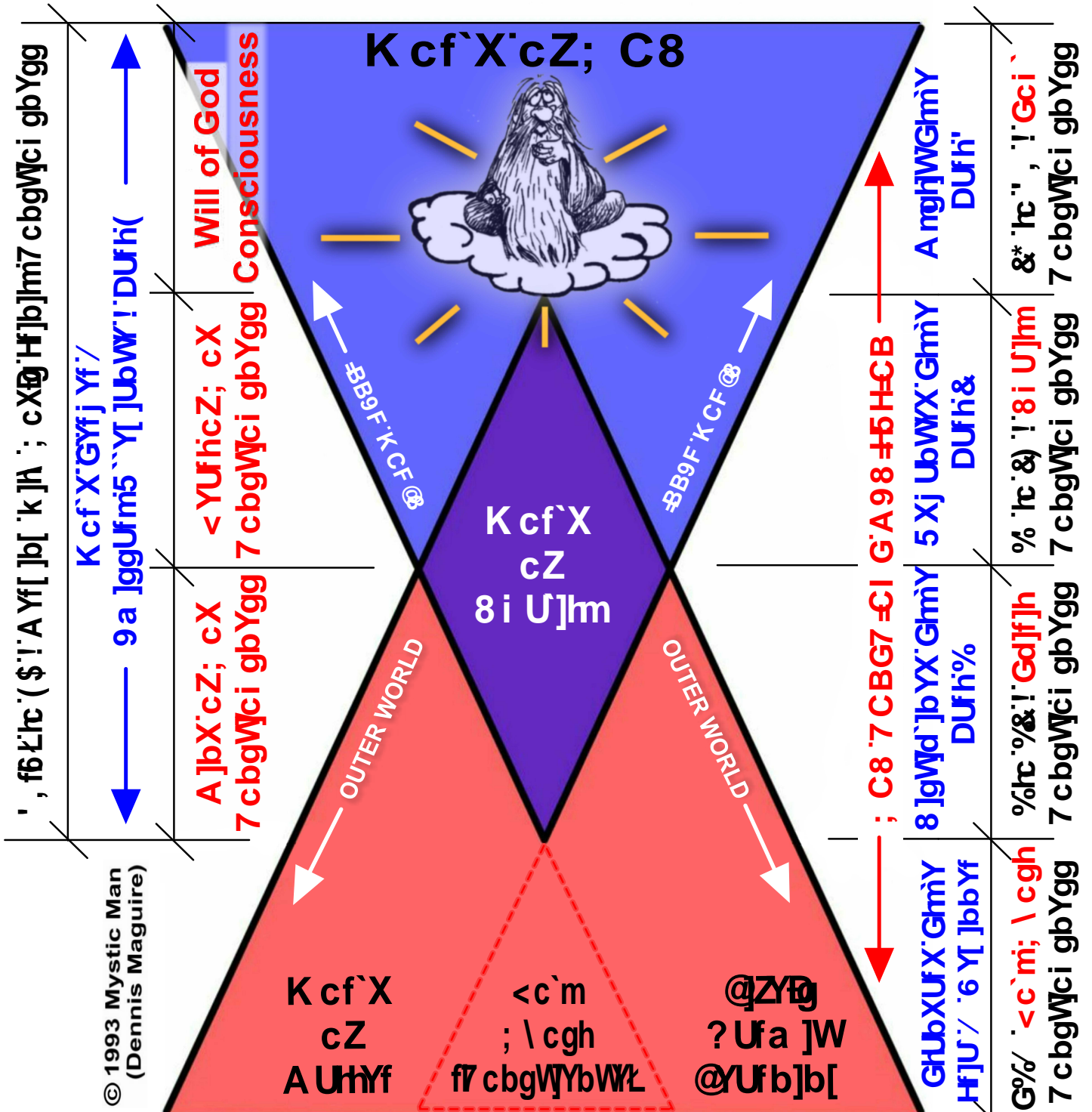
**5`][ bYX` < c`mGd]f]h7 cbgW]ci gbYgg**





# C8'7cbgWci g'A YX|h|cb

6 Y[ ]bbYf' GHUbXUfX'GmY!'; cX#5 b[ Y#GU]bh# i ]XUbW''''h fci [ \ '<c`m; \ cgh''''  
 DUfh%' 8 ]gWd`]bYX'GmY!'; cX=#gd]fU]cb#Gd]f]h5`][ bYX'k ]h '<c`mGd]f]h''''  
 DUfh&' 5 Xj UbWX'GmY!'; cX=#gd]fU]cb#Gd]f]h| b]hYX'k ]h '<YUfhcZ; cX''''  
 DUfh' ' A ngh]WGmY!'; cX=#gd]fU]cb#Gd]f]h| b]hYX'k ]h 'Gci`/` ; cX''''  
 DUfh(' K cf`X'GYfj Yf/` '9a ]ggUfm5`''Y[ ]UbW'!'; C8'7cbgWci g'l b]m''''



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**H Y: c`ck ]b[ ""**  
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**Dfc[ fYgg]j Y'GHU Yg/  
5` ][ ba` Ybly""**

**< Uj Y'gYh'A ]b]a i a  
hja Y`]a ]hg""  
]b`k \ ]W`lc  
Wca d`YhY'YUW`ghU Y""**

**VYZcfY'nci`WUb  
a cj Y'cb`lc`h Y  
bYl hghU Y""**

**Cb`ma cj Y'i d`h fci [ \ `h Y'ghU Yg  
nci`UfY`Wca ZcfhUV`Y`k ]h ""**

**D@5G9`BCH9.**

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VYZcfY'nci 'YbhYf'U'BYk '@j Y"  
fGYh]a Yg'UfYA]b]a i a 'CB@fŁ



**BYI h**  
**Dfc [ fYgg]j Y'H]a YhUV`Y''''**

Each successive method of Alignment **MUST** be Practised for the set times below, as a Minimum Requirement before

**PLEASE NOTE:** After you have completed the required practised time for each Alignment. You will be required to test your self with the **GOLD CROSS Protection**.

**GOOD STRENGTH PROTECTION:** The Gold Cross **DOES NOT** waver, shimmer or Disappear.

**BAD WEAK PROTECTION:** The Gold Cross **DOES** waver, shimmer or Disappears.

|                         |                                |                     |
|-------------------------|--------------------------------|---------------------|
| STAGE ONE.....          | NOW use Gold Cross Protection  | 12 Months (minimum) |
| STAGE TWO.....          | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE THREE.....        | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE FOUR.....         | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE FIVE.....         | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE SIX.....          | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE SEVEN.....        | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE EIGHT.....        | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE NINE.....         | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE TEN.....          | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE ELEVEN.....       | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE TWELVE.....       | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE THIRTEEN.....     | NOW use Gold Cross Protection  | 6 Months (minimum)  |
| STAGE FOURTEEN.....     | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE FIFTEEN.....      | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE SIXTEEN.....      | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE SEVENTEEN.....    | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE EIGHTEEN.....     | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE NINETEEN.....     | NOW use Gold Cross Protection  | 6 Months (minimum)  |
| STAGE TWENTY.....       | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE TWENTY ONE.....   | NOW use Gold Cross Protection. | 6 Months (minimum)  |
| STAGE TWENTY TWO.....   | NOW use Gold Cross Protection. | 3 Months (minimum)  |
| STAGE TWENTY THREE..... | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE TWENTY FOUR.....  | NOW use Gold Cross Protection. | 6 Months (minimum)  |
| STAGE TWENTY FIVE.....  | NOW use Gold Cross Protection. | 3 Months (minimum)  |
| STAGE TWENTY SIX.....   | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE TWENTY SEVEN..... | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE TWENTY EIGHT..... | NOW use Gold Cross Protection  | 3 Months (minimum)  |
| STAGE TWENTY NINE.....  | NOW use Gold Cross Protection  | 3 Months (minimum)  |

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fGd]f]h U`5 k Uf Yb YggŁ

8 ]gW]d`]b YX` Ghm`Y

F U]g]b[ `h Y`7 cbgW]ci g`GY`Zhc`UrhU]b  
; cX`!`H Y`8 ]j ]bY`Gci`/ `Gd]f]h  
7 cbgW]ci gbYgg  
5`][ ba Ybhg

GhU[ Yg  
%`hc`%&

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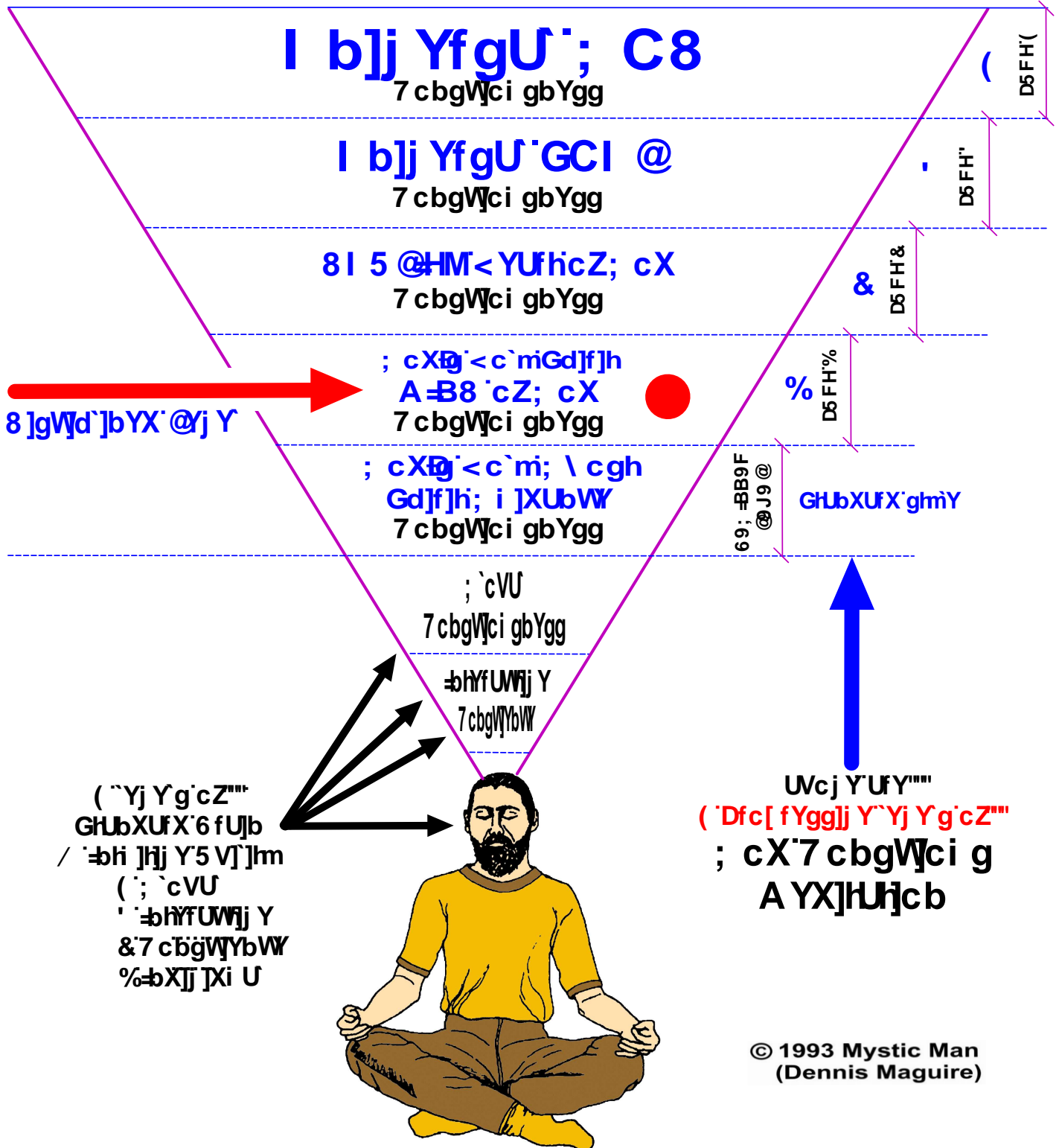
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# God Conscious Meditation

D5'FH%

fB ]gWjd`]b'YX' Gm`YŁ

5`][ bYX' < c`mGd]f]h7 cbgW]ci gbYgg



; cX`7cbgW]ci g'A YX]h]h]cb

Gd]f]h U`5 k Uf Yb Ygg

GhU Yg`%!'`%&

; cX#<c`mGd]f]h#7 cbgW]ci gbYgg'5`][ ba Ybhg



GhU[Y`%!'`8 ]gW]d`]bYX`Gm`Y

F U]g]b[ `mci f`7 cbgW]ci gbYgg

k ]h\ `; cX![ ]j Yb `Hi` VY`cZDfchYW]cb`""

hc`U][ b`mci f`Gci `#< YUfh#Gd]f]h`k ]h\ `; cX`""

; cX'7cbgW]ci g'A YX]hU]cb

8-G7-D@B98

A YX]hU]cb'Gm`Y

GhU] Y`%

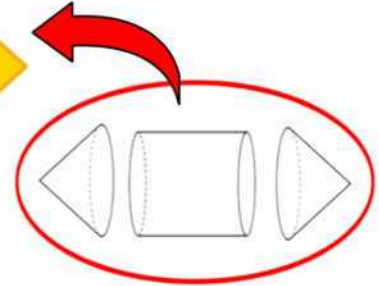


F U]g]b[ 'mci f'7cbgW]ci g'GY`Z`"  
k ]h\ ; cX![ ]j Yb ; c`X`Hi VY`"  
hc`U][ b`k ]h\ ; cX"7cbgW]ci gbYgg`"



# Stage 1 - Disciplined Style

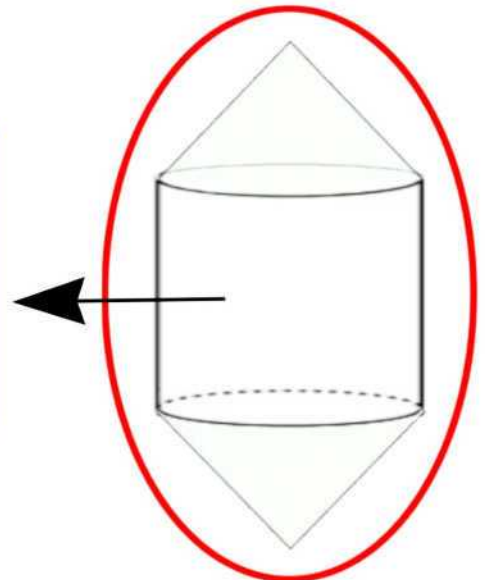
%#7 `cgY`nci f`YmYg  
 .... / `WYUHY`h Y  
 .... H VY`Ug`nci `X]X`"  
 .... ]b`h Y`dfYj ]ci g`  
 .... GHUbXUfX`  
 .... A YX]H]cb`GlmY`"



3 Dimensional open eg.

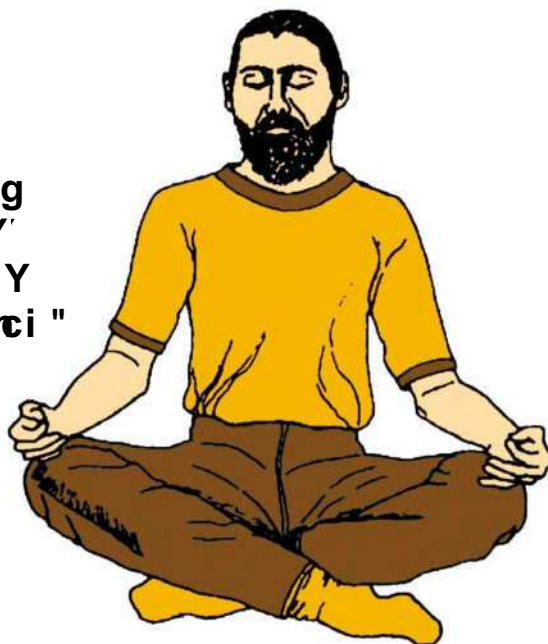
&#: `]d`h Y`YbWcgYX  
 Wñ]bXYf`Xçk b`]bhc  
 Uj Yf]WU`dçg]hcb`"

' #; fUXi U`mYI dUbX`  
 .... h YWñ]bXYf`fH VYç`  
 .... Uh`h Y`gUa Y`h]a Y`  
 .... XfUk ]b[ `]hXck b`  
 .... cj Yf`nci f`gY`Z  
 .... i bh`h Y; c`X`  
 .... a ]ffcYX`Wñ]bXYf`  
 .... ]g`%a YfY`ci h`  
 .... Ufci bX`]b`U`  
 .... X]fYW]cbg`"



3 Dimensional example enclosed Tube.

( #AU`Y`gi fY`h YfY`]g  
 ... %a YfY`WYUfUbWY`  
 .... VYhk YYb`nci / `h Y  
 .... H VY`U`Ufci bX`nci "



# GhU Y'%'! '8 ]gWd` ]b YX' Gm`Y

Gold Mirror  
Cyclinder (Tube)  
with cone ends

Reflecting  
Outward  
Mirror



Cyclinder walls  
5 cm thick

%A Yhf Y'7` YUf UbWV  
between body &  
walls

; cX'7cbgV]ci g'A YX]huh]cb

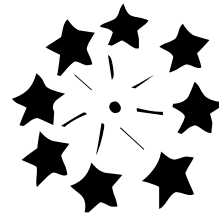
8 =G7 =D @B9 8  
Gd]f]hi U '5 k Uf Yb Ygg  
fGhm`YŁ'

<ck 'hc 'A YX]huhY  
k ]h\ 'h\Y'6Ug]M'Df]bV]dYg/  
; cX[ ]j Yb'Hi WY  
DfchYV]cb''''''





G\_`5 UVW^`@UT YdQdY\_ ^'''''  
7 YcSY W^UT ž 4T fQ^SUT  
/ `@i cdS`F d! U''''''



7\ ccgYk\ JW `cbY`cZH Y' `g]H]b\ `dceg]hcbg`H UhVYghgi ]hg`nci ""''fYZYf`dU] Y\*( Ľ  
%#5 gjUb`!'`@h! g`Dcg]hcb`&#K YghYf`b`! 7 fcgg`@[ [ YX`Dcg]hcb'" #9[ nđh]Ub`! 7\ U]f`Dcg]hcb"

7`cgYnci f`9mYgžG]hk ]H `ghfU] \ hU6 UW ""''fYghnci `dUa gi dk UfXg`cb`nci f`\_bYyg`UbX\ Uj Y  
nci f`žfghž]b\ Yf`UbX`H i a V`hci W ]b\ `h`c\ YH Yf""fYZYf`dU] Y\*' ĽH Yb'''

5 dd`mi; c`X`H VY`DfchYW]cb""fYZYf`dU] Y, &! , ' Ľ  
K \ Yb`W`a d`YhYX""nci `k`j`'`bck `VYfYUXmhc `VY ]b`H Y'; cX`7 cbgW]ci g`A YX]HU]cb`GHUbXUfX`  
GmY""fYa Ya Vyf`&\$`h`c`' \$`a ]b`"A YX]HU]cb"

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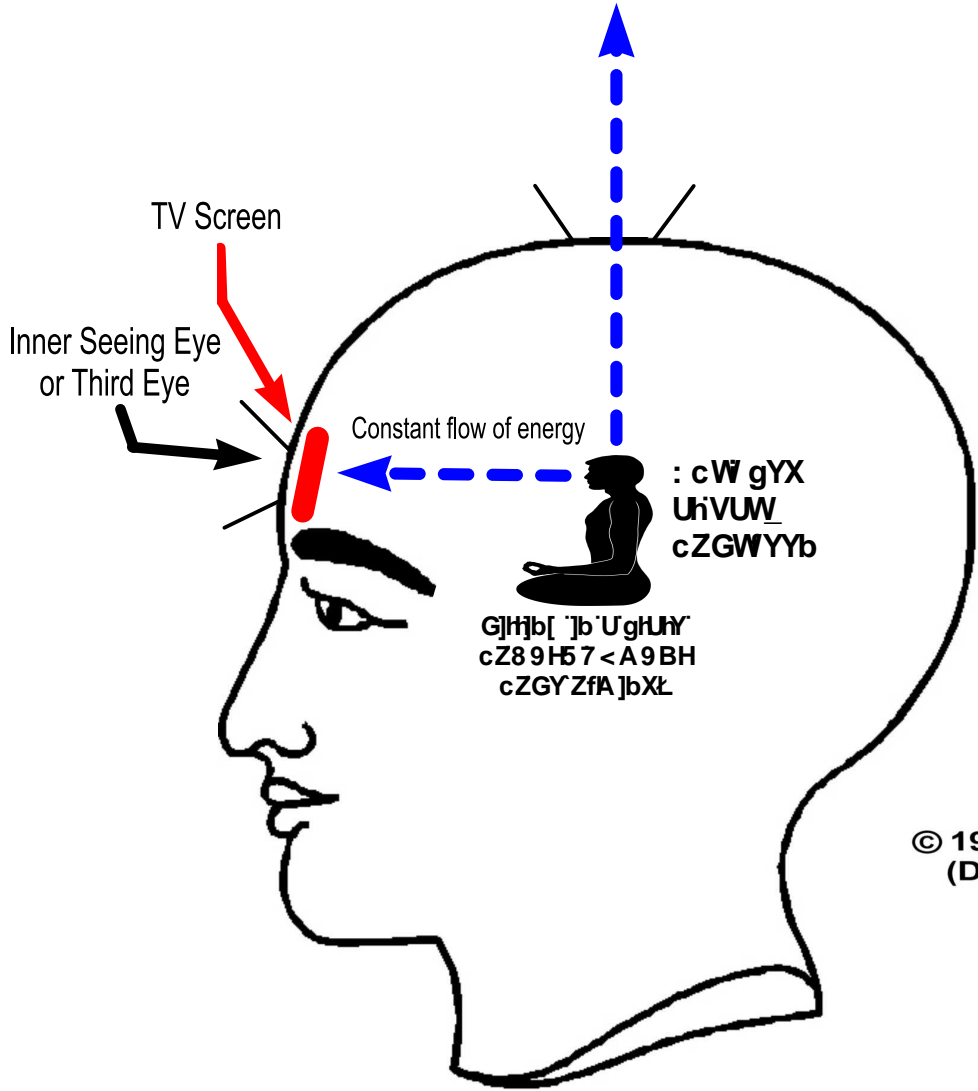
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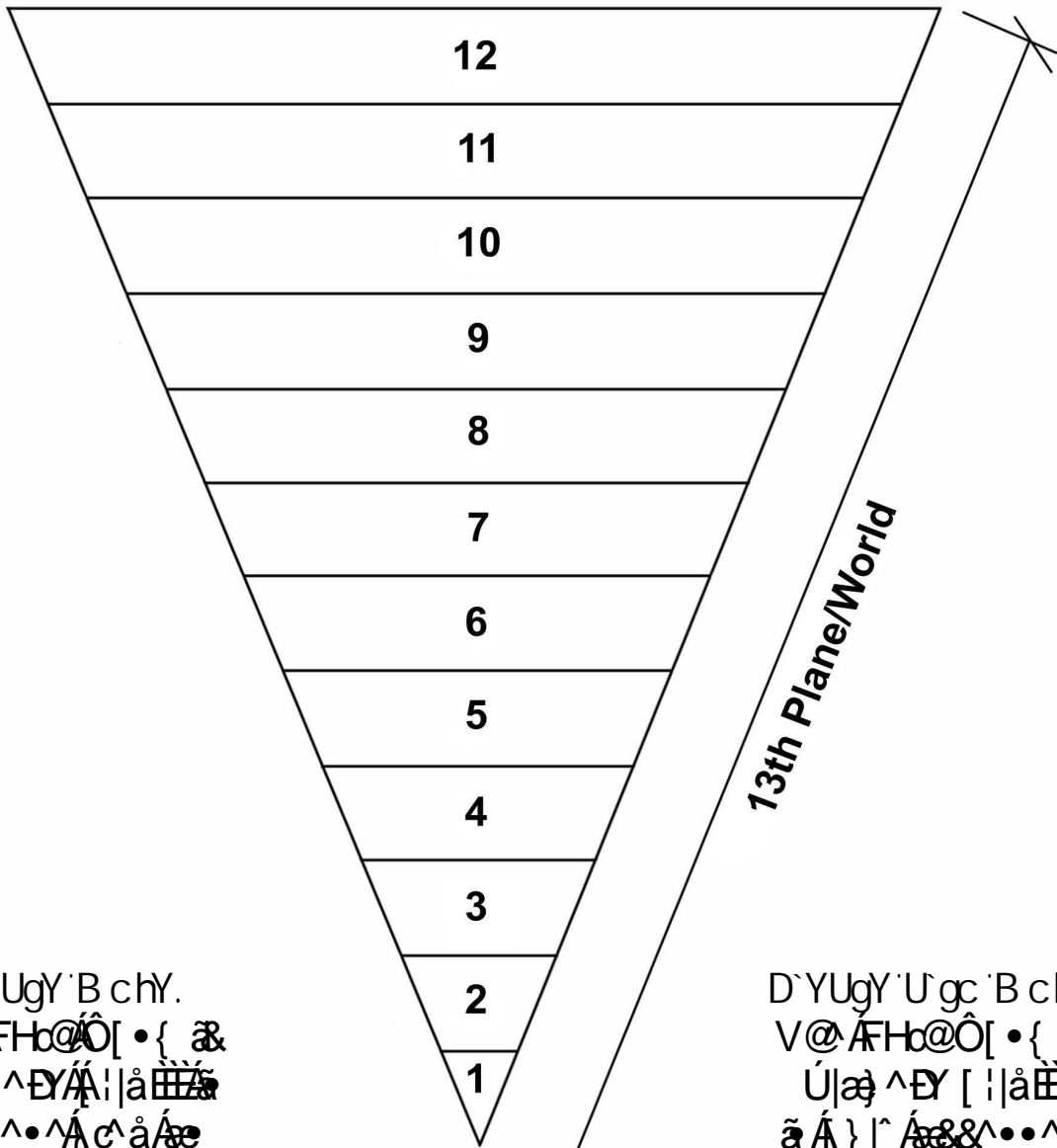


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8 ]gWjd`]bYX'GhmY./ 'h Y'>ci fbYmih fci [ \ ""

%hc '%&7 cga ]WD`UbY#K cf`Xg'cZ

; cX#Gci `#Gd]f]h'7 cbgW]ci gbYgg



D`YUgY`B chY.  
 V@`Fh@O[ • { æ  
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D`YUgY`U`gc`B chY.  
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 [ ~  
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 (Dennis Maguire)

; cX'7cbgV]ci g'A YX]h]cb

5=: 2'1@=AA  
>`] bScb]M '1VSOY

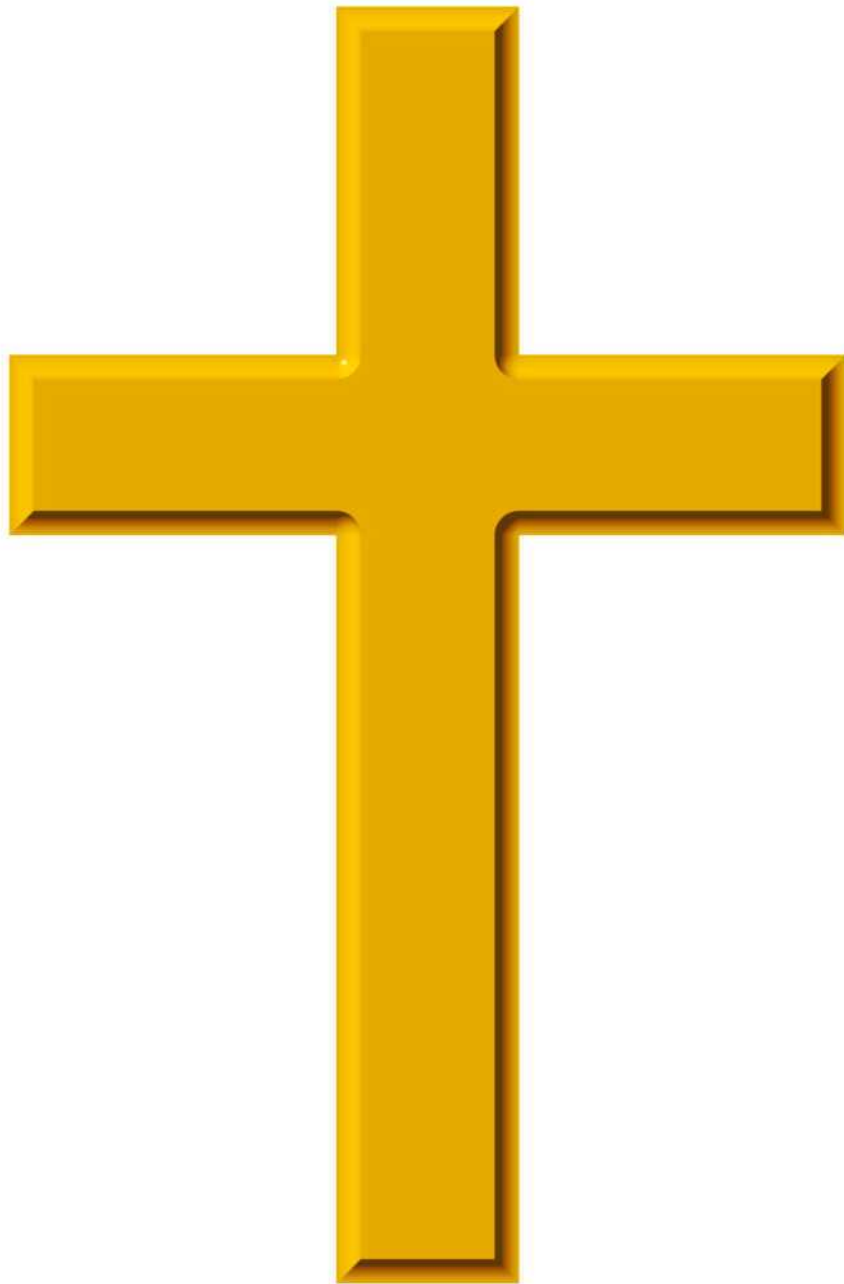
Hc 'VY'i gYX'hc 'H9GH'YUM  
B Yk 'dfc [ fYgg]j Y'5`][ ba Ybh'



Ú! [ c&cā \* Á } ^•^|Á @} Á ^ããcā \* È

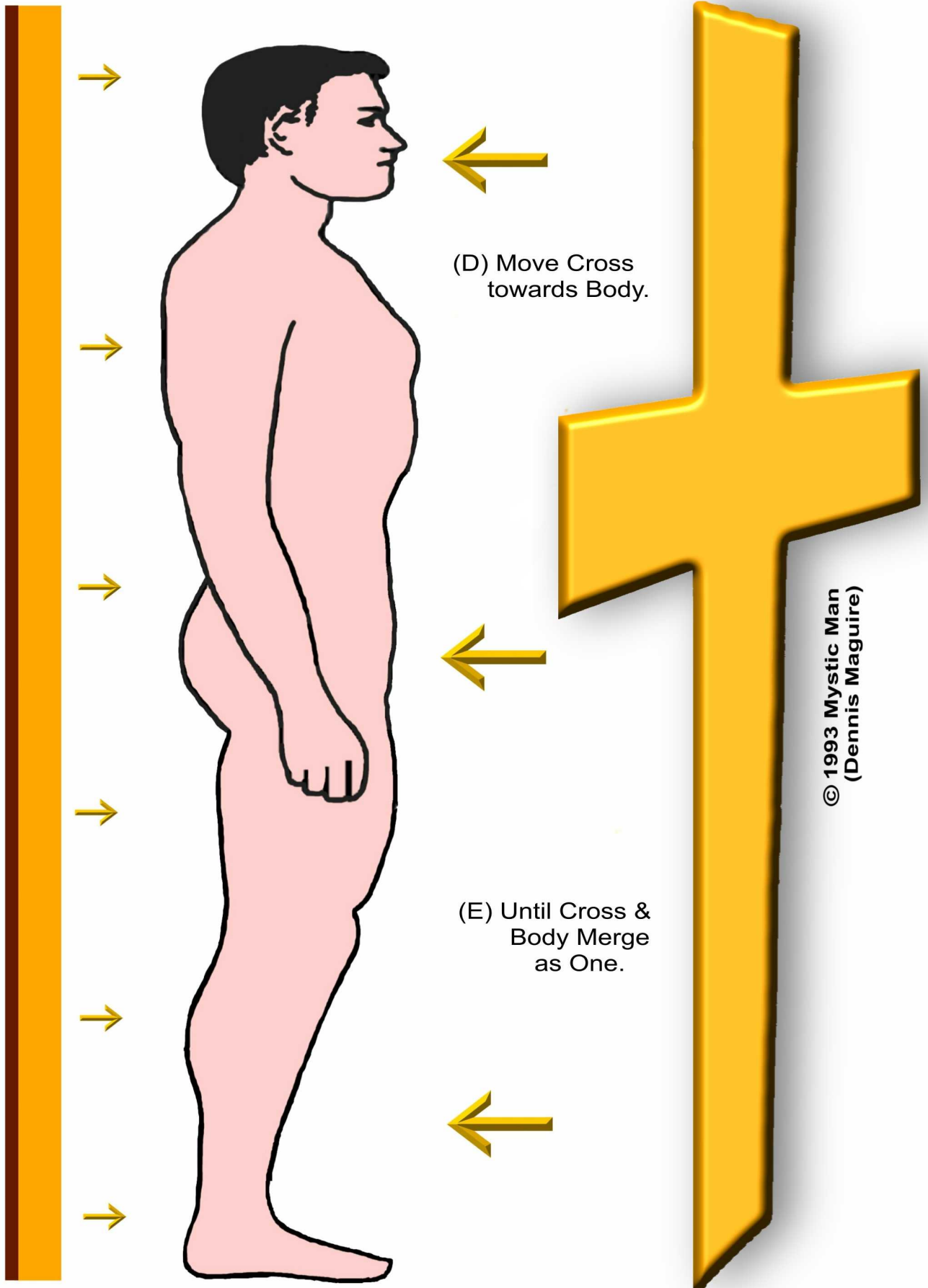
5=: 2'1@=AA'Ž'>' ] bSCbM '1VSOY

Hc 'VY'i gYX'hc 'H9GH'YUMX 'bYk  
5XX]h]cbU'5`][ ba Ybh'''gc 'Ug'hc  
[ U]b': U]h\ 'UbX' \_b'ck 'h]g'k cf\_]b[ '''



Solid Gold Cross represents  
(Christ Consciousness)





(A) GOLD Mirror.

(B) Stand with Back to Mirror.

(C) Stand Solid Gold Cross in Front of you & then drawn towards you.

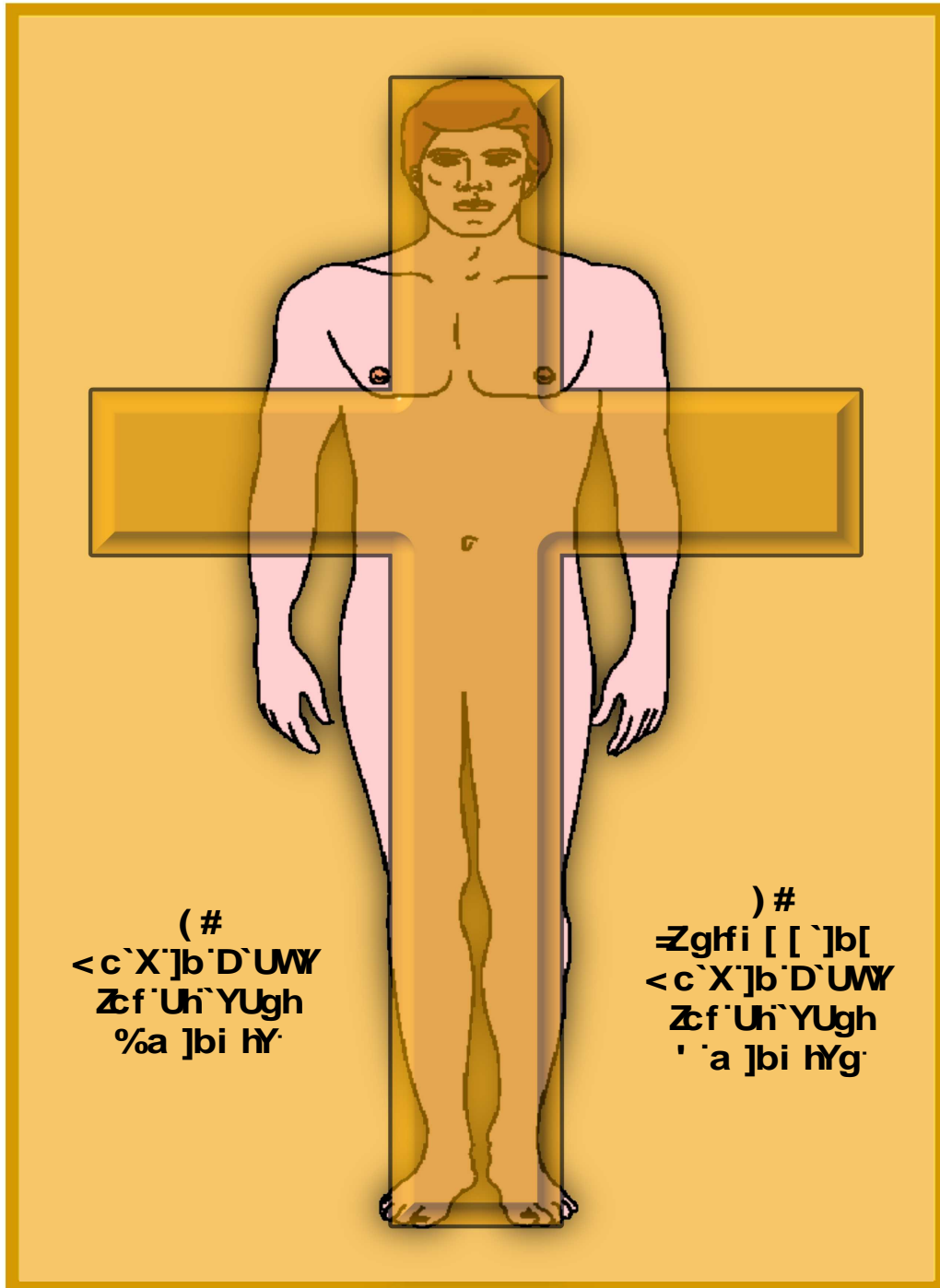
(D) Move Cross towards Body.

(E) Until Cross & Body Merge as One.

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# Gold Cross & Gold Mirror Protection

- 1/ See a Gold Cross form in front of your body and see it expand to ^ [ ~ | Á ã ^ Á ã á P ^ ã @ È
- 2/ Imagine also standing behind you the same height of your body a solid Gold mirror at least 5cm thick.
- 3/ Bring the Cross towards you until cross and body are merged as one. The mirror will keep and retain your bodies reflection within it. This stops any illusion of the cross not being able to merge with the body. (Gold Cross represents Christ Consciousness)



( #  
 < c ` X ` ] b ` D ` U W Y  
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D @ 5 G 9 ` B C H 9 . ; C @ 7 F C G G ` D f c h Y W ] c b "   
 ; C C 8 ` G H F 9 B ; H < ` D F C H 9 7 H C B . '   
 V @ Á Ö [ | á Á Ö : [ • • Á 8 C 9 G ` B C H , æ ^ Á Ë @ { ^ | Á | Á Ö ã æ } ^ æ È   
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 V @ Á Ö [ | á Á Ö : [ • • Á 8 C 9 G , æ ^ Á Ë @ { ^ | Á | Á Ö ã æ } ^ æ • È   
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; cX`7cbgW]ci g'A YX]h]h]cb

Gd]f]h U`5 k Uf Yb Ygg

GhU Yg'%'!%'&

; cX#<c`mGd]f]h#7 cbgW]ci gbYgg'5`][ ba Ybhg



GhU[ Y`&`!'`8 ]gW]d`]b YX`Ghm`Y

F U]g]b[ `mæi f`=bbYf!GY`Z7 cbgW]ci gbYgg'''

k ]h\ ; cX@<`c`mGd]f]h'F Um

cZ7 cbgW]ci gbYgg'''

; cX'7cbgW]ci g'A YX]hU]cb

8=G7=D@B98  
A YX]hU]cb'Gm`Y  
GhU] Y`&



F U]g]b[ 'næi f'7'çbgW]ci g'GY`Z'''  
UVcj Y'9a ch]c'b'U`9l dfYgg]cb  
cZ'7cbgW]ci gbYgg'''

# GhUj Y' &! '8 ]gWjd` ]b YX' Gm`Y

%#@c\_`tc`h Y<YUj Ybg/  
gYY'UK \ ]hY'F Uma Ub]ZYgh'

&#K ]h `nci f`]b`VfYUA `Vf]b[  
h Y'FUmXck b`]bhc`h Y'hi VY  
/ `Xck b`h fci [ \ `h Y'hd`cZ  
nci f` \ YUX`Xck b`hc`nci f`  
Fcch7 \ U\_fU'

' #Bck `k ]h `nci f`ci h  
VfYUA žXfUk `nci f`VfYUA `  
i d`Zca `nci f`Fcch7 \ U\_fU  
/ `ci h`h fci [ \ `nci f`bcgYž  
k \ ]Y'Uh`h Y'gUa Y'hja Y`  
VfW]b[ `nci f`VcXm]b`U  
WcW\_k ]gY'X]fYW]cb` L`  
hja Yg`hc`Z` `h Y'hi VY`k ]h`  
h Y`k \ ]hY'FUm'

H ]g`]g`h Y'FUmicZ  
h Y`<c`mGd]f]h'



# GhUj Y' &! '8 ]gWjd` ]b YX' Ghm`Y

7 fck b'7\ U\_fU

%#@c`tc`h Y< YUj Ybg/  
gYY'UK\ ]hY'F Uma Ub]ZYgh'

&#K ]h `nci f` ]b`VfYUA `Vf]b[  
h Y'FUmXck b` ]bhc`h Y'hi VY  
/ `Xck b`h fci [ \ `h Y'hd`cZ  
nci f` \ YUX`Xck b`hc`nci f`  
Fcch7\ U\_fU'

' #Bck `k ]h `nci f`ci h  
VfYUA žXfUk `nci f`VfYUA`  
i d`Zca `nci f`Fcch7\ U\_fU  
/ `ci h`h fci [ \ `nci f`bcgYž  
k\ ]Y'Uh`h Y'gUa Y'hja Y'  
VfW]b[ `nci f`VcXm]b`U  
WcW\_k ]gY'X]fYW]cb` L`  
hja Yg`hc`ž` `h Y'hi VY`k ]h`  
h Y`k\ ]hY'F Um'

H ]g`]g`h Y'FUmCZ  
h Y`<c`mGd]f]h'

Fcch7\ U\_fU



; cX'7cbgW]ci g'A YX]h]cb

Gd]f]h U'5 k UfYbYgg

GhU Yg'%'!%'&

; cX#c`mGd]f]h#7 cbgW]ci gbYgg'5`][ ba Ybhg



GhU[Y'' '!8]gW]d`]bYX'Ghm`Y

F U]g]b[ 'mæi f' =bbYf!GY`Z7 cbgW]ci gbYgg''''  
k ]h\ ; cX@]i bWz b'X]h]cbU' @cj Y'F Um  
cZ7 cbgW]ci gbYgg''''

; cX'7cbgW]ci g'A YX]hU]cb

8=G7=D@B98

A YX]hU]cb'Gm`Y

GhU] Y'



F U]g]b[ 'mci f'7'cbgW]ci g'GY`Z'''  
UVcj Y': YY`]b[ '9I dfYgg]cb  
cZ'7cbgW]ci gbYgg'''



# GhUj Y" '!8 ]gWjd`]bYX'Ghm`Y

%#@c`hc`h Y<YUj Ybg/  
gYY`U; c`X`FUma Ub]Zygh'

&#K ]h `nci f`]b`VfYUa `Vf]b[  
h Y`FUmXck b`]bhc`h Y`hi VY  
/ `Xck b`h fci [ \ `h Y`hd`cZ  
nci f` \ YUX`Xck b`hc`nci f`  
Fcch7\ U\_fU'

' #Bck `k ]h `nci f`ci h  
VfYUa žXfUk `nci f`VfYUa `.  
i d`Zca `nci f`Fcch7\ U\_fU  
/ `ci h`h fci [ \ `nci f`bcgYž  
k \ ]Y`Uh`h Y`gUa Y`h]a Y`  
VfW]b[ `nci f`VcXm]b`U  
WcW`k ]gY`X]fY`W]cb`' L`  
h]a Yg`hc`Z` `h Y`hi VY`k ]h `.  
h Y; c`X`FUm'

H ]g`]g`h Y`FUm`cZ  
I bW`bX]h]cbU`  
@j Y"



# GhU Y' '! '8 ]gWd` ]bYX'GhmY

7 fck b'7\ U\_fU

%#@c\_'hc'h Y<YUj Ybg/  
gYY'U; c`X'FUma Ub]ZYgh'

&#K ]h 'nci f']b'VfYUa 'Vf]b[  
h Y'FUmiXck b']bhc'h Y'hi VY  
/ 'Xck b'h fci [ \ 'h Y'hd'cZ  
nci f\ YUX'Xck b'hc'nci f'  
Fcch7\ U\_fU"

' #Bck 'k ]h 'nci f'ci h  
VfYUa žXfUk 'nci f'VfYUa '  
i d'Zca 'nci f'Fcch7\ U\_fU  
/ 'ci h'h fci [ \ 'nci f'bcgYž  
k\ ]Y'Uh'h Y'gUa Y'hja Y'  
WfW]b[ 'nci f'VcXm]b'U  
WcW\_k ]gY'X]fYW]cb'' L'  
hja Yg'hc'ž''h Y'hi VY'k ]h '  
h Y'; c`X'FUh'

H ]g]g'h Y'FUmicZ  
I bWc bX]h]cbU' @j Y"

Fcch7\ U\_fU



; cX`7cbgW]ci g'A YX]h]h]cb

Gd]f]h U`5 k UfYbYgg

GhU Yg'%'!%'&

; cX#<c`mGd]f]h#7 cbgW]ci gbYgg'5`][ ba Ybhg



GhU[Y`(!`8]gW]d`]bYX`GhmY

6ccgh]b[ `mci f`ci hYf`7`cbgW]ci gbYgg`""k ]h\  
h\Y`(`G]XYX`DmfUa ]X`""cZ; cX@  
I bWzbX]h]c`bU`@cj Y`""

; cX'7cbgW]ci g'A YX]h]cb

8-G7-D@B98

A YX]h]cb'Gm`Y

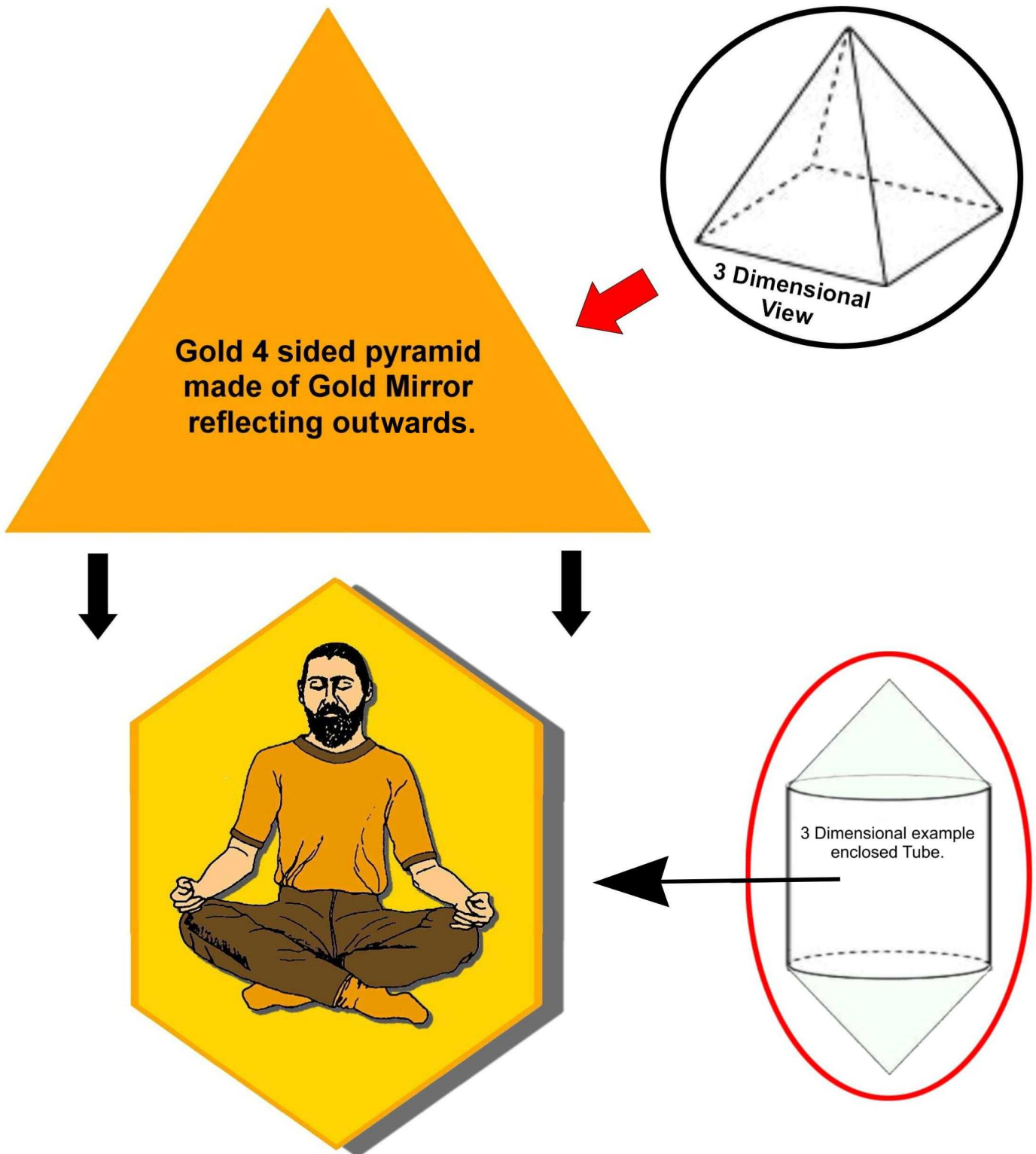
Gh] Y'



F U]g]b[ 'mci f'7 cbgW]ci g'GY`Z'''UVcj Y  
7 cbX]h]cbU`@c`j Y'9l dfYgg]cb  
cZ7 cbgW]ci gbYgg'''

# GhU Y' (!'8 ]gWd` ]b YX' Ghm`Y

1/ Imagine with your minds eye (Third Eye) that you create a Gold 4 sided pyramid made of reflective mirror (reflecting outwards)

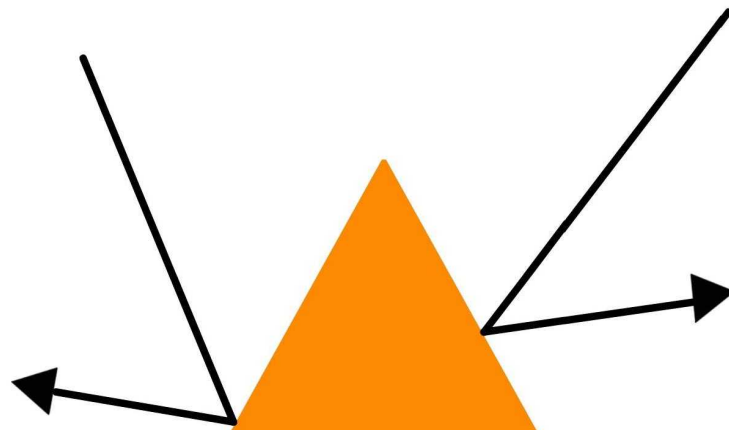


2/ Gradually expand the 4 sided pyramid, at the same time drawing it down over the Tube & your self, until the Gold mirrored pyramid is 1 a YfY out & around the Tube in all directions.

# GhU Y' ( '! '8 ]gWd` ]b YX' Gm`Y

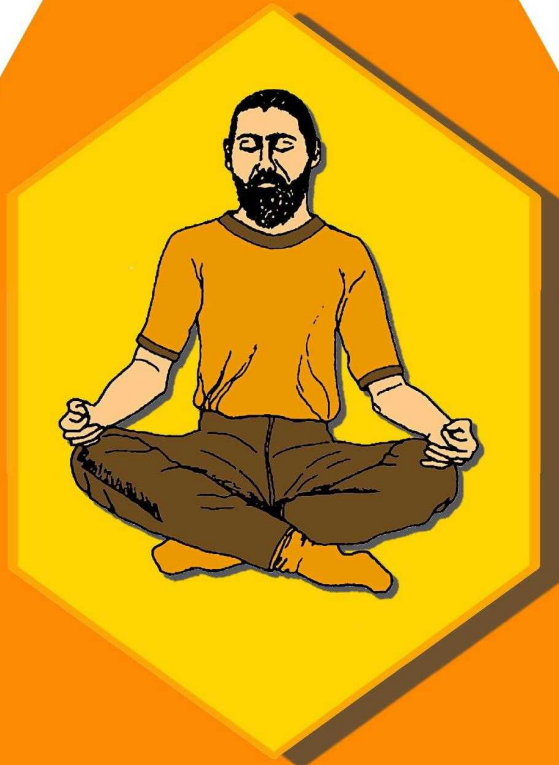
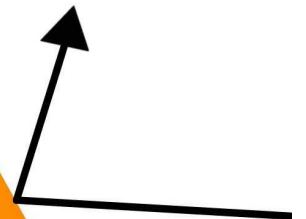
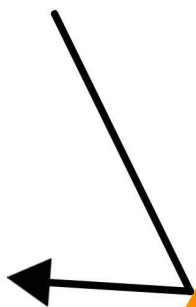
**Four Sided Pyramid and Tube Merged as One.**

All Pyramid walls  
5cm. thick.



Pyramid must  
have 1 A YfY  
WYUfUbWY  
between Tube.

Reflecting  
Outward  
Mirror



; cX'7cbgW]ci g'A YX]h]h]cb

Gd]f]h U'5 k Uf Yb Ygg

GhU Yg'%'!%'&

; cX#<c`mGd]f]h#7 cbgW]ci gbYgg'5`][ ba Ybhg



GhU[Y') '!8 ]gW]d`]bYX'GhmY

B ck 'fU]g]b[ 'mci f' =bbYf!GY`Z7 cbgW]ci gbYgg''''  
k ]h\ 'h\ Y' < c`mGd]f]h'F Um  
cZ7 cbgW]ci gbYgg''''

; cX'7cbgW]ci g'A YX]hU]cb

8-G7-D@B98  
A YX]hU]cb'GmY  
GhU] Y')



F U]g]b[ 'mci f'7 cbgW]ci g'GY`Z'''UVcj Y  
A ]bX'fGY`Z'9I dfYgg]cb  
cZ'7 cbgW]ci gbYgg'''



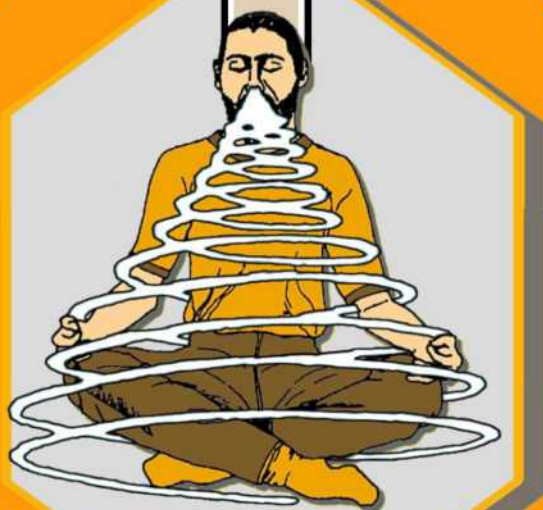
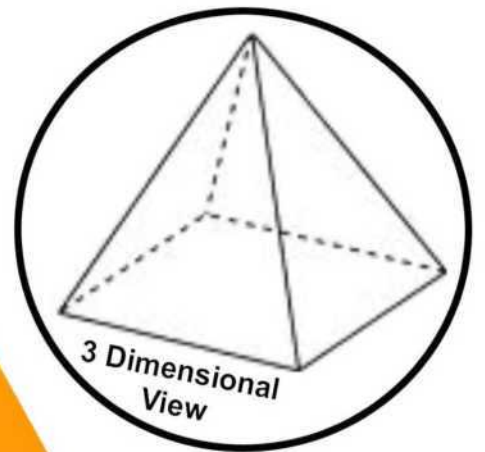
# GhU( Y') '! '8 ]gWd` ]b YX' Gm`Y

%#@c\_`tc`h Y<YUj Ybg/  
gYY`UK \ ]h`F Uria Ub]ZYgh'

&#K ]h `nci f` ]b`VfYUA `Vf]b[  
h YFUmiXck b`]btc`h Y`  
DmfUa ]X`d`i g`hi VY/ `h Yb  
Xck b`h fci [ \ `h Y`td`cZ  
nci f` \ YUX`Xck b`tc`nci f`  
Fcch7 \ U\_fU'

' #Bck `k ]h `nci f`ci h  
VfYUA žXfUk `nci f`VfYUA `  
i d`Zca `nci f`Fcch7 \ U\_fU  
/ `ci h`h fci [ \ `nci f`bcgYž  
k \ ]Y`Uh`h Y`gUa Y`h`a Y`  
VfW]b[ `nci f`VcXm]b`U  
WcW\_k ]gY`X]fYW]cb` L`  
h`a Yg`tc`Z` `h Y`h VY`k ]h`  
h Y`k \ ]h`F U`h'

H ]g`]g`h Y`FUmicZ  
h Y`<c`mGd]f]h'



# GhU Y) '! '8 ]gWd`]b YX' Gm`Y

7 fck b'7\ U\_fU

%#@c`tc`h Y<YUj Ybg/  
gYY'UK\ ]h'F Uma Ub]ZYgh'

&#K ]h`nei f`]b`VfYUH`Vf]b[  
h Y'F UmXck b`]bhc`h Y'  
DmfUa ]X'd`i g`hi VY/`h Yb  
Xck b`h fci [\`h Y'hd'cZ  
nei f`YUX'Xck b`hc`nei f`  
Fcch7\ U\_fU"

' #Bck`k ]h`nei f`ci h  
VfYUH zXfUk`nei f`VfYUH`  
i d'Zca`nei f`Fcch7\ U\_fU  
/`ci h`h fci [\`nei f`bcgYz  
k\ ]Y'Uh`h Y'gUa Y'hja Y'  
VfW]b[`nei f`VcXm]b`U  
WcW\_k ]gY'X]fYW]cb`" L`  
hja Yg`hc`z`h Y'hi VY`k ]h`  
h Y`k\ ]h'F Um'

H ]g`]g`h Y'F UmicZ  
h Y`c`miGd]f]h'

Fcch7\ U\_fU



; cX`7cbgW]ci g'A YX]h]h]cb

Gd]f]h U`5 k UfYbYgg

GhU Yg'%'!%'&

; cX#<c`mGd]f]h#7 cbgW]ci gbYgg'5`][ ba Ybhg



GhU[ Y`\* `!`8 ]gW]d`]bYX`Ghm`Y

B ck `fU]g]b[ `mci f`=bbYf!GY`Z`7 cbgW]ci gbYgg''''  
k ]h\ `h\ Y`I bVt bX]h]cbU`@cj Y`F Um  
cZ`7 cbgW]ci gbYgg''''

; cX'7cbgW]ci g'A YX]hU]cb

8-G7-D@B98

A YX]hU]cb'Ghm`Y

GhU] Y\*



F U]g]b[ 'mæi f'7 cbgW]ci g'GY`Z'''UVcj Y  
5ghfU`A ]bX''9l dfYgg]cb  
cZ'7cbgW]ci gbYgg'''

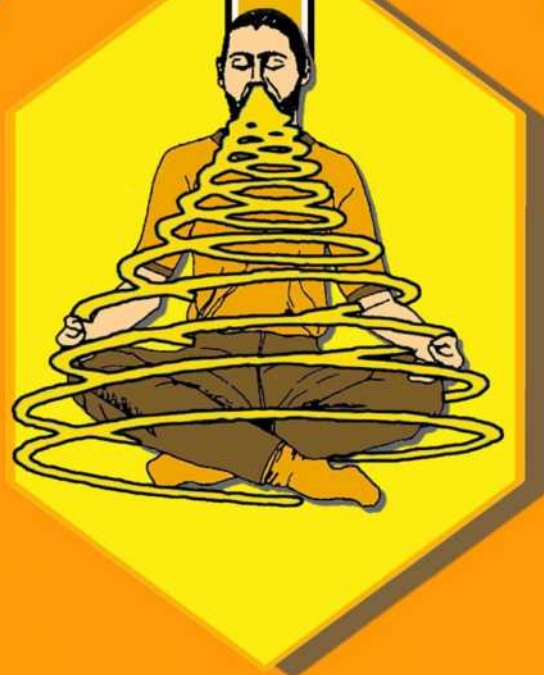
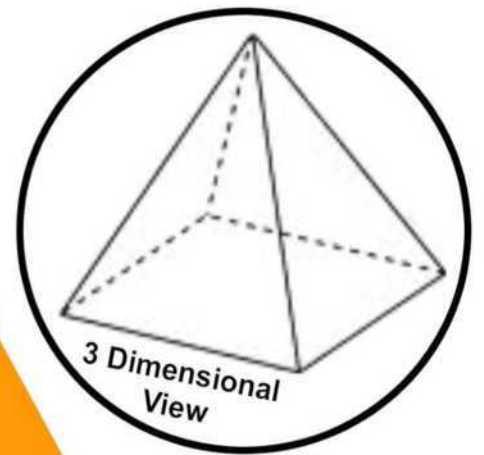
# GhU Y\* '! 8 ]gW]d` ]b YX' Gm`Y

%#@c\_`tc`h Y<YUj Ybg/  
gYY`U; c`X`F Uma Ub]ZYgh'

&#K ]h `nci f` ]b`VfYUA `Vf]b[  
h YF UmXck b` ]btc`h Y  
DmfUa ]X`d`i g`hi VY/ `h Yb  
Xck b`h fci [ \ `h Y`td`cZ  
nci f` \ YUX`Xck b`tc`nci f`  
Fcch7\ U\_fU'

' #Bck `k ]h `nci f`ci h  
VfYUA žXfUk `nci f`VfYUA `  
i d`Zca `nci f`Fcch7\ U\_fU  
/ `ci h`h fci [ \ `nci f`bcgYž  
k \ ]Y`Uh`h Y`gUa Y`hja Y`  
VfW]b[ `nci f`VcXm]b`U  
WcW\_k ]gY`X]fYW]cb" L`  
hja Yg`tc`ž` `h Y`h VY`k ]h`  
h Y; c`X`F Um'

H ]g`]g`h Y`F UmicZ  
I bWc`bX]h]cbU` @j Y"



# GhU Y\* '! 8 ]gWd`]bYX'GhmY

7fck b'7\ U\_fU

%#@c\_`tc`h Y<YUj Ybg/  
gYY'U; c`X'FUma Ub]ZYgh'

&#K ]h `nci f`]b`VfYUa `Vf]b[  
h Y'FUmiXck b`]bhc`h Y'  
DmfUa ]X'd`i g`hi VY/ `h Yb  
Xck b`h fci [ \ `h Y'hd'cZ  
nci f` \ YUX'Xck b`hc`nci f`  
Fcch7\ U\_fU"

' #Bck `k ]h `nci f`ci h  
VfYUa žXfUk `nci f`VfYUa `  
i d`Zca `nci f`Fcch7\ U\_fU  
/ `ci h`h fci [ \ `nci f`bcgYž  
k \ ]Y'Uh`h Y'gUa Y'hja Y'  
VfW]b[ `nci f`VcXm]b`U  
WcW\_k ]gY'X]fYW]cb" L`  
hja Yg`hc`Z` `h Y`hi VY`k ]h `  
h Y; c`X'FUmf

H ]g`]g`h Y'FUmicZ  
I bW`bX]h]cbU` @j Y"

Fcch7\ U\_fU



**≠i]g' Bck 'f YWca a YbXYX  
h Uhnci' bck ""**

**7`YUbgY'Mci f  
+'D\ ng]WU`6 cX]Yg""  
Ó^{|^Á [ çã \* Á } Á @  
8 =G7 =D @B98 'GHM@  
[ ã[ âÁ[ } • &ã ~ • Á ^ããã } ÈÈ**

**B9 LH**

**G\ ck ]b[ 'nci \ ck 'hc ""  
7`YUf`U`BY[ Uhj Y9bYf[ m=ßZi YbWYg  
/ '≠hfi gjj Y'5 Vbcfa U]h]Yg""  
O&& { ~ |æ^ãÁ ç^!Á[ ~ !Áã^ã ^• Á[ ~ !} ^ ^ È**

; cX'7cbgV]ci g'A YX]h]h]cb

=A DC F H5B H

h]g'BC K 'h]a Y'Xi f]b[ ""  
8 =G7 =D@=B 98 'GHM@9'A 98 =H5H=C B ""  
Hc '7`YUf'B Y[ Uh]j Y'9bYf[ ]Ygž =bZi YbWg  
/ ' =bhf i g]j Y'5Vbcfa U]h]Yg

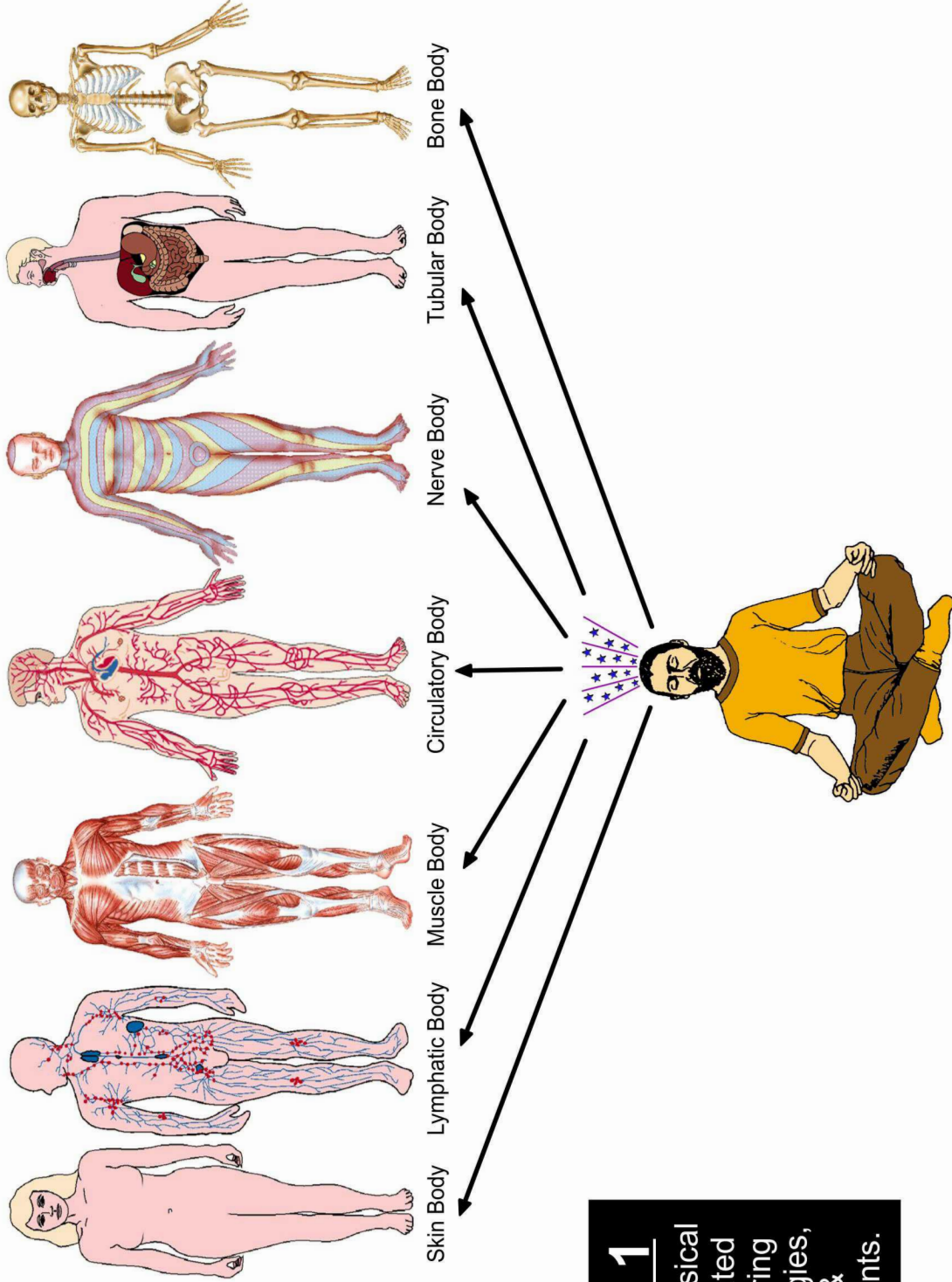


Q& Á PUY Áã ^Á& ÈÈ  
Q| ^æ • ^Ä[ ~ !Â ^ç ^} ÁÚ @ • ææ / Ó[ åã • D



# %Ł7`YUf]b[ 'BYI Uhj Y9bYf [Ygž#Zi YbWg/`#bfi gjj Y5 Vbcfa U]hYg

- 1/ In meditation ask God to show your physical body separated as seven stages of your physical body.
- 2/ Then ask God to show you areas of your physical bodies that need Healing and abnormalities removed from them.
- 3/ Then try to remove any abnormalities you can see yourself. Some will be easy, others hard.
- 4/ All the hard ones you can ask God to remove for you. Do 3/ first as the rule is, O[ áA@ ] • A@ • ^A@A@ ] A@ { • ^|ç^• È
- 5/ Then ask God for a healing, relax in meditation for 15 to 30mins. When all is done don't forget to thank God.



**STAGE 1**  
The seven Physical Bodies separated ready for clearing Negative Energies, Influences & Intrusive Implants.

; cX'7cbgW]ci g'A YX]h]h]cb

Gd]f]h U'5 k Uf Yb Ygg

GhU Yg'%'!%'&

; cX#<c`mGd]f]h#7 cbgW]ci gbYgg'5`][ ba Ybhg



GhU[Y'+!'8]gW]d`]bYX'GmY

F U]g]b[ 'nci f'ci hYf'Gd]f]h'7 cbgW]ci gbYgg''''k ]h\  
h\Y'('G]XYX'Fi VmDmfUa ]X''''cZ7\]f]gh''''  
fH\Y'<YUf'h'cZ; cX'&''''

; cX'7cbgW]ci g'A YX]hU]cb

8-G7-D@B98

A YX]hU]cb'Ghm`Y

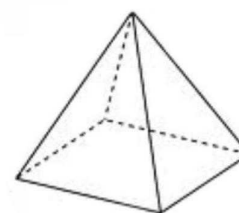
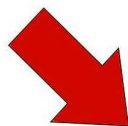
GhU] Y+



F U]g]b[ 'mci f'7 cbgW]ci g'GY`Z'''UVcj Y  
Mci f'DYfgcbU`Gd]f]h'9l dfYgg]cb  
cZ'7 cbgW]ci gbYgg'''

# GhU Y'+'!'8 ]gW]d`]b YX'Ghm`Y

## NEXT STAGE

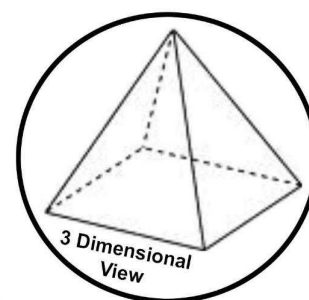
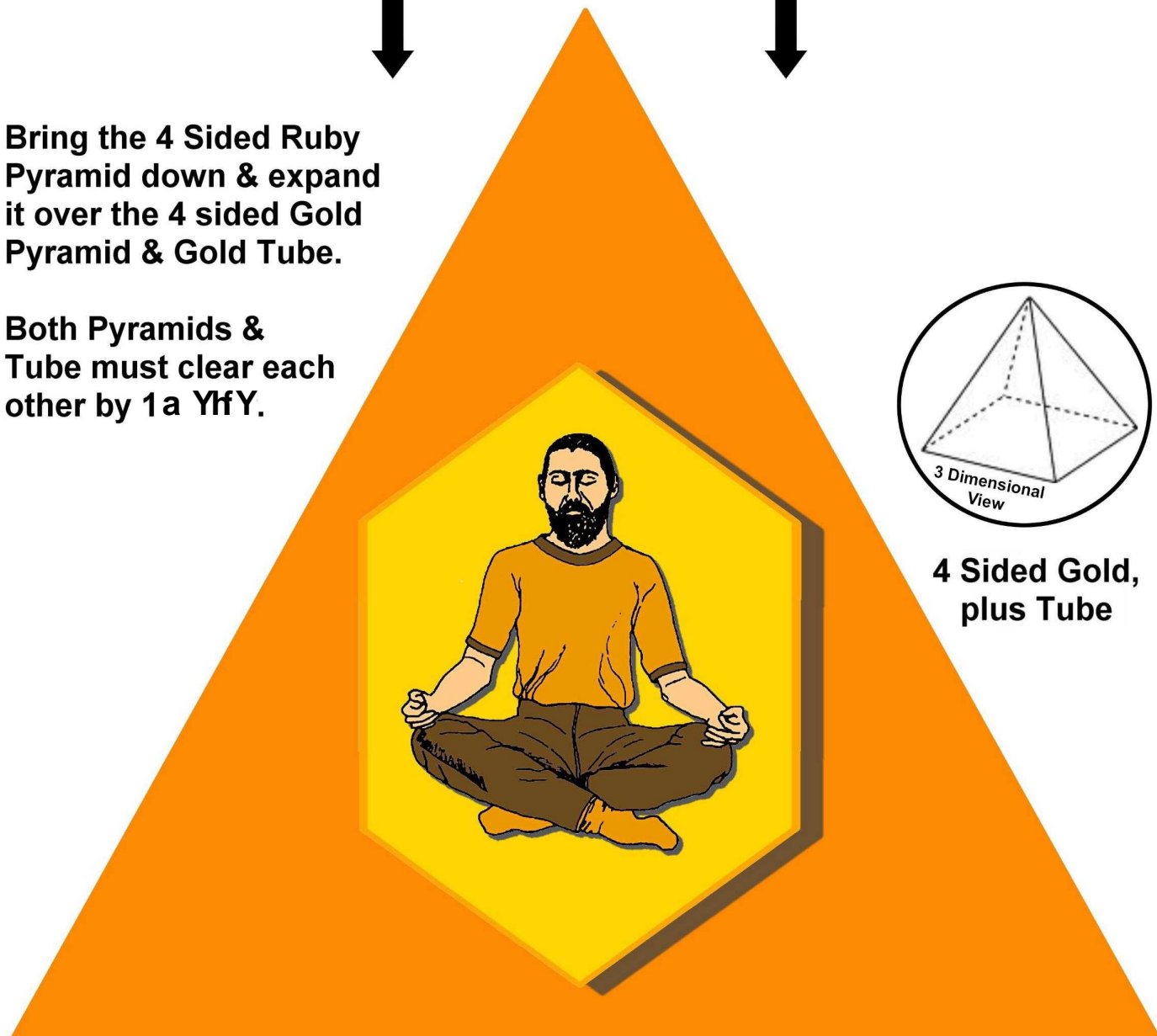


4 Sided Ruby



Bring the 4 Sided Ruby Pyramid down & expand it over the 4 sided Gold Pyramid & Gold Tube.

Both Pyramids & Tube must clear each other by 1a YfY.



4 Sided Gold, plus Tube

# GhU Y'+'!'8 ]gWd`]b YX'GhmY

Four Sided Ruby, Four Sided Gold Pyramid and Gold Tube Merged as One.

Four Sided Ruby Pyramid is a Solid Ruby Pyramid  
This Pyramid represents the Essence & Energy  
of Jesus. As if you were wrapped in his arms.

Ruby Pyramid must have  
1 A YfY'WYUfUbW  
between Gold Pyramid  
& Gold Tube.

B C K '7 C A D@9H9.

Mci f'+ 'GY'Z

7 cbgW\ci 'g'GhUhYg''''

\ Uj Y'VYYb 'fU]gYX

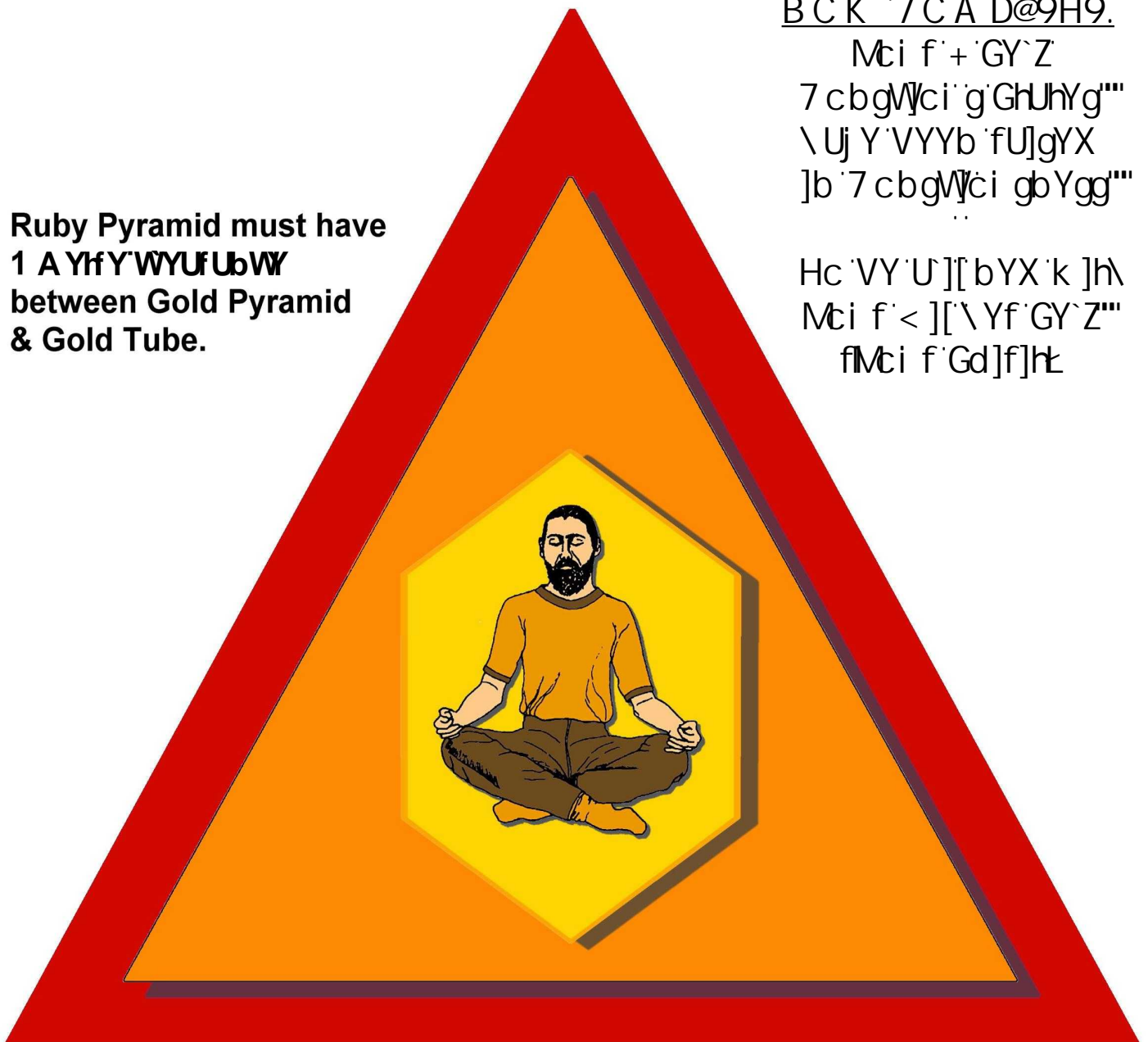
]b '7 cbgW\ci gbYgg''''

..

Hc 'VY'U][ 'bYX'k ]h\

Mci f'< ]['\ Yf'GY'Z''''

fMci f'Gd]f]h\



; cX`7cbgW]ci g'A YX]h]h]cb

Gd]f]h U`5 k Uf Yb Ygg

GhU Yg'%'!%'&

; cX#<c`mGd]f]h#7 cbgW]ci gbYgg'5`][ ba Ybhg



GhU[ Y' , '!`8 ]gW]d`]bYX`Ghm`Y

6ccgh]b[ `UVcj Y`C i f`D`UbYh'7 cbgW]ci gbYgg''''  
k ]h\ `U`+ `G]XYX`F i Vm`DmfUa ]X''''cZ7` \f]gh  
7 cbgW]ci gbYgg'fH`\Y` < YUfhicZ; cXE''''

; cX'7cbgW]ci g'A YX]hU]cb

8-G7-D@B98

A YX]hU]cb'Gm`Y

GhU] Y',

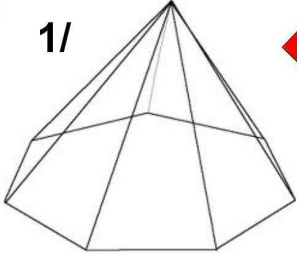


6ccgh]b[ 'mci f'ci hYf'7 cbgW]ci gbYgg''''  
UVcj Y'C i f'D`UbYhg'7 cbgW]ci gbYgg  
U`][ bYX'k ]h\ '7 \f]gh'h\ Y' < YUfhicZ; cX''''

# GhU Y, '!8 ]gW]d`]b YX' Gm`Y

## NEXT STAGE

1/



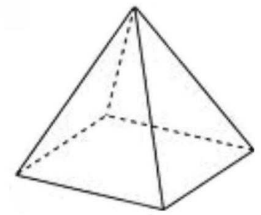
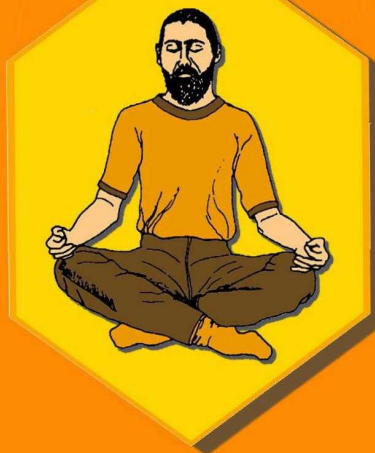
NOW  
7 Sided Ruby

This Pyramid  
enhances your  
basic protection.

2/ Bring this Pyramid  
down over the  
4 sided Ruby,  
4 sided Gold  
& Gold Tube



All Pyramids must  
expand as they  
come down over  
each other and  
clear each other  
by 1 a YfY.



4 Sided Ruby,  
4 Sided Gold,  
plus Tube



; cX'7cbgW]ci g'A YX]h]h]cb

Gd]f]h U'5 k Uf Yb Ygg

GhU Yg'%'!%'&

; cX#<c`mGd]f]h#7 cbgW]ci gbYgg'5`][ ba Ybhg



GhU[ Y' - '! '8 ]gW]d`]b YX' Gm`Y

6ccgh]b[ 'mci f'ci hYf'7 cbgW]ci gbYgg'''']bhc  
7 cga ]W7 cbgW]ci gbYgg'k ]h\ 'U') 'G]XYX'; c`X  
DmfUa ]X''''cZ; cX@i' bVt bX]h]cbU' @cj Y''''

; cX'7cbgW]ci g'A YX]hU]cb

8=G7=D@B98

A YX]hU]cb'GmY

GhU] Y-

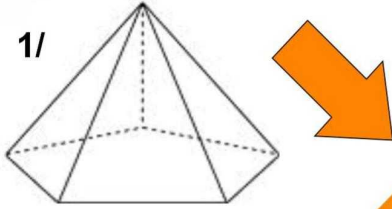


6ccgh]b[ 'mci f'ci hYf'7 cbgW]ci gbYgg''''  
]bhc'7 cga ]W7 cbgW]ci gbYgg''''U][ bYX  
k ]h\ ; cX@j| bW'bX]h]cbU '@cj Y''''

# GhU Y- '! '8 ]gWd` ]b YX' Gm`Y

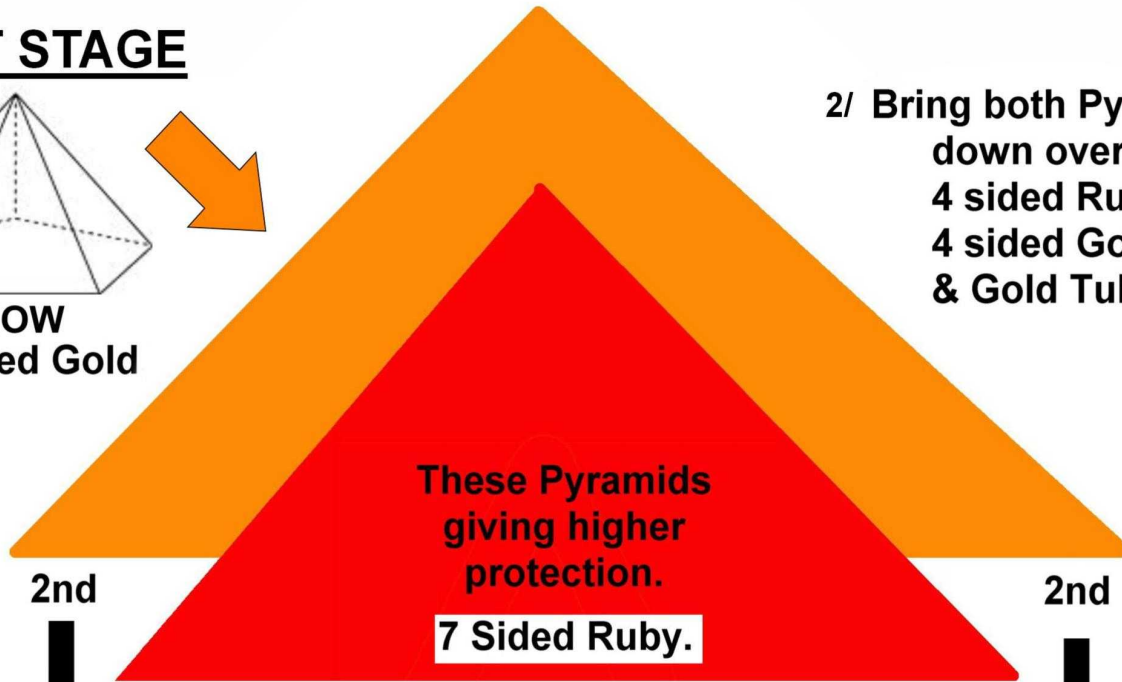
## NEXT STAGE

1/

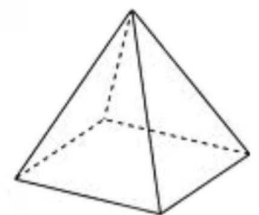
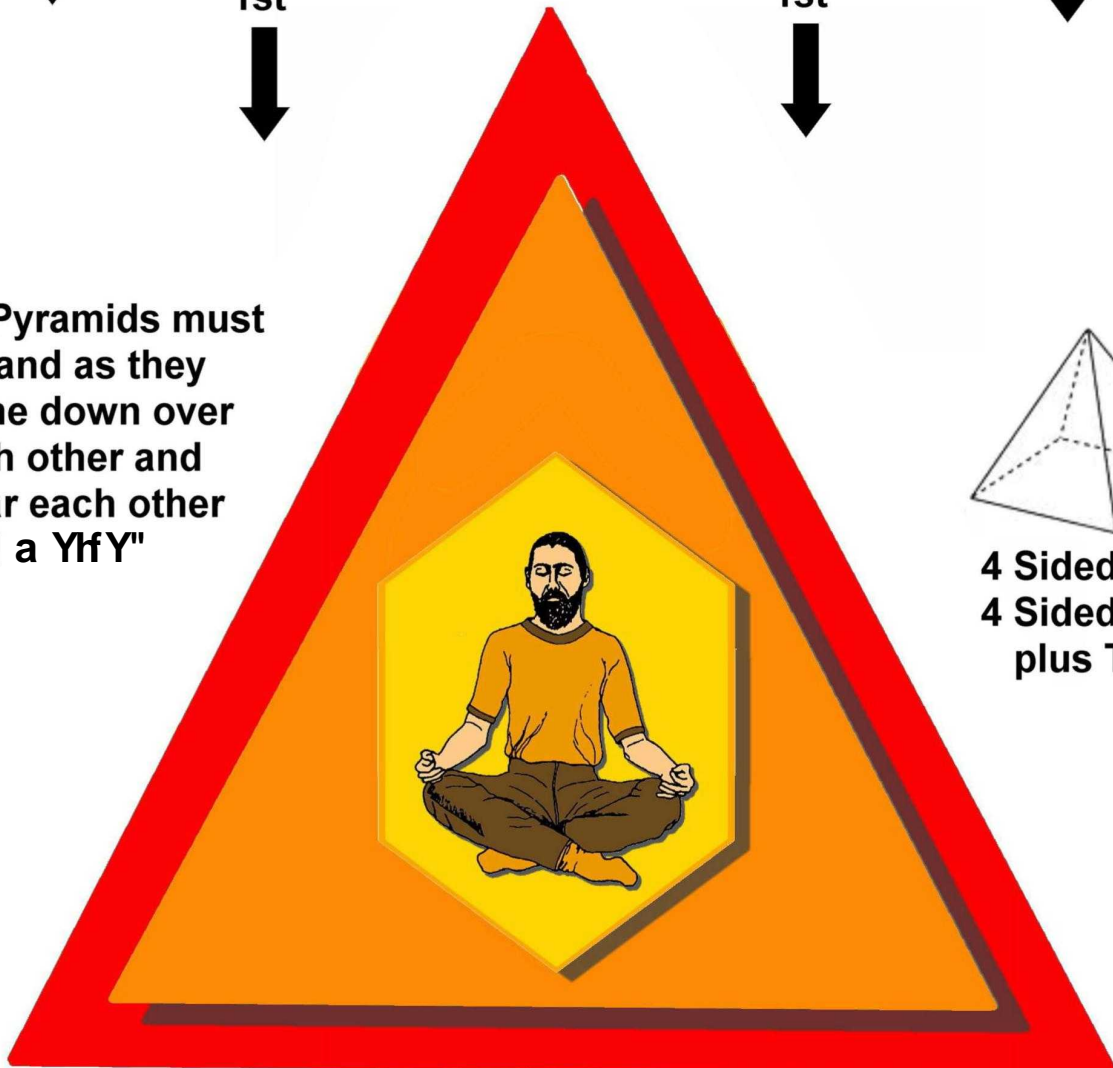


NOW  
5 Sided Gold

2/ Bring both Pyramids  
down over the  
4 sided Ruby,  
4 sided Gold  
& Gold Tube



All Pyramids must  
expand as they  
come down over  
each other and  
clear each other  
by 1 a YfY"



4 Sided Ruby,  
4 Sided Gold,  
plus Tube

; cX'7cbgW]ci g'A YX]hU]cb

Gd]f]hi U'5 k UfYbYgg

GhU] Yg'%'!%'&

; cX#<c`mGd]f]h#7 cbgW]ci gbYgg'5`][ ba Yb]g



GhU[ Y'%'\$ !'8 ]gW]d`]bYX'Gm]Y

6ccgh]b[ 'næi f'ci hYf'7 cbgW]ci gbYgg]bhc'''' 'Gc`Uf  
7cbgW]ci gbYgg''''k ]h\ 'U'+ 'G]XYX'Fi Vm]DmfUa ]X'  
cZ7 \f]gh'7cbgW]ci gbYgg'f]H\ Y' < YUfhicZ; cXÉ''''

; cX'7cbgW]ci g'A YX]hU]cb

8-G7-D@B98

A YX]hU]cb'Gm`Y

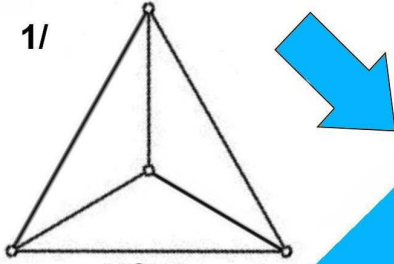
GhU] Y'`\$



6ccgh]b[ 'næi f'ci hYf'7 cbgW]ci gbYgg''''  
]bhc'Gc`Uf'7 cbgW]ci gbYgg''''  
U][bYX'k]h\"; cXõj'K ]`''''

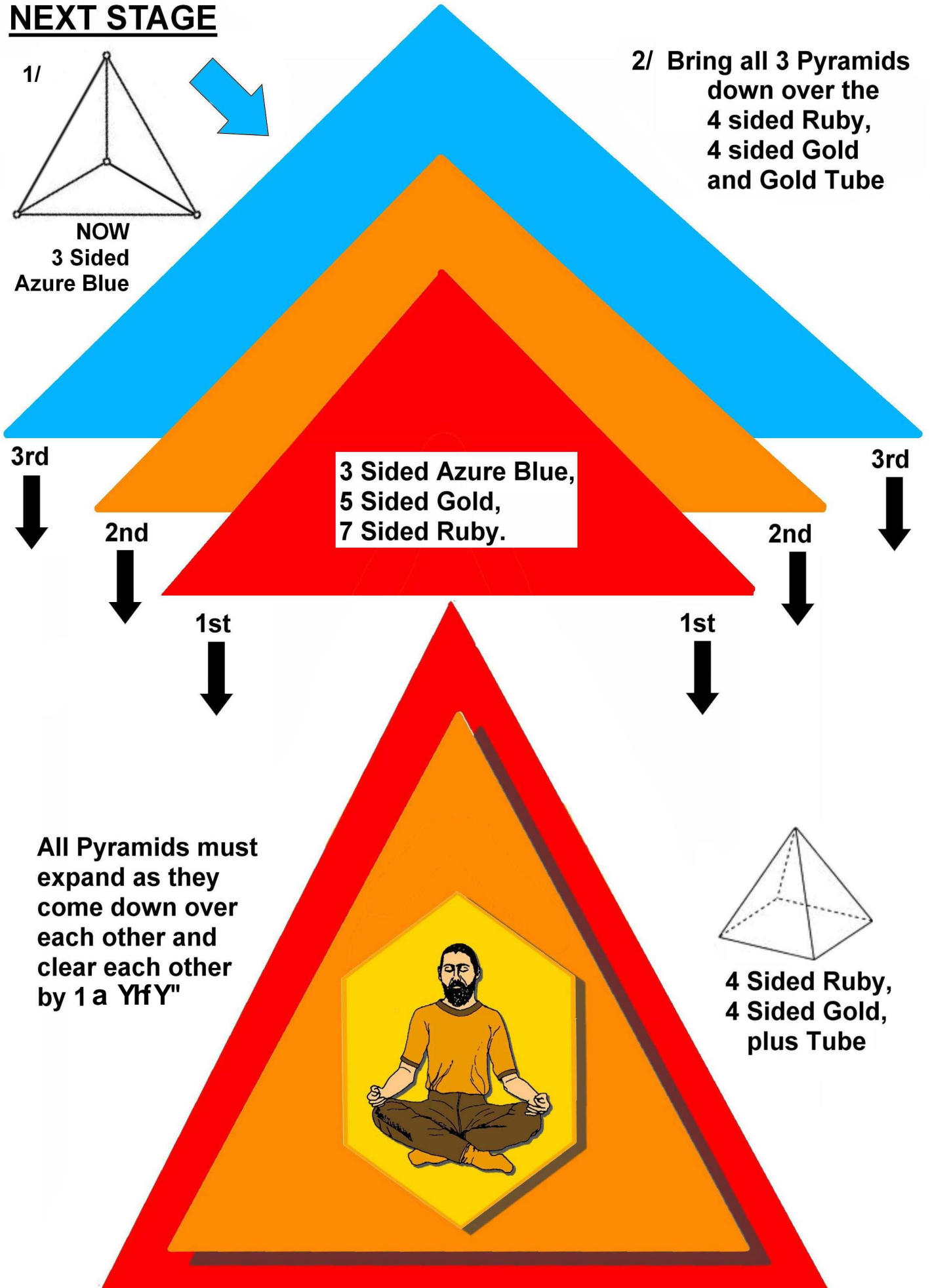
# NEXT STAGE

1/

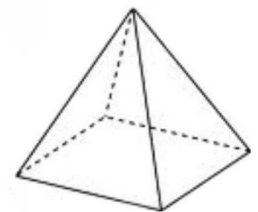


NOW  
3 Sided  
Azure Blue

2/ Bring all 3 Pyramids  
down over the  
4 sided Ruby,  
4 sided Gold  
and Gold Tube



All Pyramids must  
expand as they  
come down over  
each other and  
clear each other  
by 1 a YfY"



4 Sided Ruby,  
4 Sided Gold,  
plus Tube

# GhU Y'%'! '8 ]gWd`]b YX'Ghm`Y

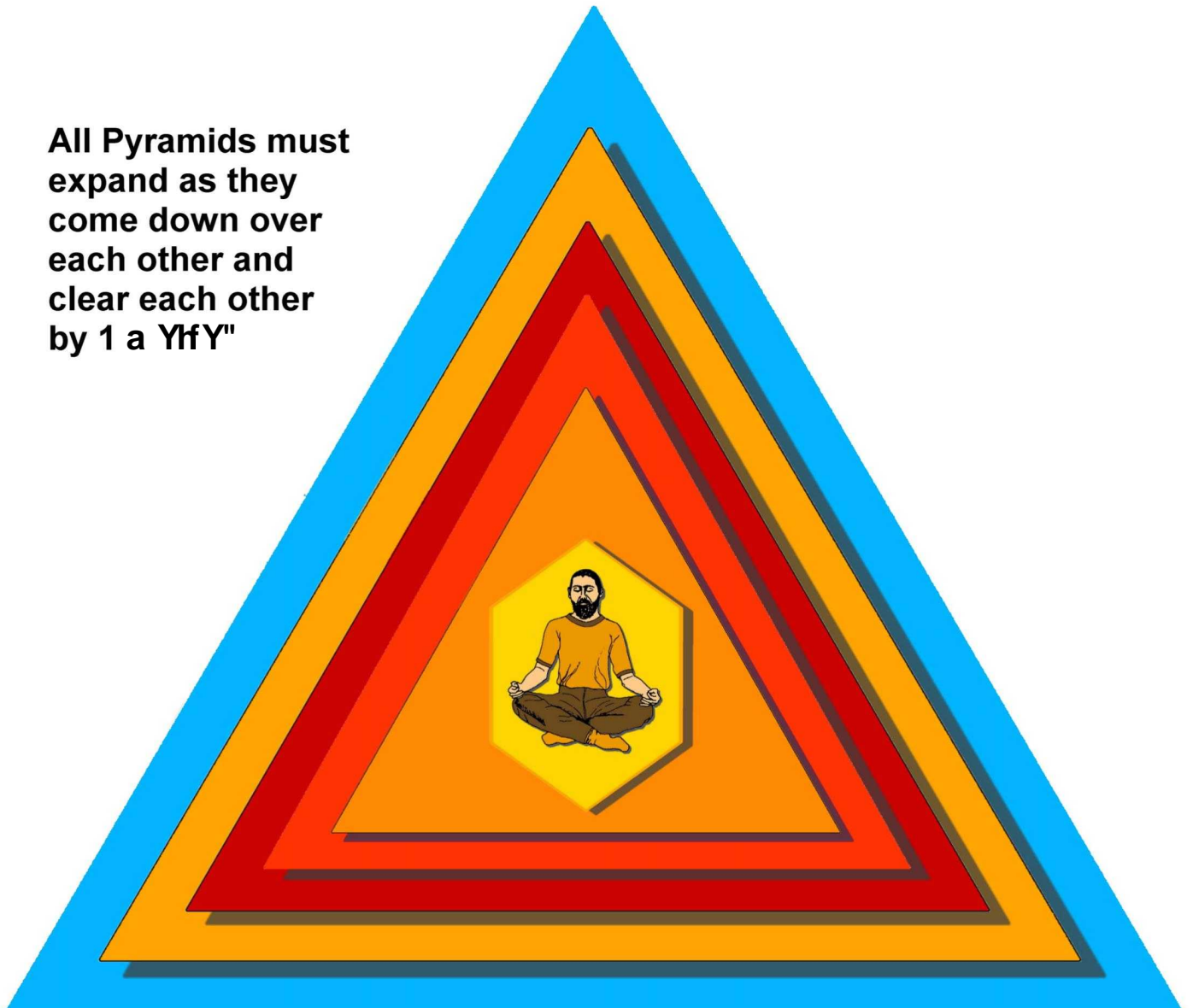
**All Higher Protection Pyramids &  
Basic Protection Pyramids &  
Tube Merged as One.**

**HIGHER PROTECTION**  
3 Sided Azure Blue Pyramid  
5 Sided Gold Pyramid  
7 Sided Ruby Pyramid



**BASIC PROTECTION**  
4 Sided Ruby Pyramid  
4 Sided Gold Mirror Pyramid  
Gold Mirror Tube

**All Pyramids must  
expand as they  
come down over  
each other and  
clear each other  
by 1 a YfY"**



; cX`7cbgW]ci g'A YX]h]h]cb

Gd]f]h U`5 k Uf Yb Ygg

GhU Yg`%!'`%&

; cX#<c`mGd]f]h#7 cbgW]ci gb Ygg'5`][ ba Ybhg



GhU[Y`%%!'`8 ]gW]d`]b YX`Ghm`Y

B ck `fU]g]b[ `mci f`=bbYf!GY`Z`7 cbgW]ci gb Ygg''''  
k ]h\ `h\ Y`K ]``cZ; cX`F Um  
cZ`7 cbgW]ci gb Ygg''''

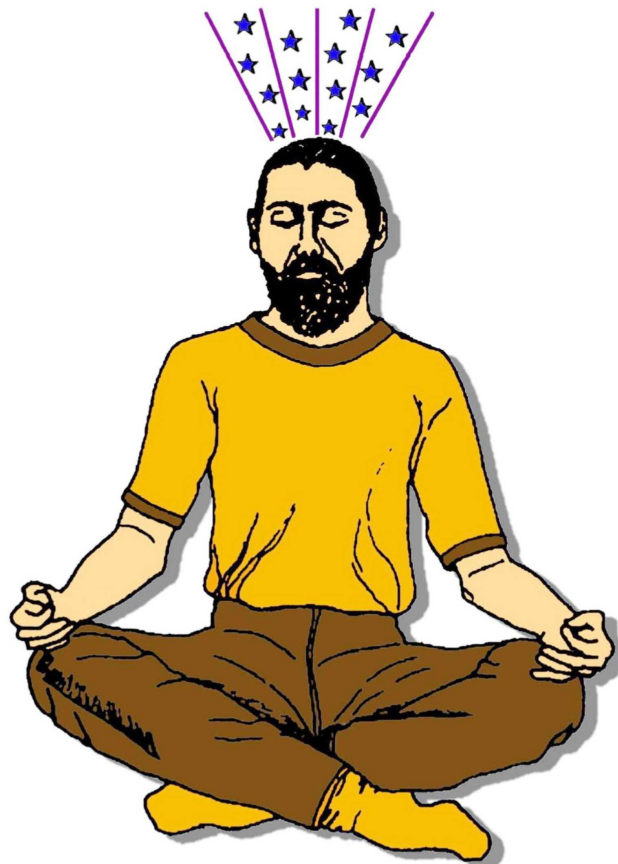


; cX'7cbgWci g'A YX]h]cb

8-G7-D@B98

A YX]h]cb'Gm`Y

Gh] Y'%%



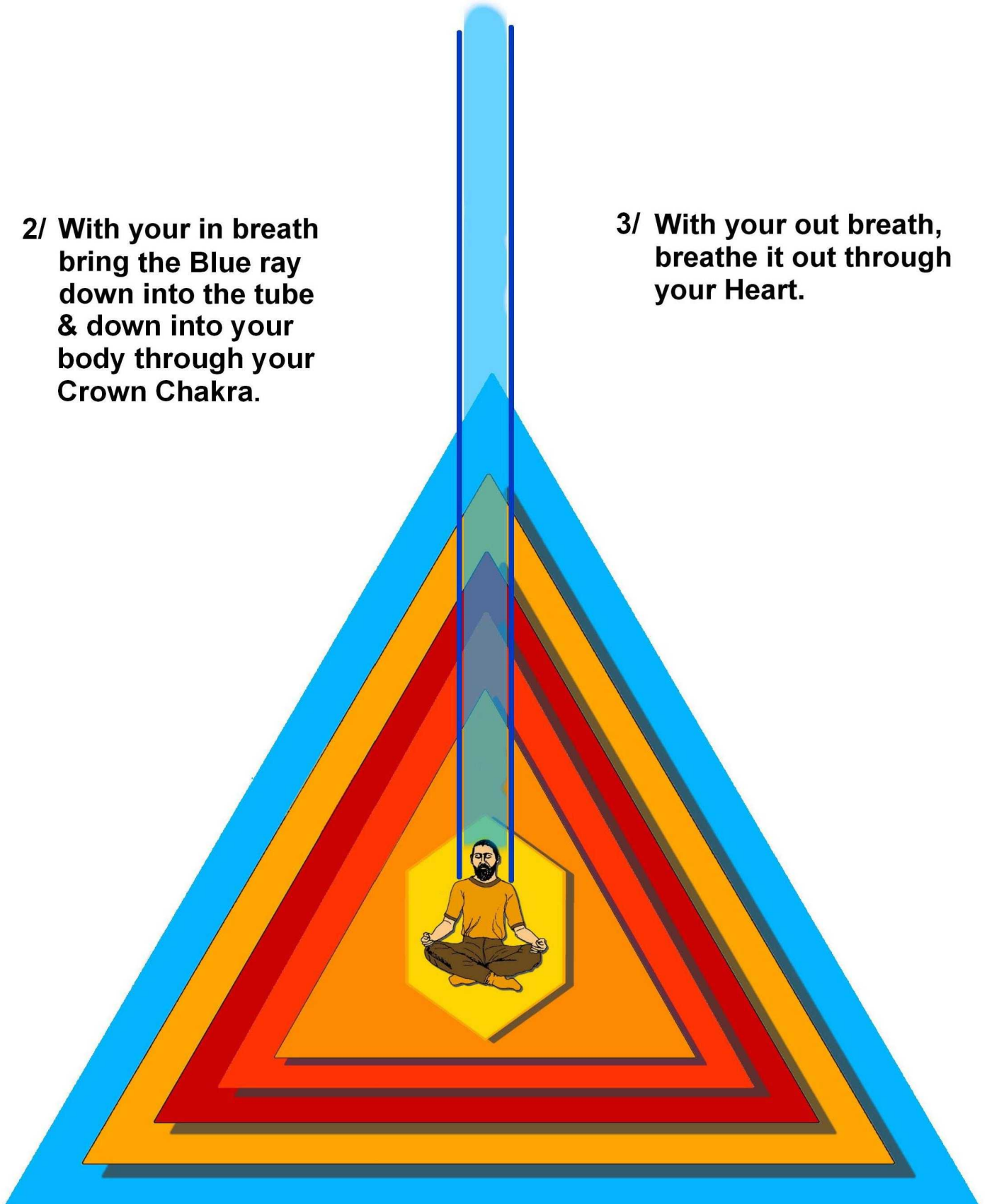
F U]g]b[ 'mci f'7'cbgWci g'GY`Z'''  
hc'5`][ b'k ]h''; cX@'K ]`  
7 cbgWci' gbYgg'''

# GhU Y'%%!' 8 ]gWld` ]b YX' Gm`Y

1/ Look to the Heavens & see a Blue Ray manifest.

2/ With your in breath bring the Blue ray down into the tube & down into your body through your Crown Chakra.

3/ With your out breath, breathe it out through your Heart.



# 6`i Y'FUmci h<YUfh/ 'Ufci bX'D'UbYh'9UfH

GhYd'%

Š[ \ Á Á@ Á^æ^ } • ÁBÁ^ ÁÁÓ| ^ ÁÜæ Áæ ] ^æ  
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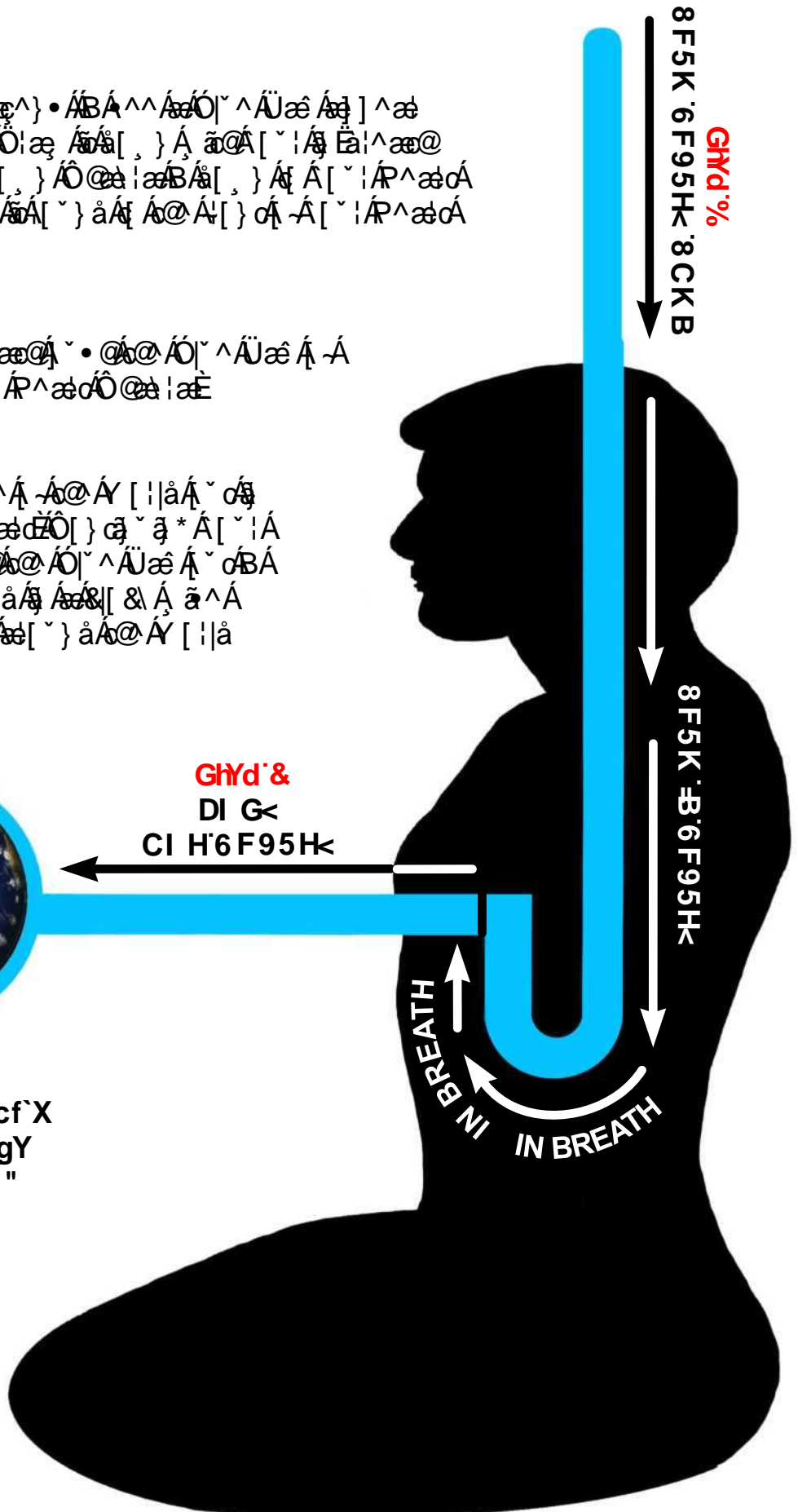


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5 fci bX'H Y'K cf'X  
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; cX`7cbgW]ci g'A YX]h]h]cb

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GhU[ Y'%'!`8 ]gW]d`]bYX`Ghm`Y

F U]g]b[ `næi f`=bbYf!GY`Z`7 cbgW]ci gbYgg''''  
]b``]bY`k ]h\ ; cX@? Ufa ]W  
@cj Y`7 cbgW]ci gbYgg''''

; cX'7cbgWci g'A YX]hU]cb

8-G7-D@B98

A YX]hU]cb'Gm`Y

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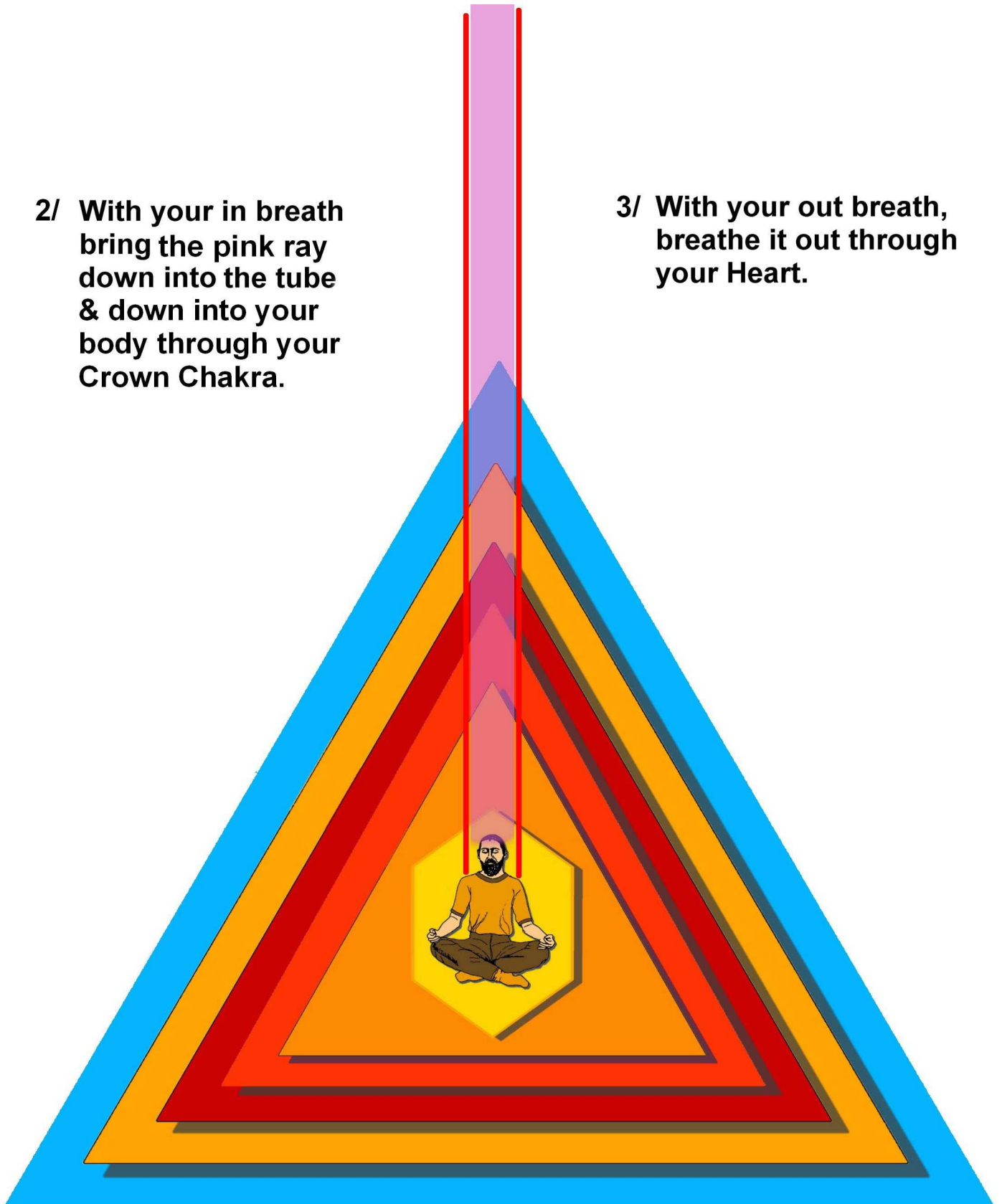
F U]g]b[ 'mæi f'7cbgWci g'GY`Z'''hc'5`][ b  
k ]h\ 'C i f'8 ]j ]bY`Gci ``9l dfYgg]cb  
cZ'7cbgWci gbYgg'''

# GhU Y'°&'!'8 ]gWjd`]b YX' Gm`Y

1/ Look to the Heavens & see a Vivid Pink Ray manifest.

2/ With your in breath bring the pink ray down into the tube & down into your body through your Crown Chakra.

3/ With your out breath, breathe it out through your Heart.



# D]b 'FUmci h< YUfh/ 'Ufci bX'D'UbYh'9 UfH

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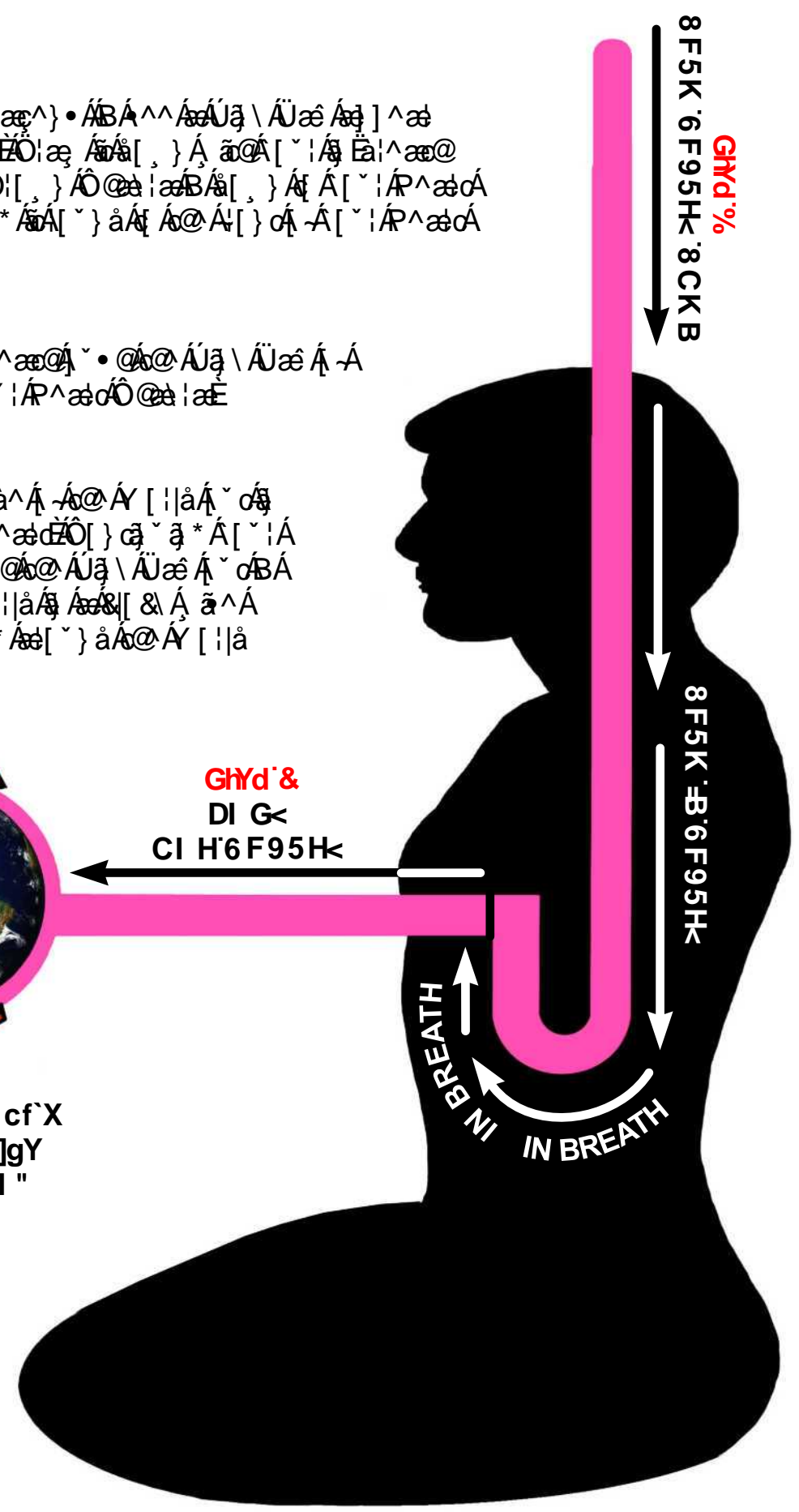
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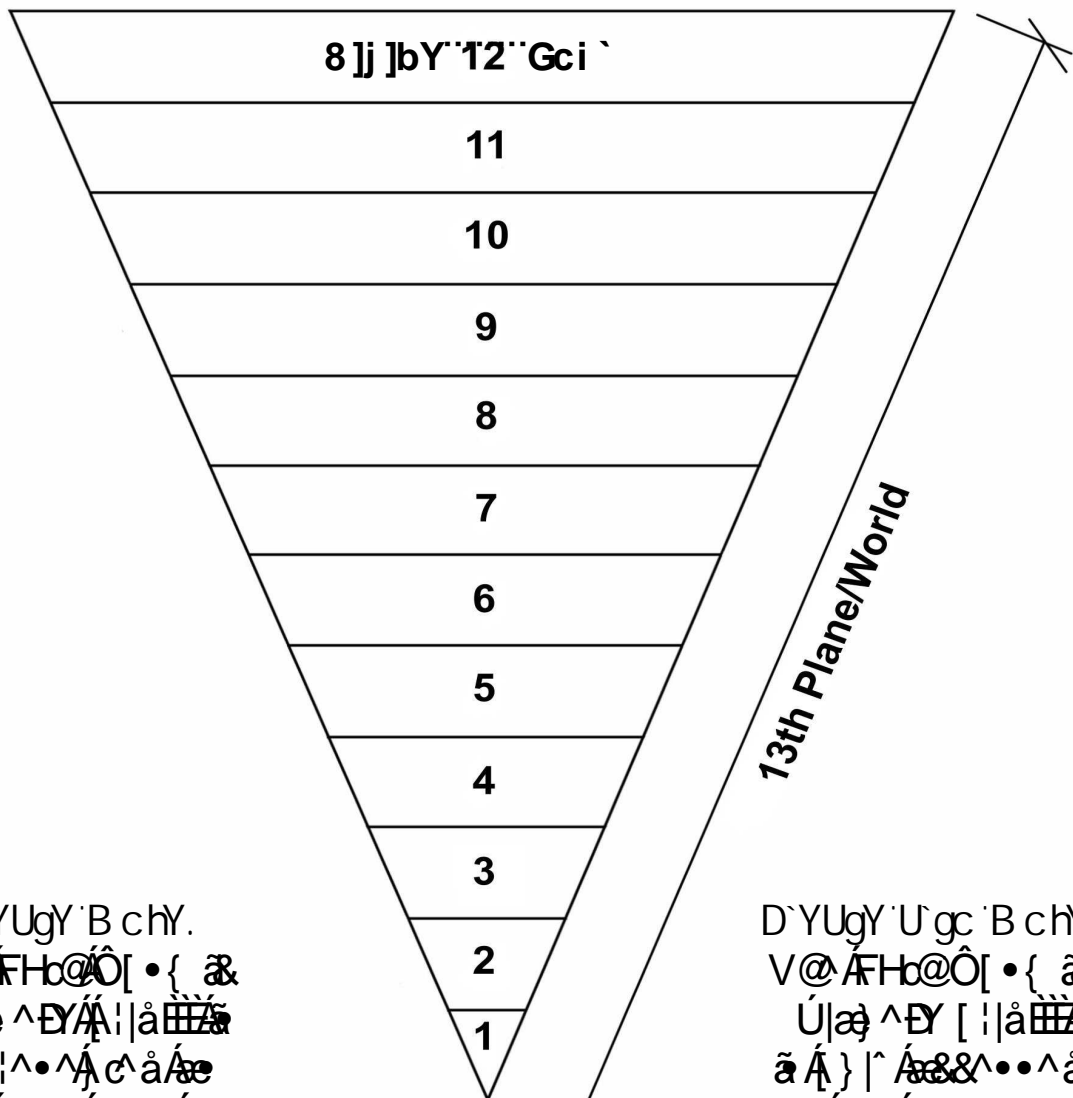
**Mci ` Uj Y'BCK '7 ca d`YhYX.**

**%hc '%&'7 cga ]WD`UbY#K cf`Xg  
cZ; cX#Gci `#Gd]f]h'7 cbgW]ci gbYgg  
5 `][ ba`Ybhg''''''**

**7 cb[ fUhi `Uh]cbg<sup>ooo</sup>**



7 ca d`YhYX. '%hc '%&'7 cga ]WD`UbY#K cf`Xg  
cZ; cX#B ]j ]bY`Gci `#Gd]f]h7 cbgW]ci gbYgg  
cZH Y`A ]bX`cZ; cX#A ]bX`7 cbgW]ci gbYgg



D`YUgY`B chY.  
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D`YUgY`U`gc`B chY.  
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(Dennis Maguire)

Úæ ^Áf í

**≠i]g' Bck 'f YWca a YbXYX  
h Uhnci' bck ""**

**7`YUbgY'Mci f  
+ 'Gd]f]h U'6 cX]Yg""  
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58 J5 B7 98 'GHM@  
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**B9 LH**

**G\ ck ]b[ 'nci \ ck 'hc ""  
7`YUf'U''BY[ Uhj Y9bYf[ m=ßZi YbWg  
/ '≠hfi gjj Y'5 Vbcfa U]h]Yg""  
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; cX'7cbgM]ci g'A YX]h]cb

=A DC FH5B H

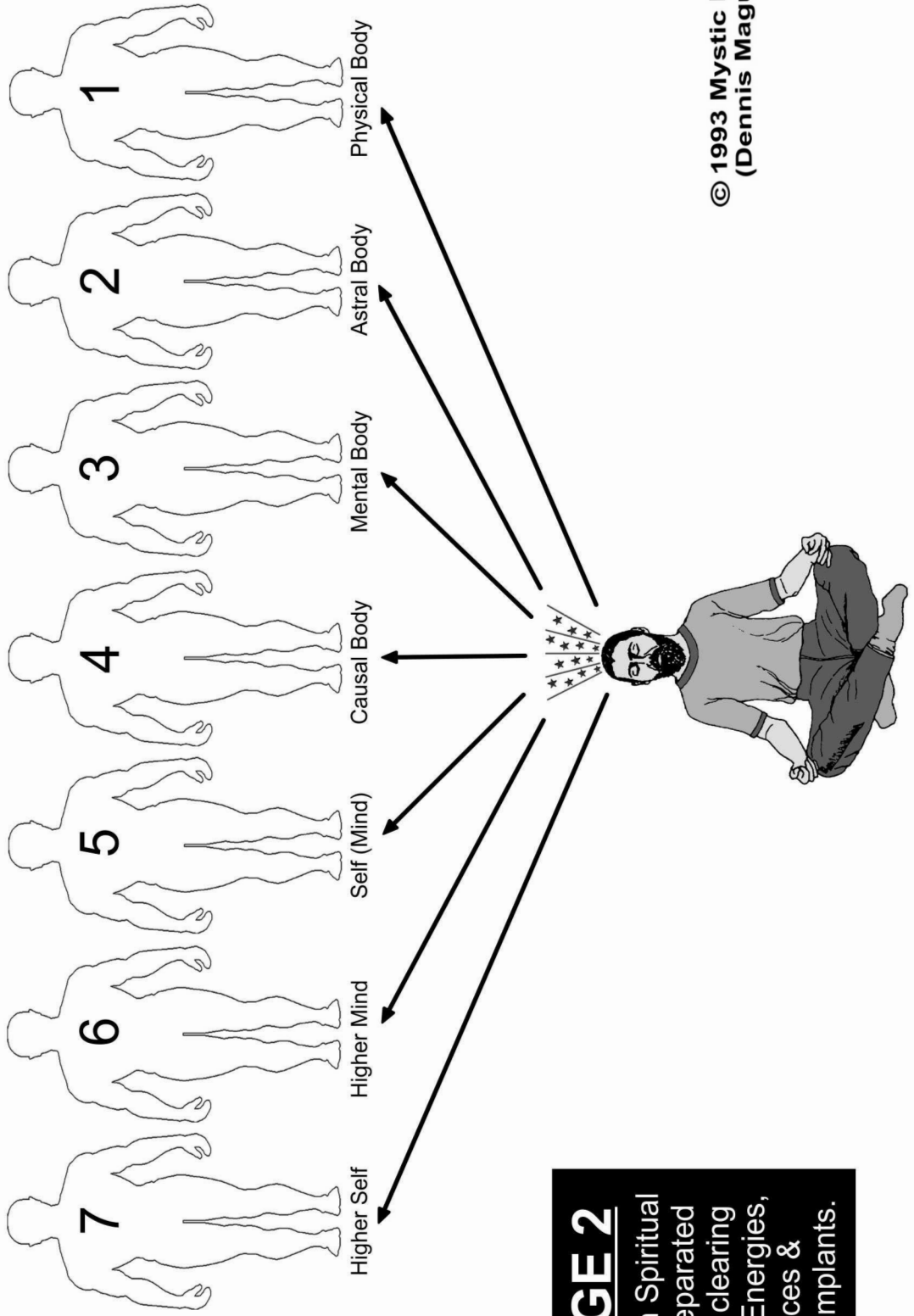
5h'h\Y'7ca d`Yh]cb`cZ'  
8 =G7 =D@=B 98 `GHM@9`A 98 =H5H=C B ""  
7`YUf`B Y[Uh]j Y`9bYf[ ]Ygž= bZi YbWg  
/ `=b hfi g]j Y`5Vbcfa U]h]Yg



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QÔ|^æ • ^Ä[ ~ !Â^ç^} Â] äã æ/Ó[ äã • D

# &L'7`YUf]b[ 'BYI Uhj Y'9bYf[ ]YgZ#bZi YbWYg/ 'bhfj gjj Y'5 Vbcfa U]hYg

- 1/ In meditation ask God to show your seven spiritual bodies separated & including your physical body.
- 2/ Then ask God to show you areas of your spiritual bodies that need Healing and abnormalities removed from them.
- 3/ Then try to remove any abnormalities you can see yourself. Some will be easy, others hard.
- 4/ All the hard one you can ask God to remove for you. Do 3/ first, as the rule is, O[ áÁ@] • Á@ • ^ Á@Á@] Á@ { • ^ |ç^ • É
- 5/ Then ask God for a healing, relax in meditation for 15 to 30mins. When all is done don't forget to thank God.



**STAGE 2**  
The seven Spiritual Bodies separated ready for clearing Negative Energies, Influences & Intrusive Implants.

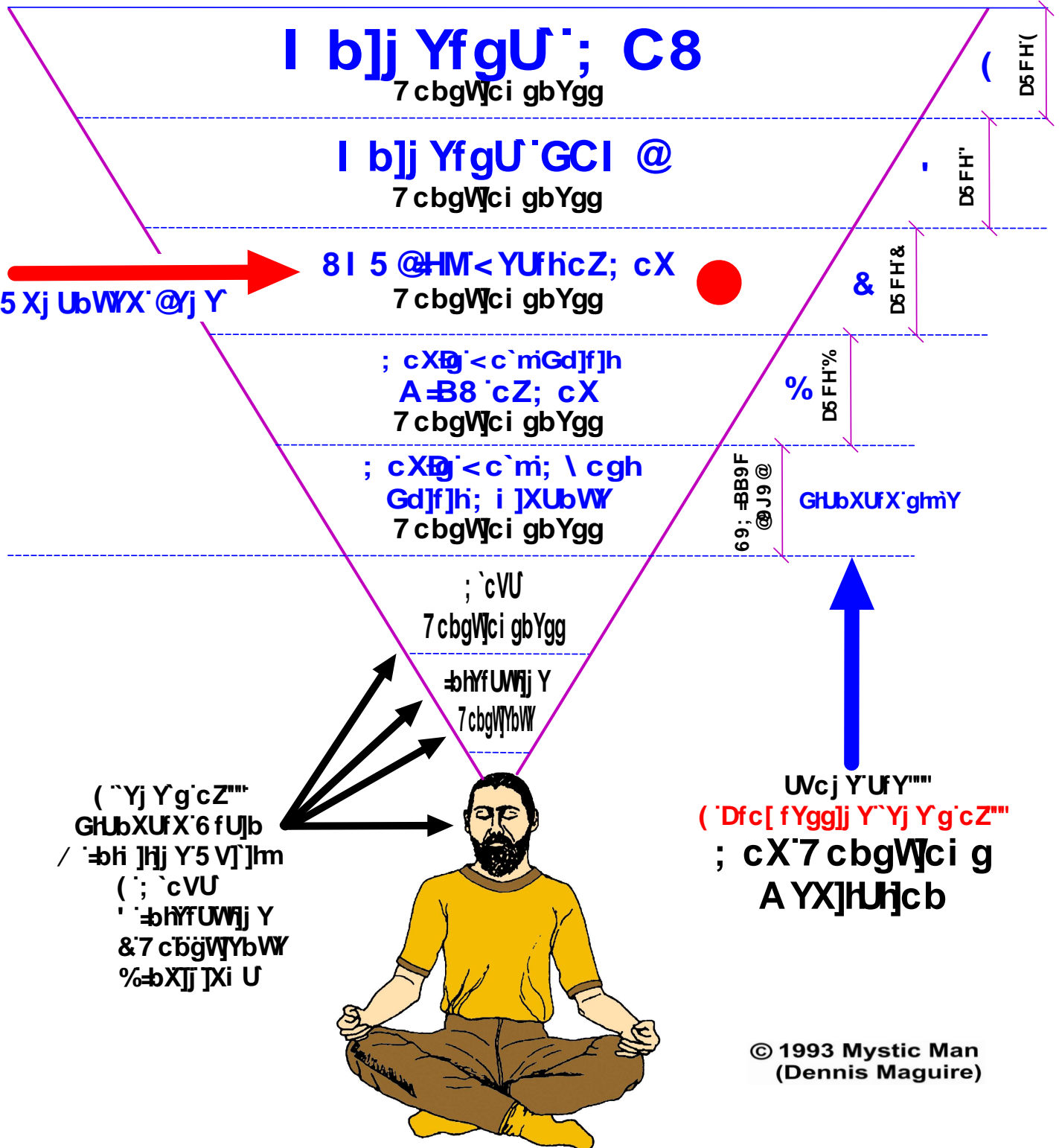
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# God Conscious Meditation

**BYI h!`D5 FH`&**

f5 Xj UbWVX`Ghm`YŁ

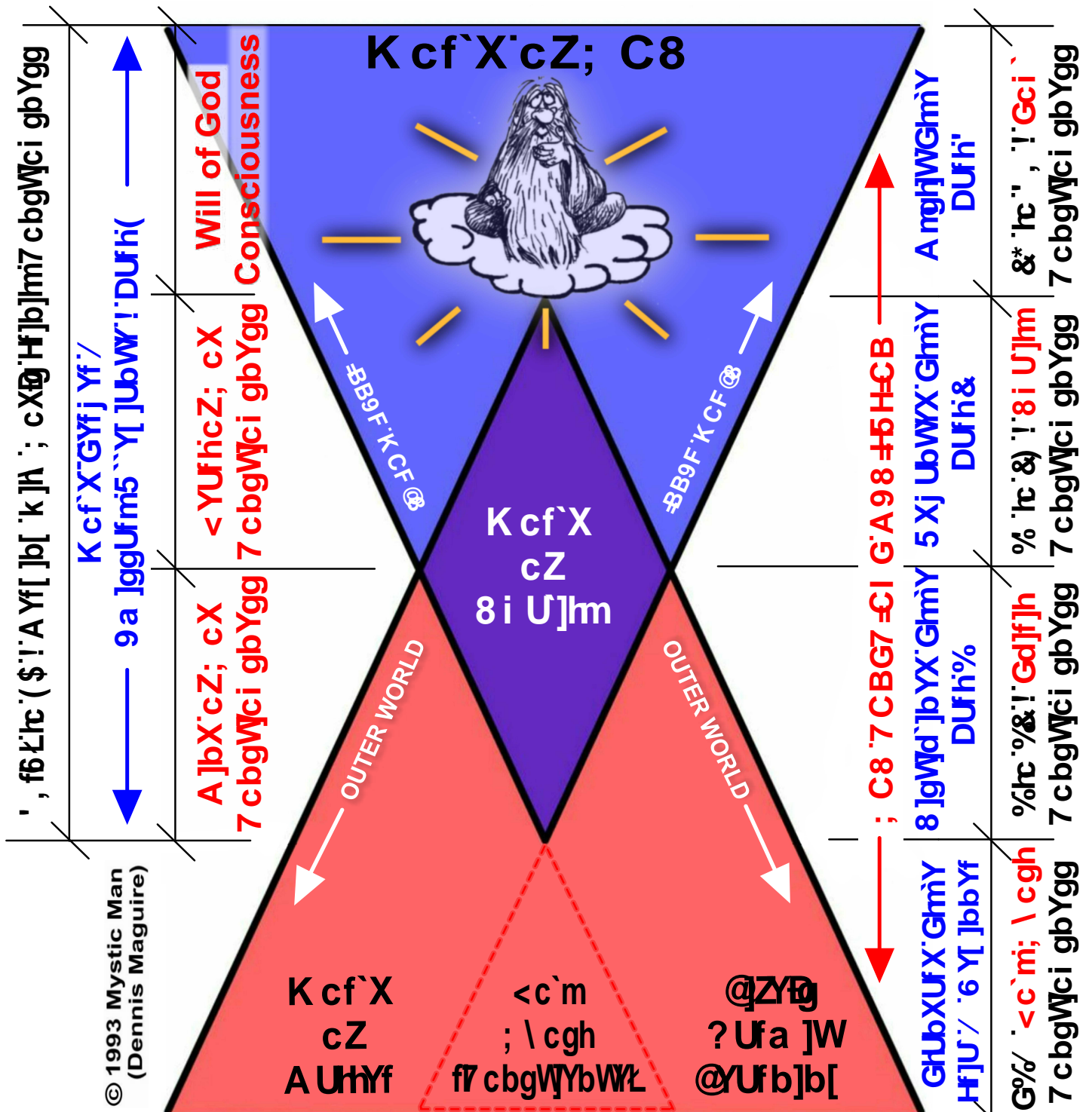
5 kbY`< YUfhcZ; cX`7 cbgWłci gbYgg



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# C8 7cbgWci g'A YX|h|cb

6 Y[ ]bbYf' GHUbXUfX'GmY!'; cX#5 b[ Y#GU]bh#; i ]XUbW''''h fci [ \ '<c`m; \ cgh''''  
 DUfh%' 8 ]gWd` ]bYX'GmY!'; cX' =bgd]f Uh]cb#Gd]f]h5 `]] bYX'k ]h '<c`mGd]f]h''''  
 DUfh&' 5 Xj UbWX'GmY!'; cX' =bgd]f Uh]cb#Gd]f]h] b]hYX'k ]h '<YUfhcZ; cX''''  
 DUfh' ' A ngh]WGmY!'; cX' =bgd]f Uh]cb#Gd]f]h] b]hYX'k ]h 'Gci ` / ; cX''''  
 DUfh( ' K cf`X'GYfj Yf/ '9a ]ggUfm5 ``Y[ ]UbW!'; C8 7cbgWci g'l b]m''''



**≠bhcXi`Wjcb''''**

D5 F H ` &

**58 J5 B7 98 `Ghm`Y**

**A YX]hUjcb**

**GhU[ Yg`% `hc`&)**

**5`][ ba Ybhg**

**hc` ; cX'''' Gi dfYa Y`Gci ``/**

**< YUfhcZ; cX'''' 7 cbgWjci gbYgg**

; cX'7cbgW]ci g'A YX]hUh]cb  
9b`][ \ hYba Ybh≠bgd]fUh]cb  
GhU[ Yg'% '! '&)  
; cX#Gi dfYa Y'Gci `# YUfhcZ; cX'/  
7 cga ]WGd]f]h5 `][ ba Ybhg



5Xj Ub VYX 'GhmY  
; cX'7cbgW]ci g  
A YX]hUh]cb '

5bW cf]b[ 'Mci f'DYfgcbU' 9bYf[ m7 YbhfYg  
f7 \ U\_fUgk'hc 'h\ Y]f'fY`Yj Ubh  
D`UbY#K cf`Xg  
cZ; cX'7cbgW]ci gbYgg''''



Mci f'DYfgcbU' 9bYf[ m7YbhfYg  
 / h\Yjf' 7cga ]W7cbbYVW]cbg

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☼ ← Universal Chakra



5 ``7\ U\_fUg'7 cbbYWihc  
 ; cXžh Y'a Ubm  
 D'UbY#K cf`Xg'cZ; cX  
 7 cbgWyci gbYgg/ 'Mci f  
 Gd]f]h U'6 cX]Yg''''

☼ ← 12th Inter Stellar Chakra

☼ ← 11th Galactic Chakra

☼ ← 10th Solar Chakra

☼ ← 9th Soul Star Chakra

7th Crown Chakra

6th Third Eye Chakra

5th Throat Chakra

4th Heart Chakra

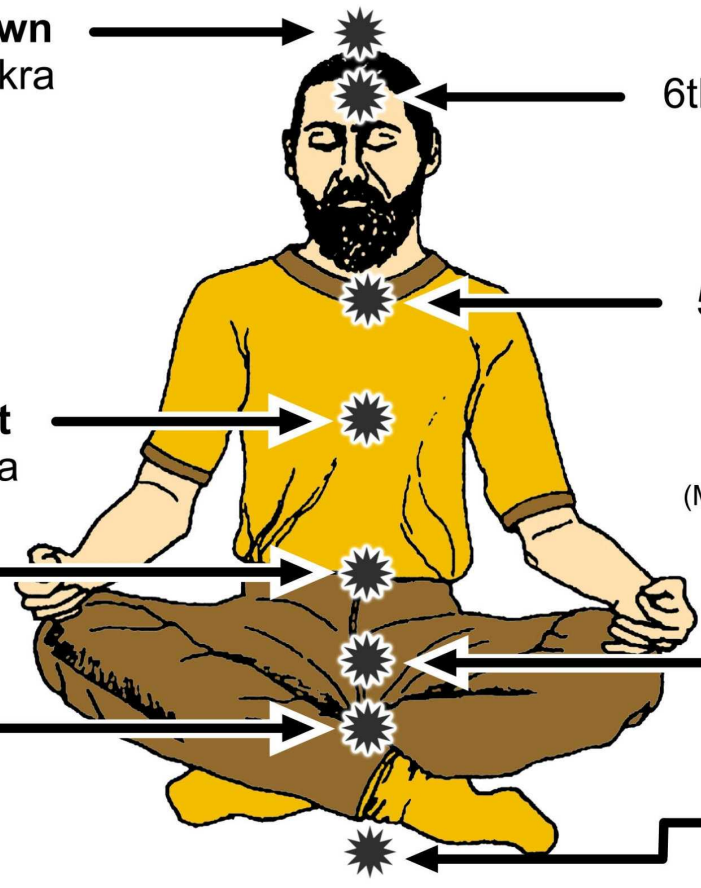
(Mystic Man 1993)

3rd Solar Plexus Chakra

2nd Spleen Chakra

1st Root Chakra

8th Planetary Chakra

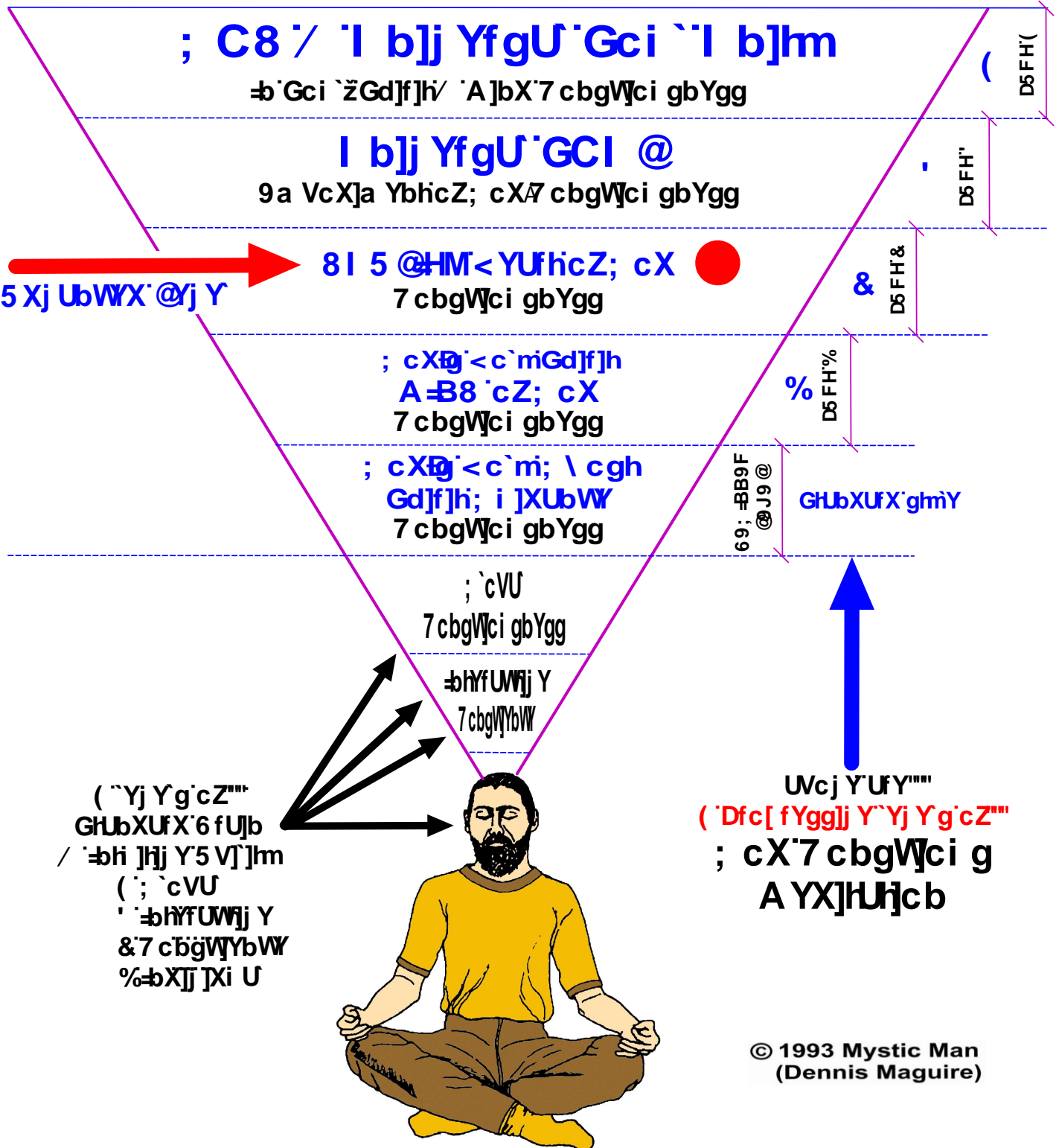


# God Conscious Meditation

D5'FH' &

f5 Xj UbWVX' Gm`YŁ

5 kbY' < YUfhcZ; cX'7 cbgWłci gbYgg



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; cX'7cbgM]ci g'A YX]hU]cb  
9 b`][ \ hYba Ybh≠bgd]fU]cb  
GhU[ Yg'% '! '&)  
; cX#Gi dfYa Y'Gci `# YUfhcZ; cX'/  
7 cga ]WGd]f]h5 `][ ba Ybhg



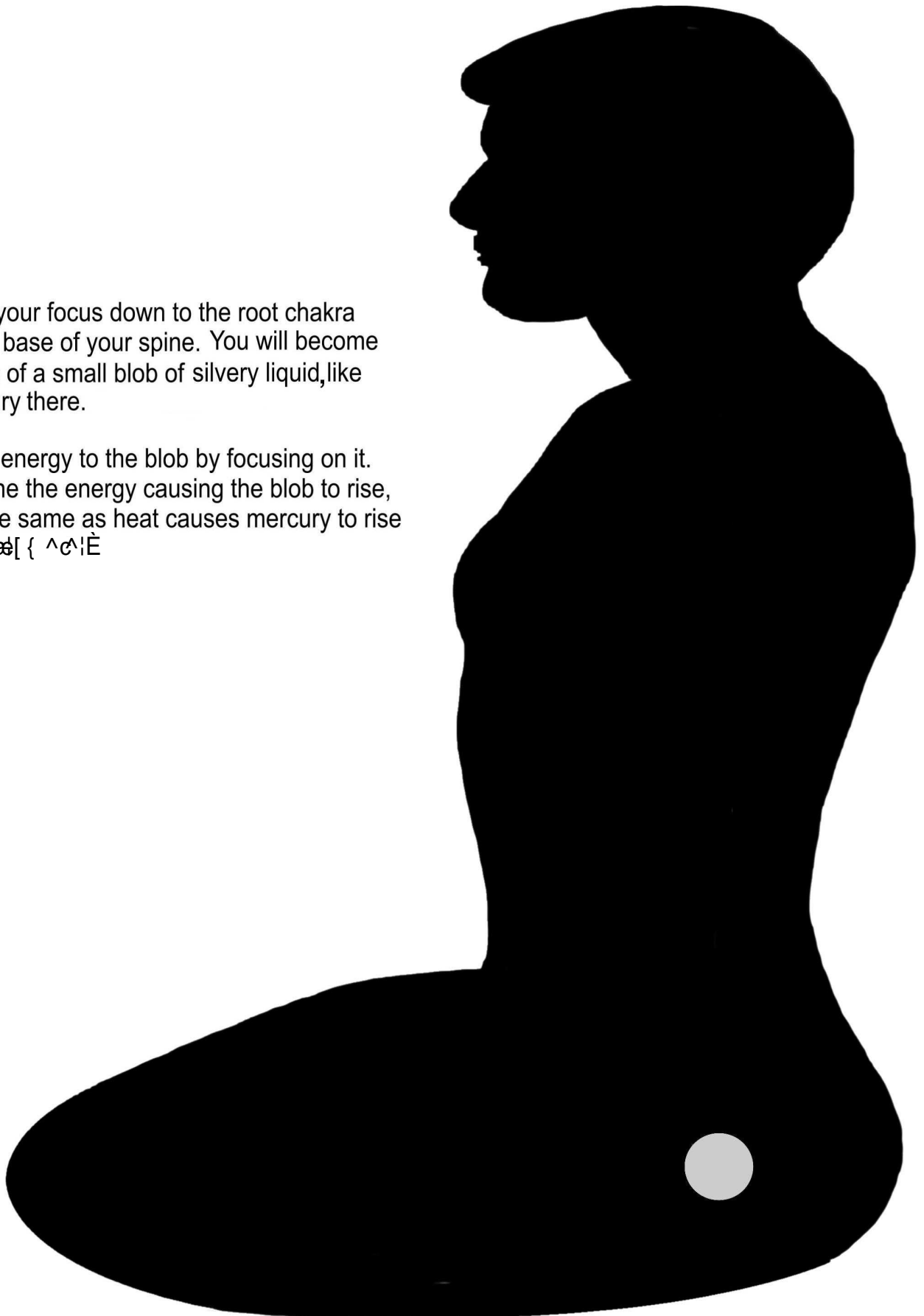
58 J 5B 7 98 'GHM@9  
GhU[ Y'H\ ]fhYYb



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I b]h]b[ 'nci f'Gd]f]hi U'7 cbgW]ci gbYgg'k ]h 'nci f'9bYf[ m]WbhfYg'fWU`YX'  
7\ U\_fU]Li g]b[ 'h Y'Gd]f]hi U'U][ ba Ybhd]cWgg'cZ]h Y'?i bXU]b]''''

- 1/ Drop your focus down to the root chakra at the base of your spine. You will become aware of a small blob of silvery liquid, like mercury there.
- 2/ Apply energy to the blob by focusing on it. Imagine the energy causing the blob to rise, just the same as heat causes mercury to rise.



I b]h]b[ 'nci f'Gd]f]hi U'7 cbgW]ci gbYgg'k ]h 'nci f'9bYf[ mWbhfYg'fWU`YX'  
7\ U\_fU]Li g]b[ 'h Y'Gd]f]hi U'U][ ba Ybhd]fcWgg'cZ h Y?i bXU]b]''''

3/ In the beginning the Kundalini will rise very little, as your body gets use to adapting to the kundalini flowing within your body.

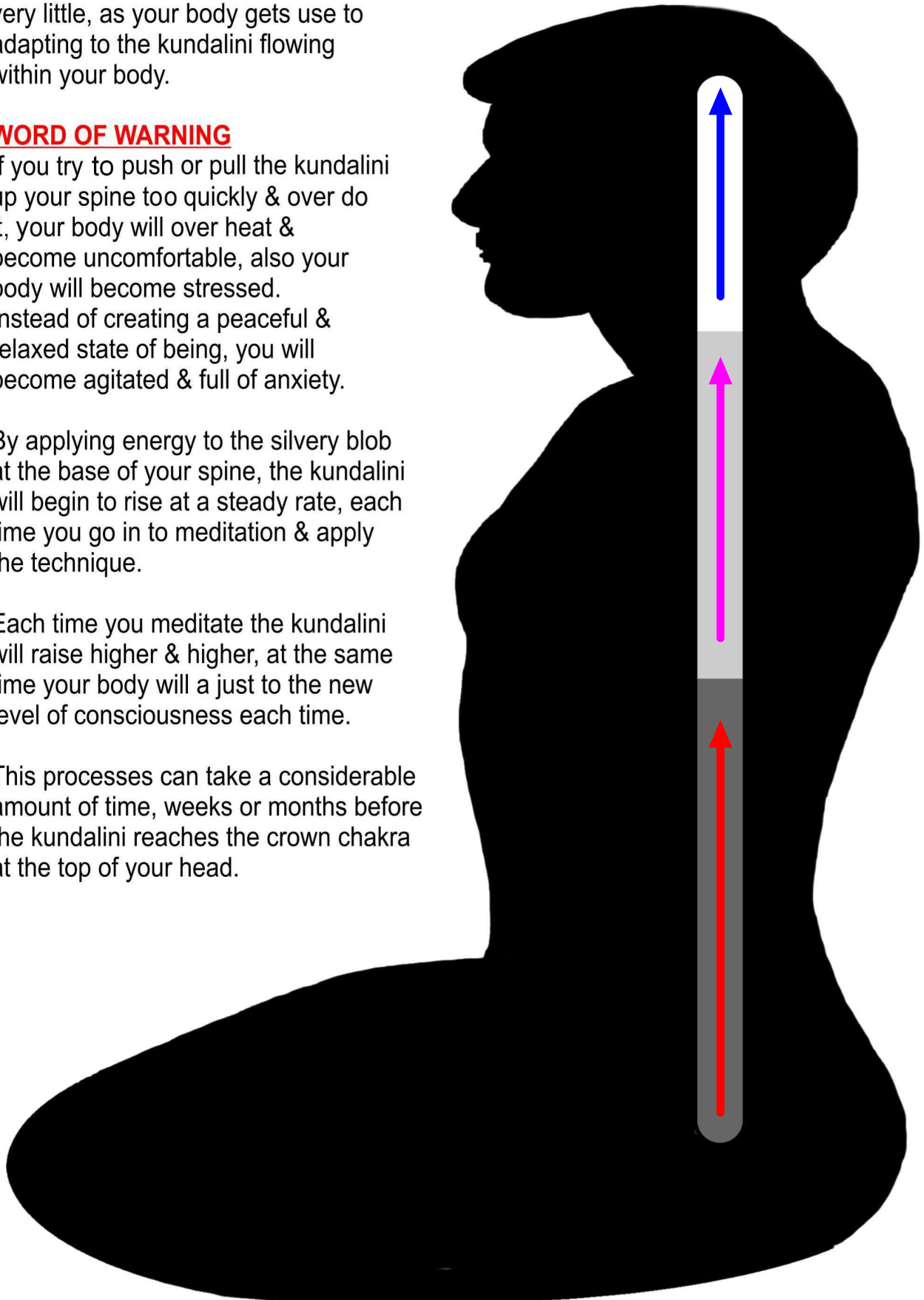
**WORD OF WARNING**

If you try to push or pull the kundalini up your spine too quickly & over do it, your body will over heat & become uncomfortable, also your body will become stressed. Instead of creating a peaceful & relaxed state of being, you will become agitated & full of anxiety.

4/ By applying energy to the silvery blob at the base of your spine, the kundalini will begin to rise at a steady rate, each time you go in to meditation & apply the technique.

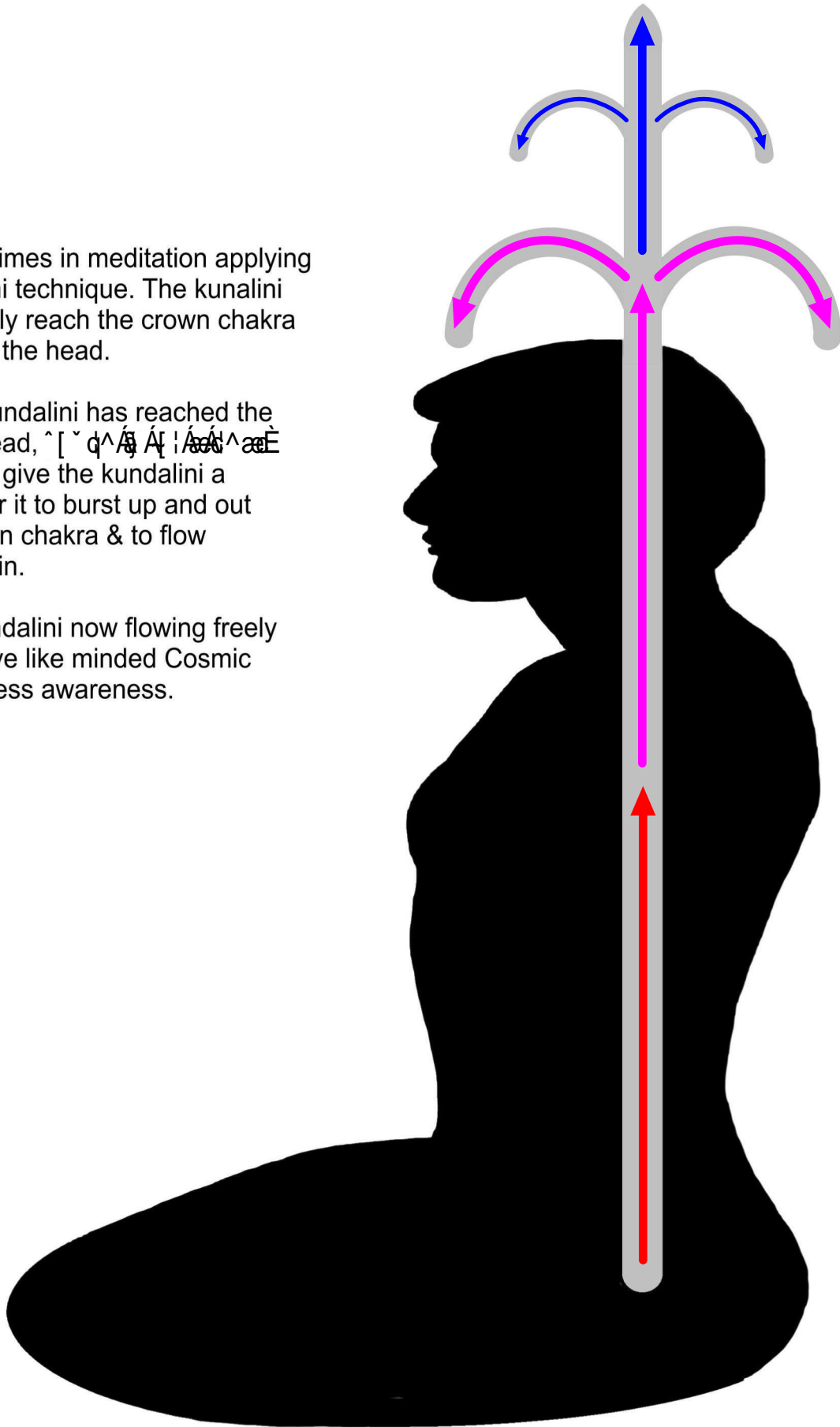
5/ Each time you meditate the kundalini will raise higher & higher, at the same time your body will adjust to the new level of consciousness each time.

6/ This processes can take a considerable amount of time, weeks or months before the kundalini reaches the crown chakra at the top of your head.



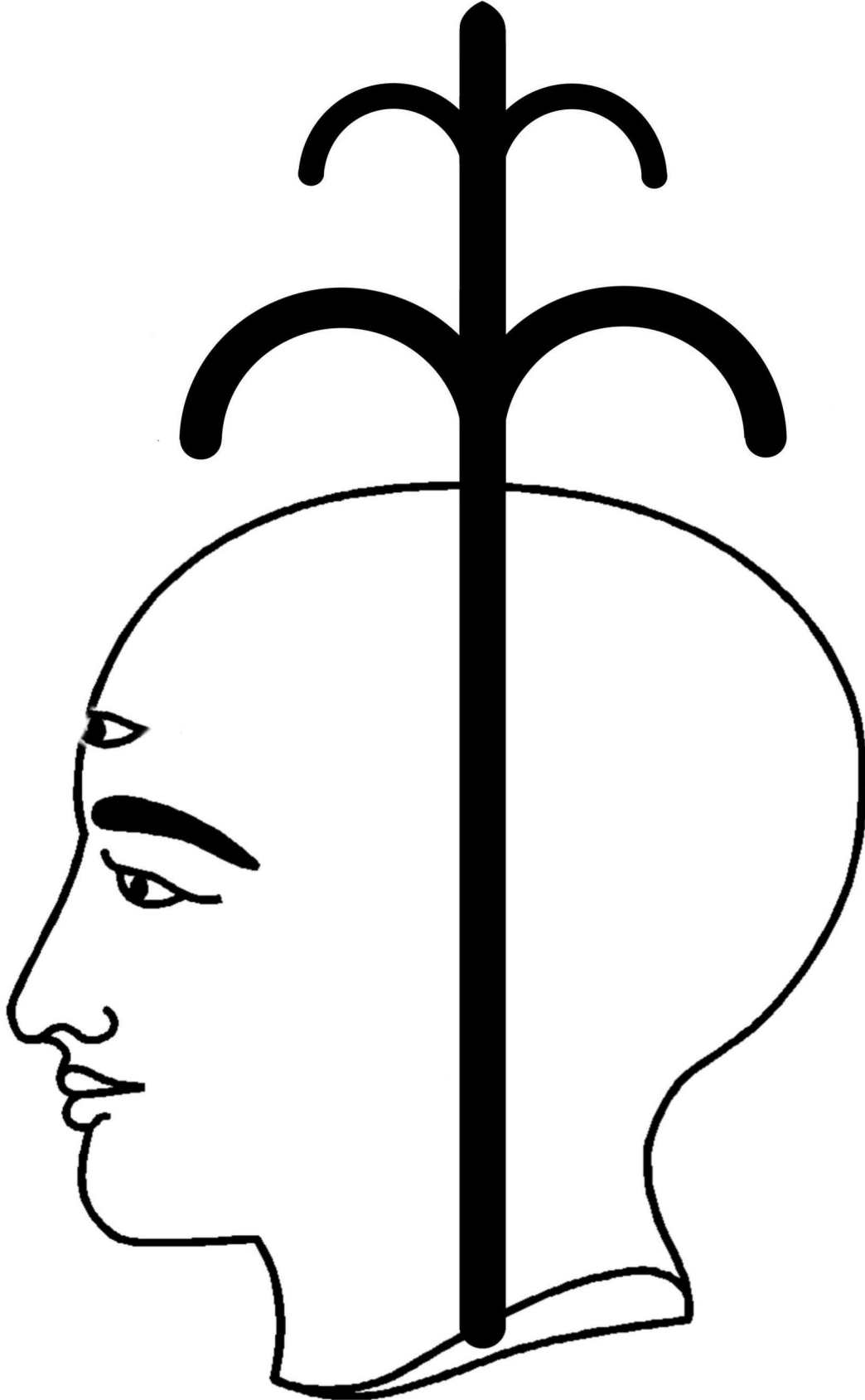
I b]h]b[ 'nci f'Gd]f]hi U'7 cbgW]ci gbYgg'k ]h 'nci f'9bYf[ m]WbhfYg'fWU`YX'  
 7\ U\_fU]L'i g]b[ 'h Y'Gd]f]hi U'U]] ba Ybhd]cW]gg'cZ]h Y'?i bXU]b]''''

- 7/ After many times in meditation applying the Kundalini technique. The kundalini will eventually reach the crown chakra at the top of the head.
- 8/ When the kundalini has reached the top of the head, ^ [ ~ q ^ Á Á i Á c Á æ É You need to give the kundalini a final push for it to burst up and out of your crown chakra & to flow like a fountain.
- 9/ With the kundalini now flowing freely you now have like minded Cosmic Consciousness awareness.



I b]h]b[ 'nci f'Gd]f]hi U'7 cbgW]ci gbYgg'k ]h 'nci f'9bYf[ m]WbhfYg'fWU`YX'  
7\ U\_fU]Li g]b[ 'h Y'Gd]f]hi U'U][ ba YbhidfcWgg'cZH Y'?i bXU]b]''''

With the kundalini flowing freely from the Root Chakra at the base of the spine & flowing up through the Crown Chakra at the top of the head. Your Lower-Self is now guided by like minded Cosmic Consciousness awareness.



; cX'7cbgV]ci g'A YX]hU]cb  
9b`][ \ hYba Ybh≠bgd]fU]cb  
GhU[ Yg'% '! '&)  
; cX#Gi dfYa Y'Gci `#< YUfhcZ; cX'/  
7 cga ]WGd]f]h5 `][ ba Ybhg



58 J 5B 7 98 'GHM@9  
GhU[ Y': ci fhYYb

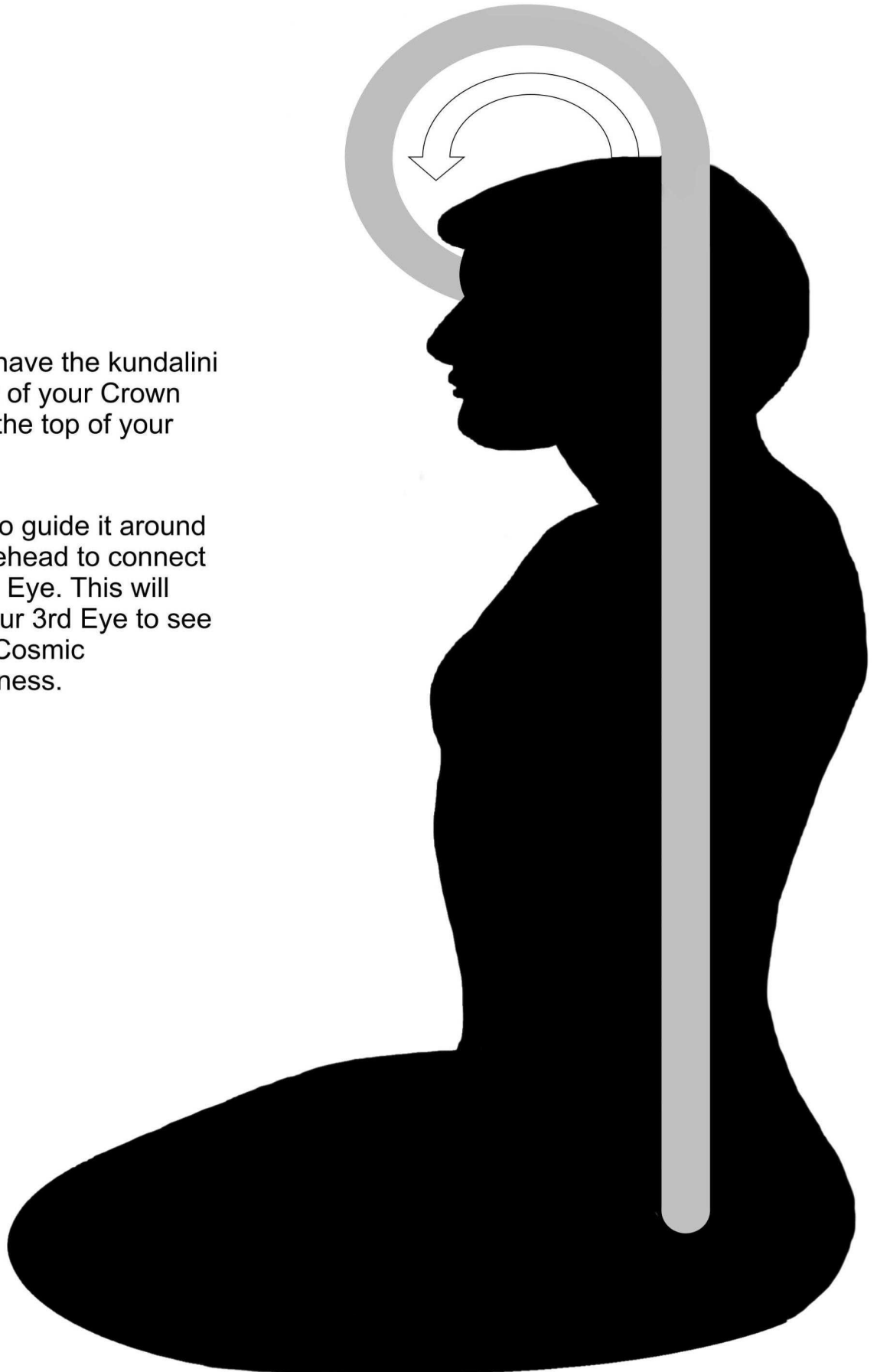


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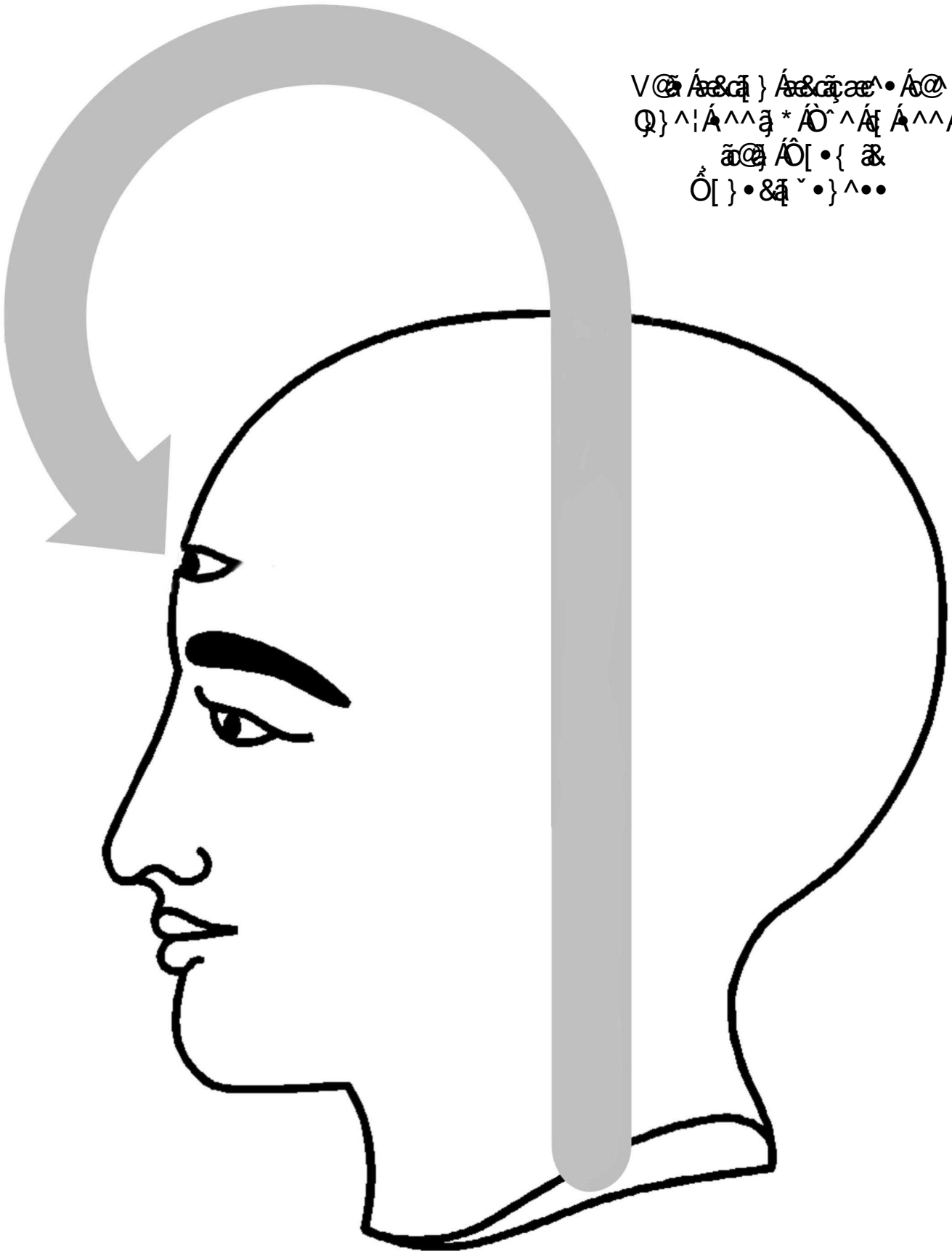
# ᄁb Yf 'gYY]b[ '9 mY'fHΛ ]fX'9 mYŁ 5 `][ ba Ybh'k ]H 'H Y'?i bXU]b]

- 1/ Once you have the kundalini flowing out of your Crown Chakra at the top of your head.
- 2/ You need to guide it around to your forehead to connect to your 3rd Eye. This will activate your 3rd Eye to see within the Cosmic Consciousness.



≠bbYf'gYY]b[ '9mY'fHΛ ]fX'9mYŁ  
5`][baYbh'k ]h`hY'?i bXU]b]

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Ó[ ]·&ā^·}^..



; cX'7cbgV]ci g'A YX]hU]cb  
9b`][ \ hYba Ybh≠bgd]fU]cb  
GHU[ Yg'% '! '&)  
; cX#Gi dfYa Y'Gci `#< YUfhcZ; cX/  
7 cga ]WGd]f]h5 `][ ba Ybhg

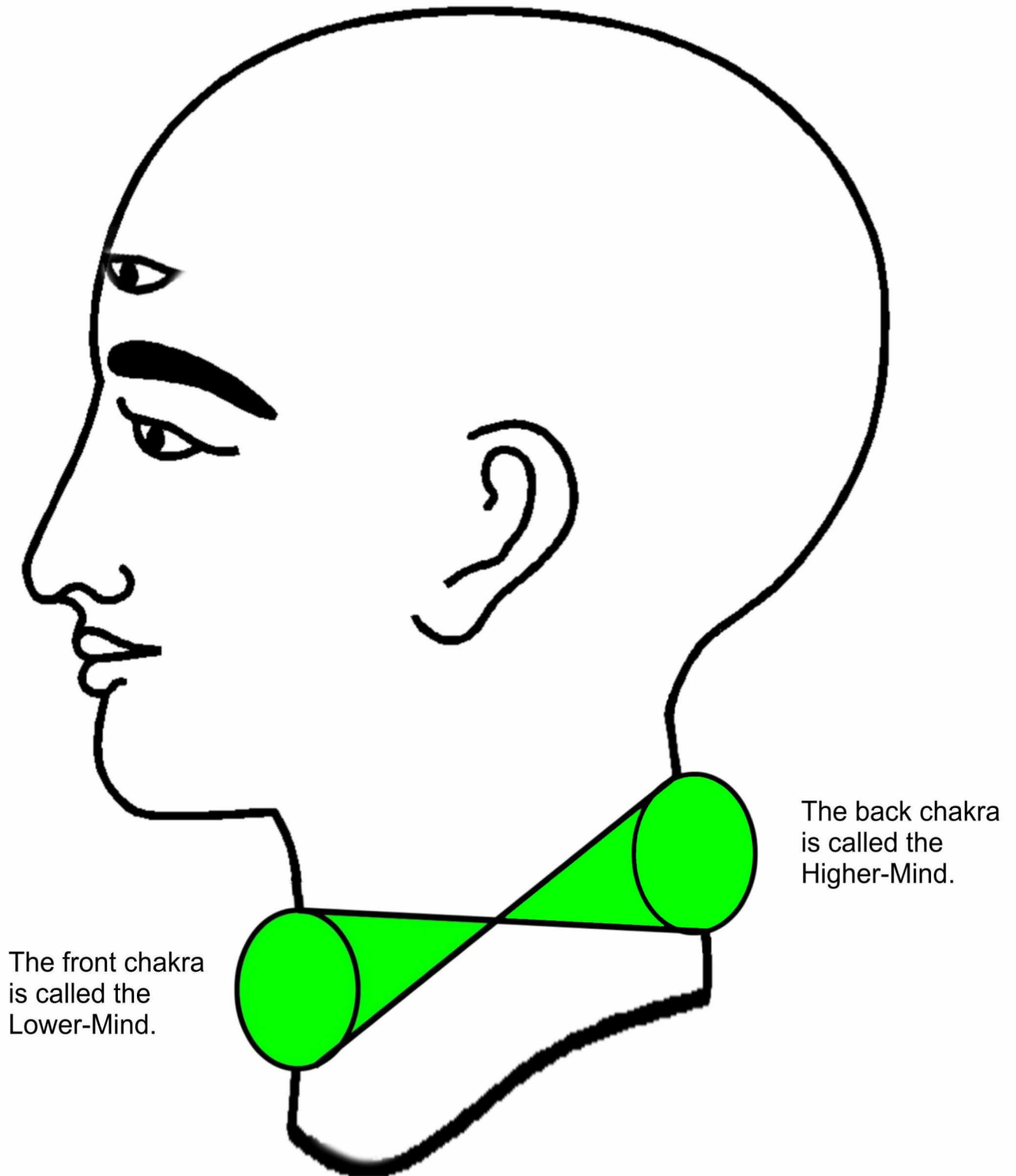


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GHU[ Y': ]ZhYYb



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# Merging Lower-Mind with the Higher-Mind

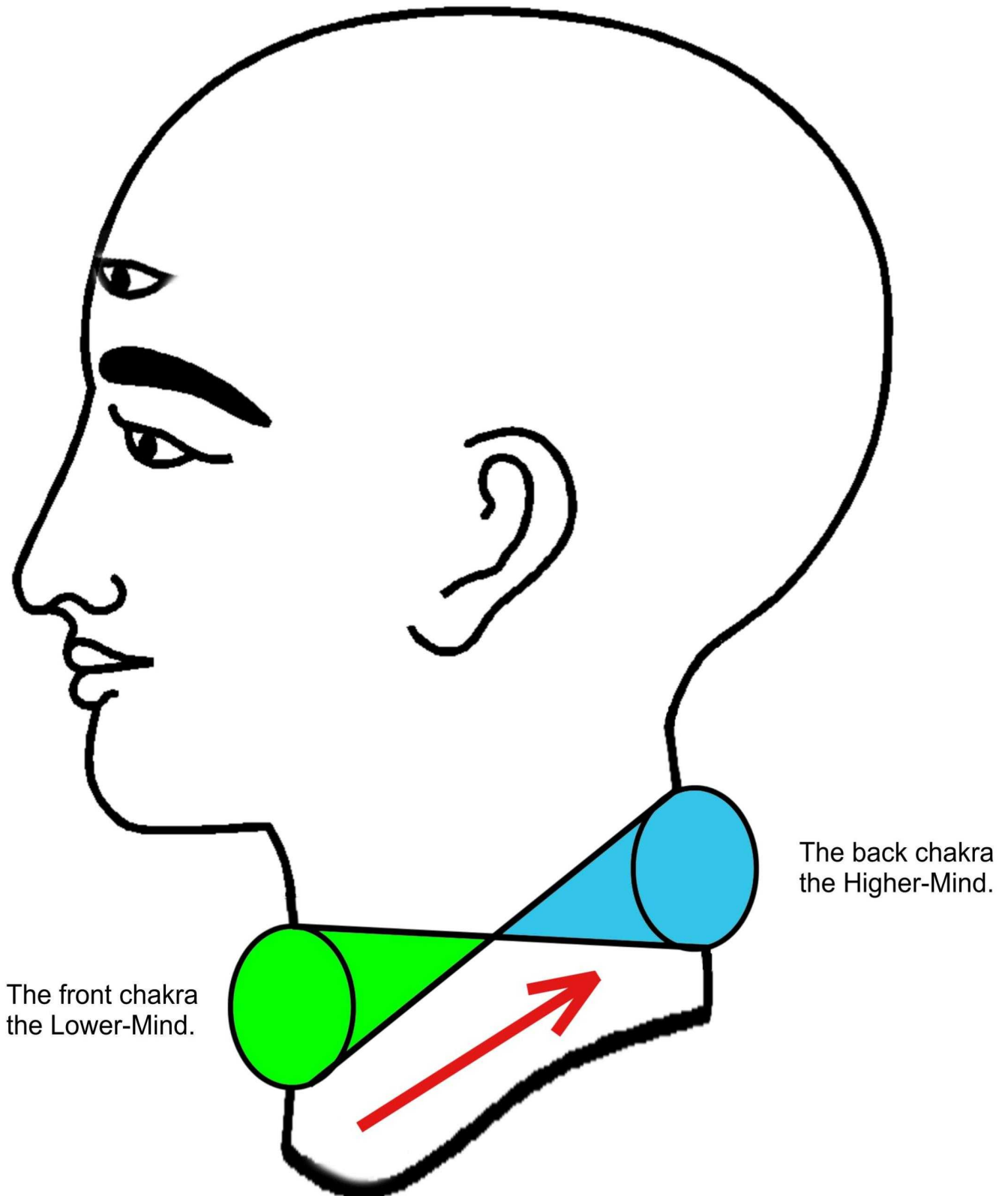


The front chakra  
is called the  
Lower-Mind.

The back chakra  
is called the  
Higher-Mind.

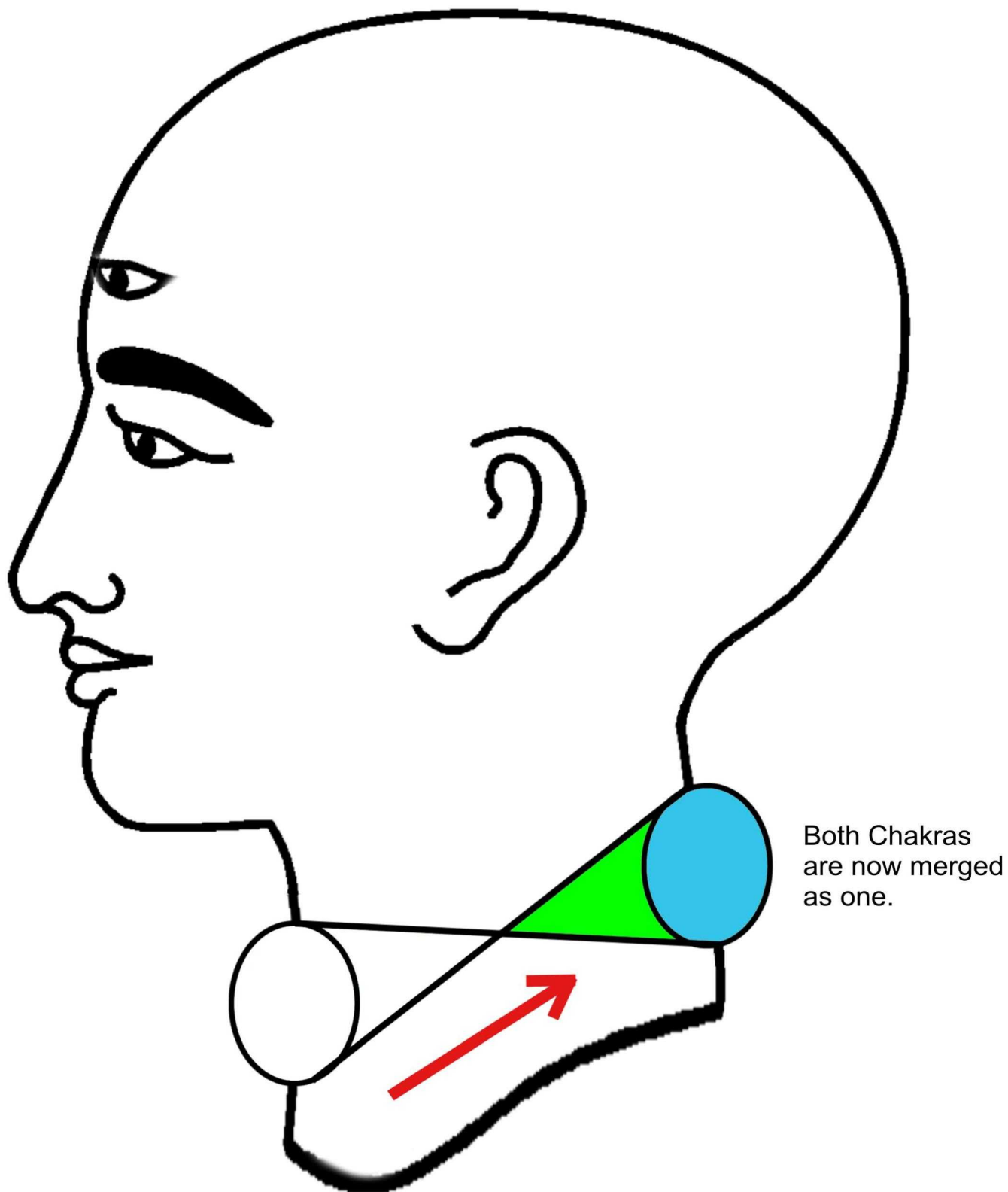
- 1/ Drop you focus down to the middle of your throat.  
The throat consists of two chakras back to back to  
each other.

# Merging Lower-Mind with the Higher-Mind



2/ Put your focus on the front Chakra (the Lower-Mind) and move your focus to the back of your neck, to the back Chakra (the Higher-Mind).

# Merging Lower-Mind with Higher-Mind



- 3/ The Lower-Mind and Higher-Mind Chakras merge as one at the back of the throat. The Lower-Mind is now in a neutral state. The effect causes the Lower-Mind to be guided by the Higher-Mind.

; cX'7cbgV]ci g'A YX]hU]cb  
9b`][ \ hYba Ybh≠bgd]fU]cb  
GHU[ Yg'% '!&)  
; cX#Gi dfYa Y'Gci `# YUfhcZ; cX/  
7 cga ]WGd]f]h5 `][ ba Ybhg

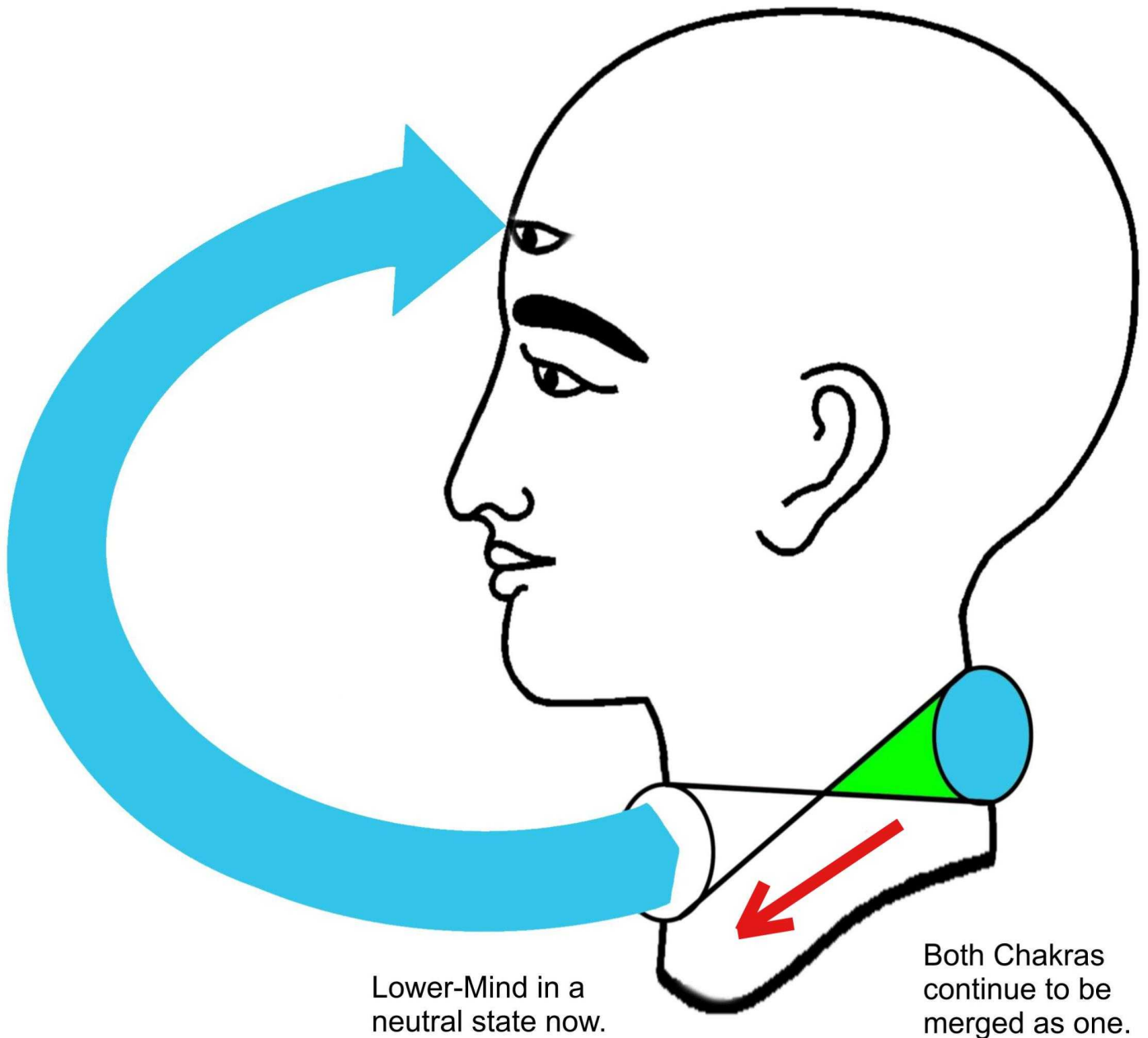


58 J 5B 7 98 'GHM@9  
GHU[ Y'G]I hYYb



Ô[ } } ^ & cã \* Á@ ÁPã @! ÁT ã ã ÁÁ Á@  
Q} ^! ÁÛ^^ã \* ÁÒ^ ÆÈ

# Higher Mind connects to the 3rd Eye



4/ P[ , Á ã@your focus at the back of your throat, in one sweeping motion bring your focus forward and curve it upwards towards the 3rd Eye.

This will activate the 3rd Eye to Cosmic Consciousness awareness from the Higher-Mind.



; cX'7cbgV]ci g'A YX]hU]cb  
 9b`][ \ hYba Ybh≠bgd]fU]cb  
 GHU[ Yg'% '!&)  
 ; cX#Gi dfYa Y'Gci `# YUfhcZ; cX/  
 7 cga ]WGd]f]h5`][ ba Ybhg



58 J 5B 7 98 'GHM@9  
 GHU[ Y'GYj YbhYYb



Pã @!Á ā á Á&çæ^• ÁQ} ^!ÁU^^ā \* ÁÔ^ ^ÈÈ  
 Úã ãæ^ ÁÕ|æ áÈÈÁÚ|æ ÁÁÔæc@ÁÔ[ } • &ā ˇ • } ^•• ÈÈÁ

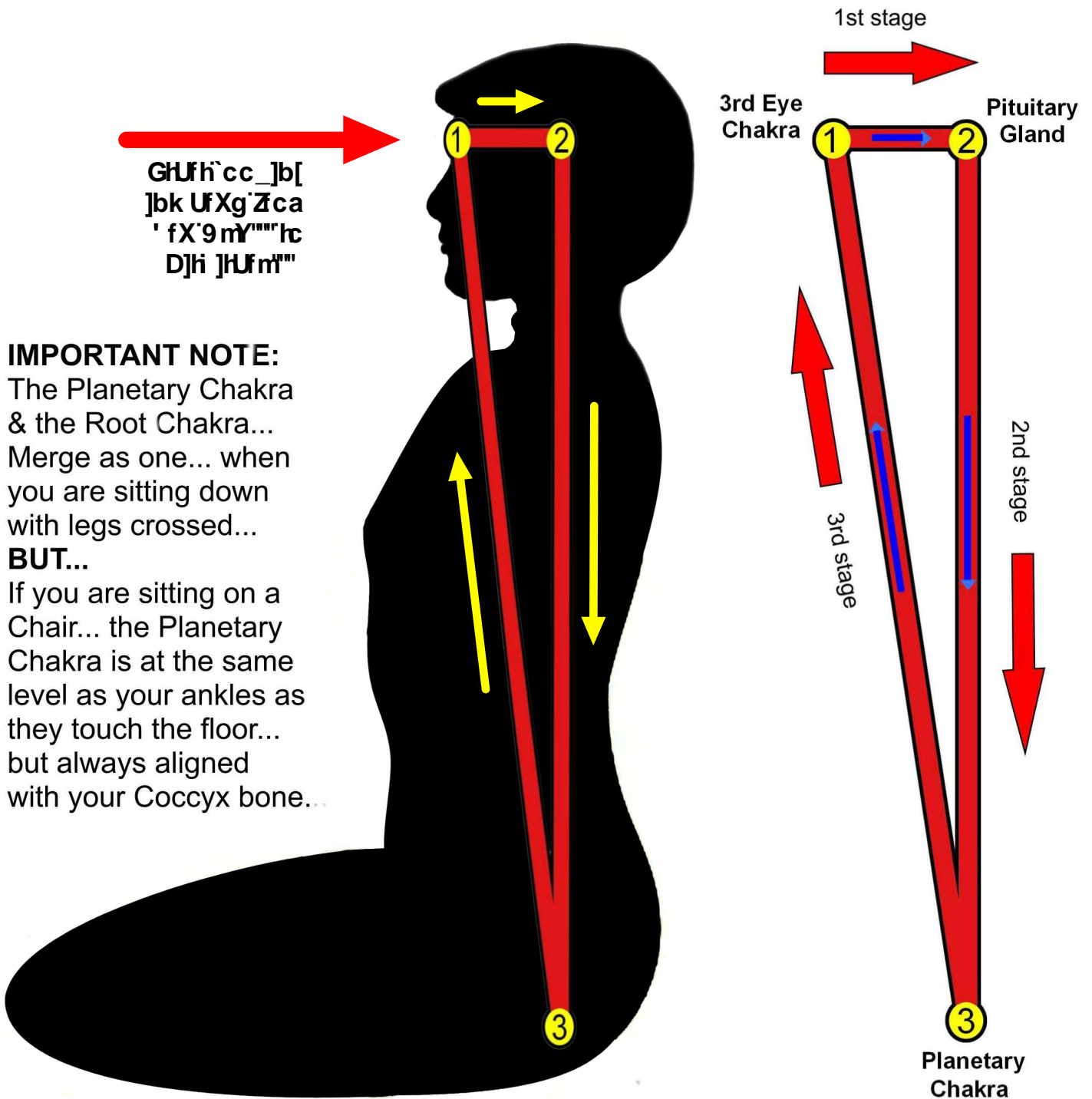
# Higher-Mind activates 3rd Eye, Pituitary Gland & Planetary Chakra

1/ Looking from your 3rd Eye inwards towards the centre of your head, this activates the Pituitary gland.

GEÁV@} Á![] Á[~!Áæ æ^ ^••Á[, } Á[ { Á[~!Áüã äæ^ ÁÕ|æ) áÉÆ  
 ÁÁÁÁ & •ÁBÁ[] } ^&Á ä@Á[~!Áü|æ) ^ææ^ ÁÕ@æ!æÈ

HEÁP[ , Á[ { Á@Áü|æ) ^ææ^ ÁÕ@æ!æÁ[•ää } Á^æää } Á[~!Áæ æ^ ^••Áæ& Á  
 ÁÁÁÁ ] Á@Áü|æ) ^ææ^ ÁÕ@æ!æÁ[~!Áæ æ^ ^••Áæ& Á

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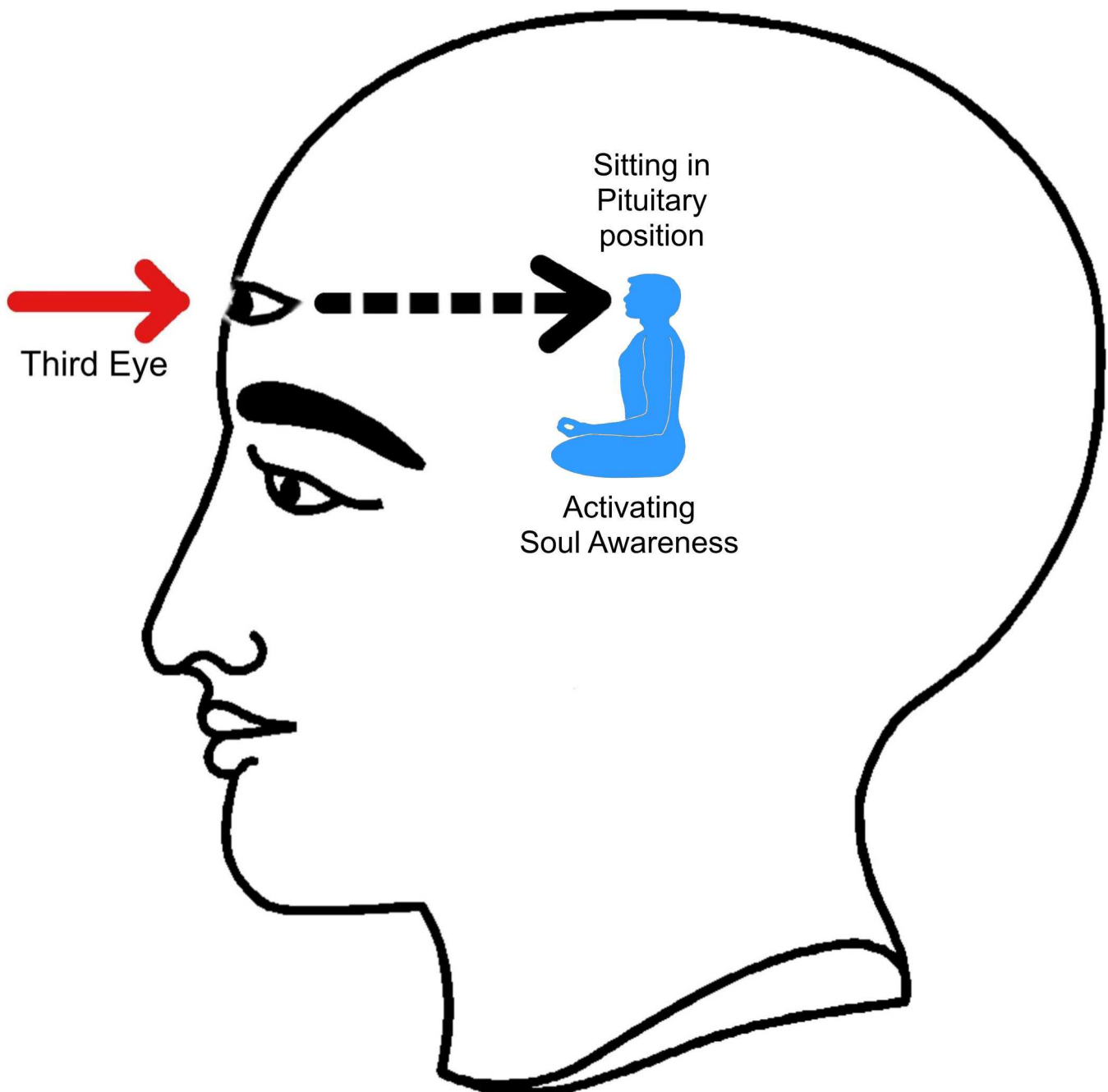
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# Higher-Mind connects to Soul awareness

Looking from your 3rd Eye inwards towards the centre of your head.  
See an image of yourself in a state of cross legged meditation.  
The image of yourself is facing forwards.  
This is activating soul awareness within your meditative state.



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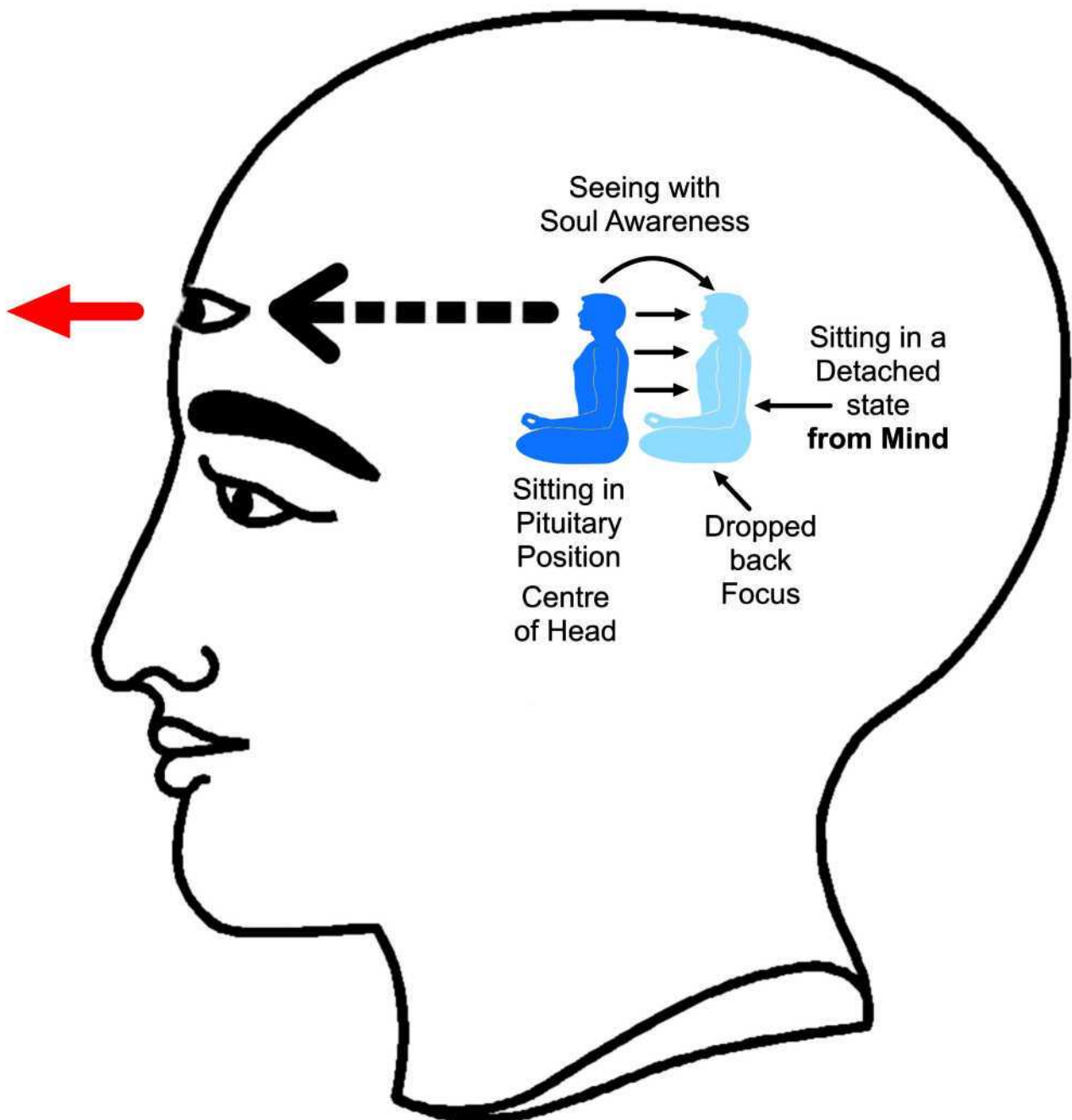


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# Head centre to 3rd Eye, Detachment

Learning about Detachment can be a little tricky. See yourself sitting in a lotus position focusing to the back of your 3rd Eye. Make connection with it to activate it, then drop your focus back a little. This allows you to continue to focus on it, but not connect with it. You are then Detached from it, but you still have it activated.

## Learning FAITH & DETACHMENT



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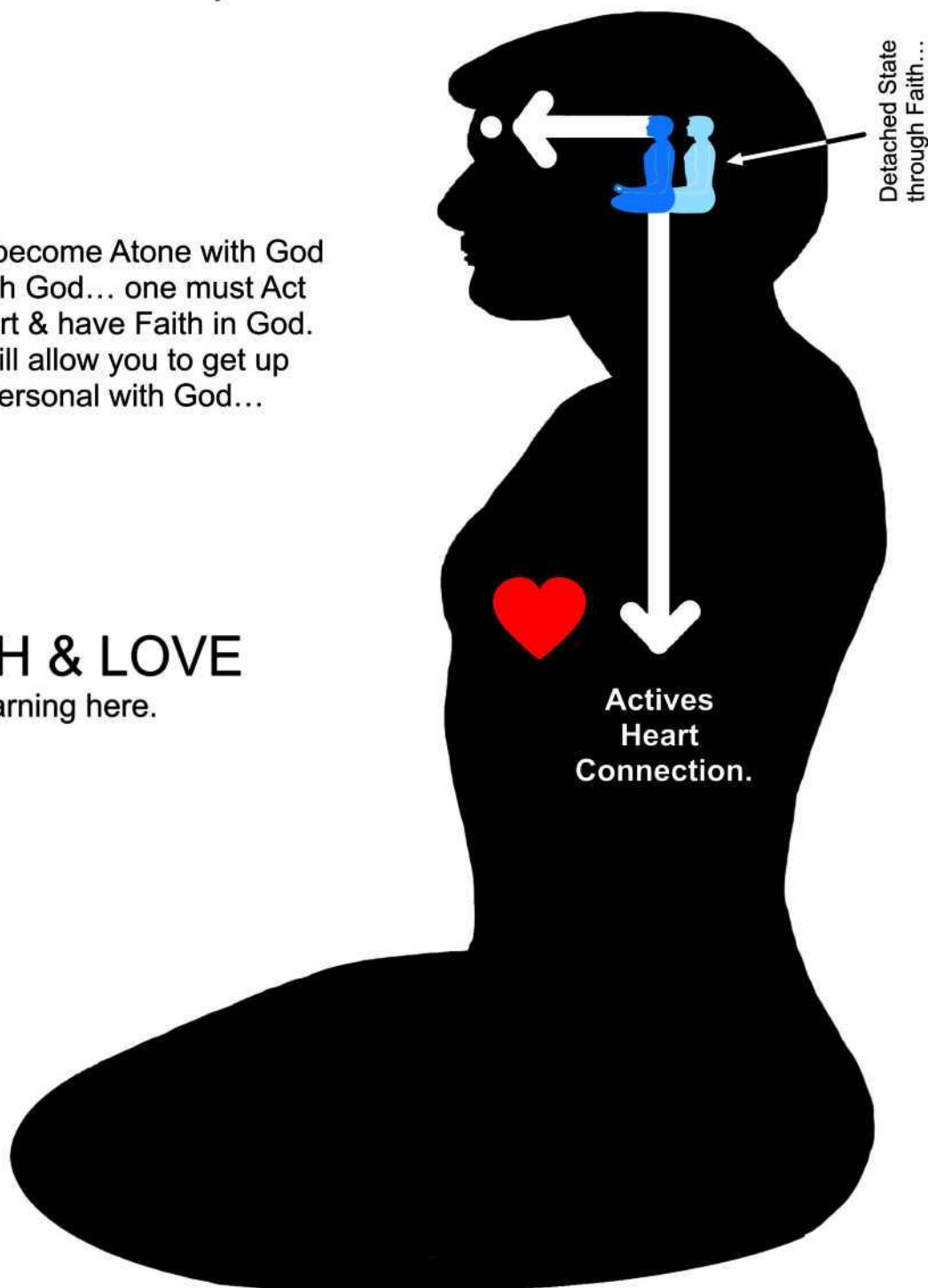
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# Connect to God through your Heart

- 1/ Imagine that you are meditating in the centre of your head in a detached state. Keeping Faith that you are still connected to your 3rd Eye, trying also to connect down to your heart.
- 2/ When you have connected to your heart, through Faith, know that you are connected to all three, the 3rd Eye, your Pituitary and your Heart.
- 3/ Being detached from both the 3rd Eye and your Heart. But connected through Faith allows you to connect to the totality of God.

To See God, become Atone with God  
or Merge with God... one must Act  
from the Heart & have Faith in God.  
Doing so will allow you to get up  
close & personal with God...

**FAITH & LOVE**  
learning here.



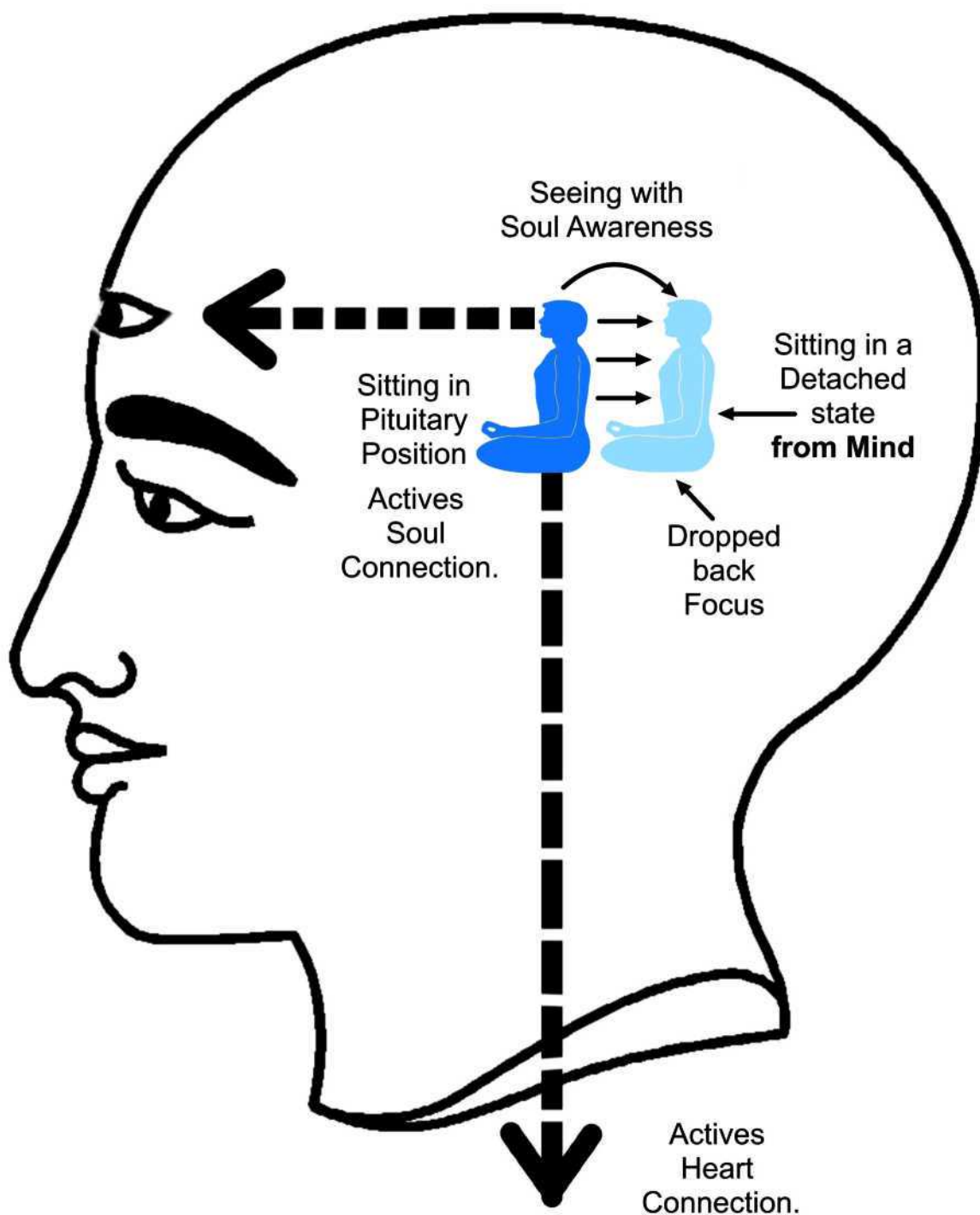


# Connect to God through your Heart

4/ Once your Heart connection is made, return to the lotus position, having Faith that the Heart and 3rd Eye are connected. But at the same time being detached from both of them.

## FAITH & LOVE

learning here.



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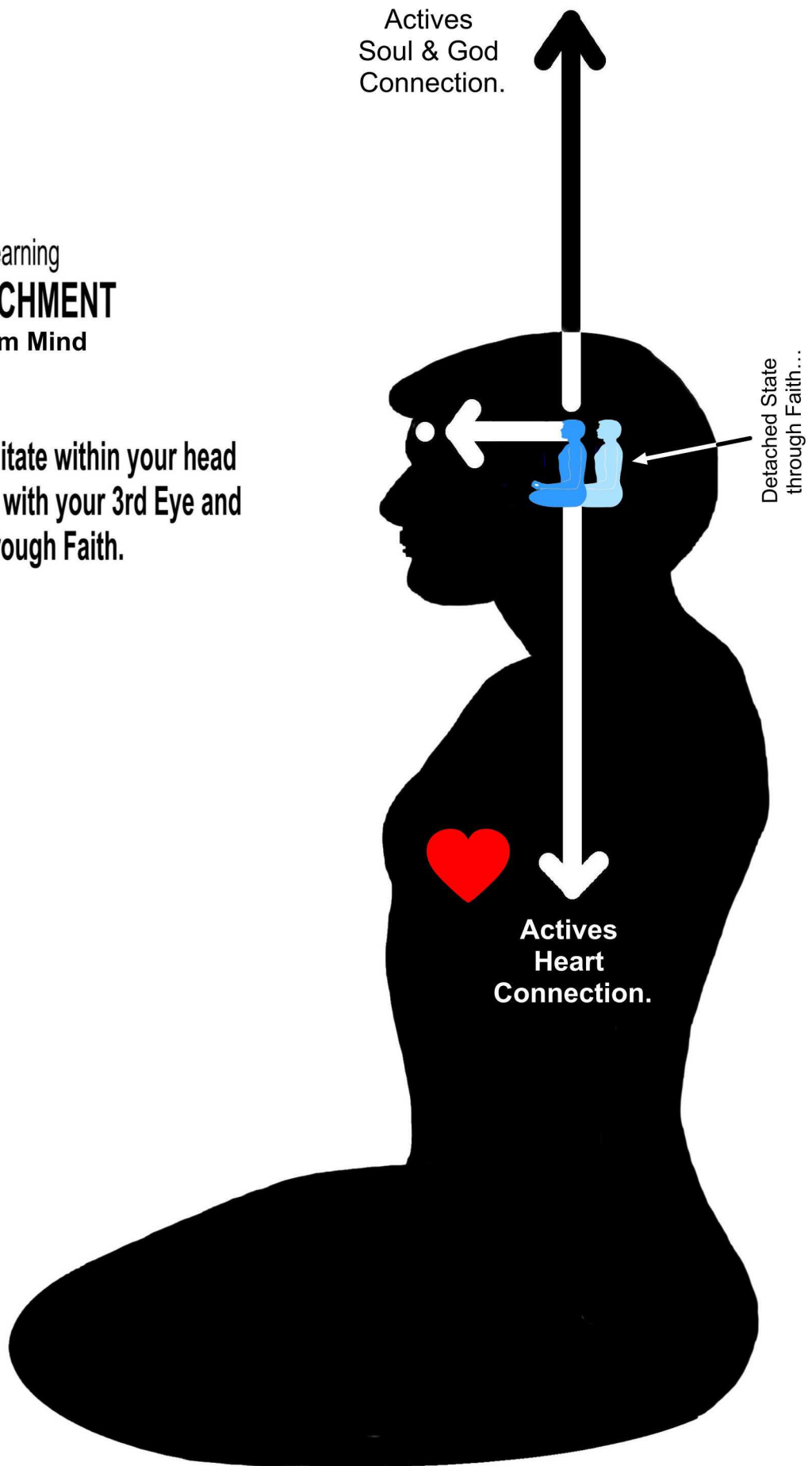


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# Crown Chakra opens up for God Conscious Meditation

Learning  
**DETACHMENT**  
from Mind

Now its time to meditate within your head  
in a detached state, with your 3rd Eye and  
Heart connected through Faith.



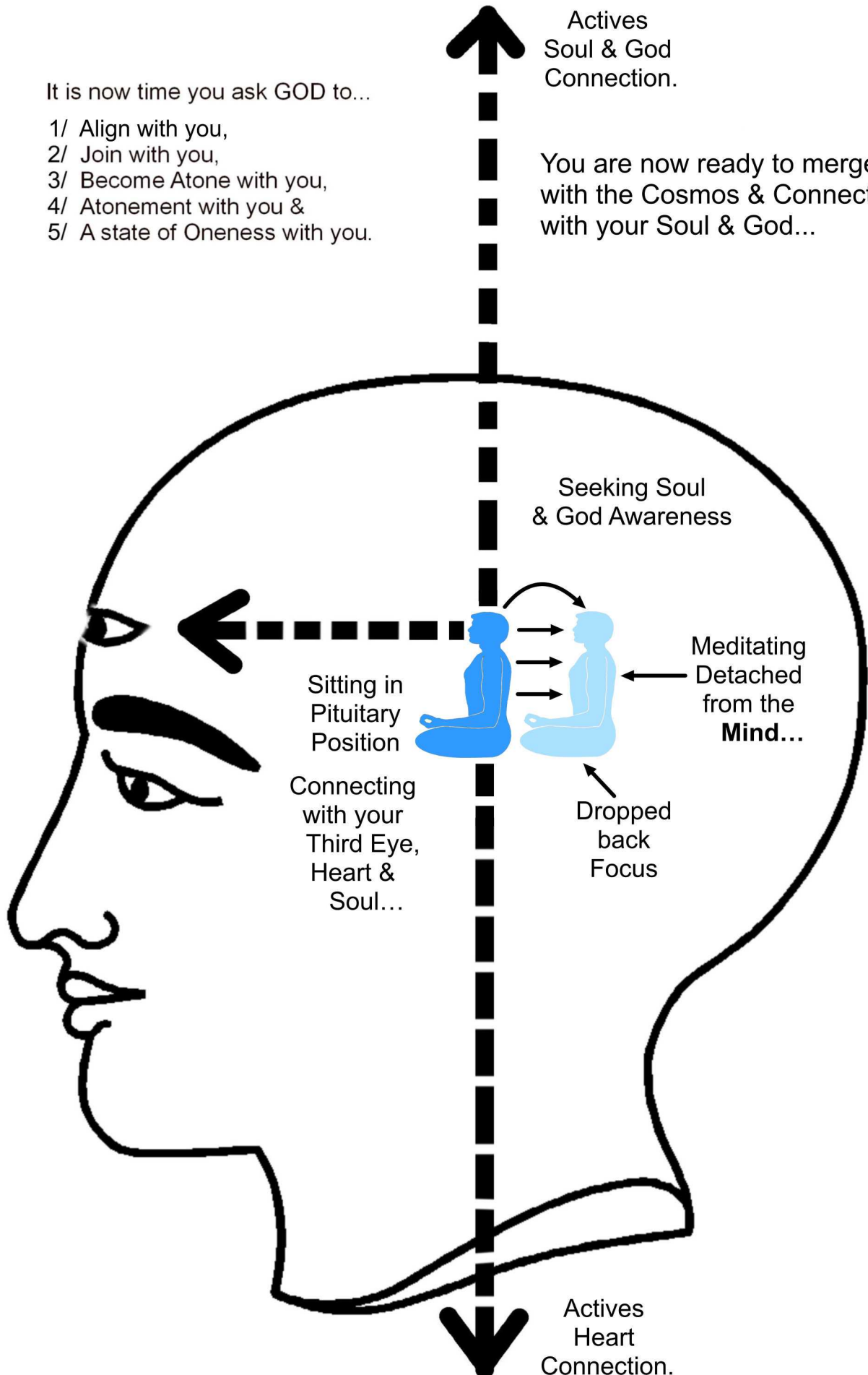
# REQUEST NOW to be Protected by GOD.

It is now time you ask GOD to...

- 1/ Align with you,
- 2/ Join with you,
- 3/ Become Atone with you,
- 4/ Atonement with you &
- 5/ A state of Oneness with you.

Actives  
Soul & God  
Connection.

You are now ready to merge  
with the Cosmos & Connect  
with your Soul & God...



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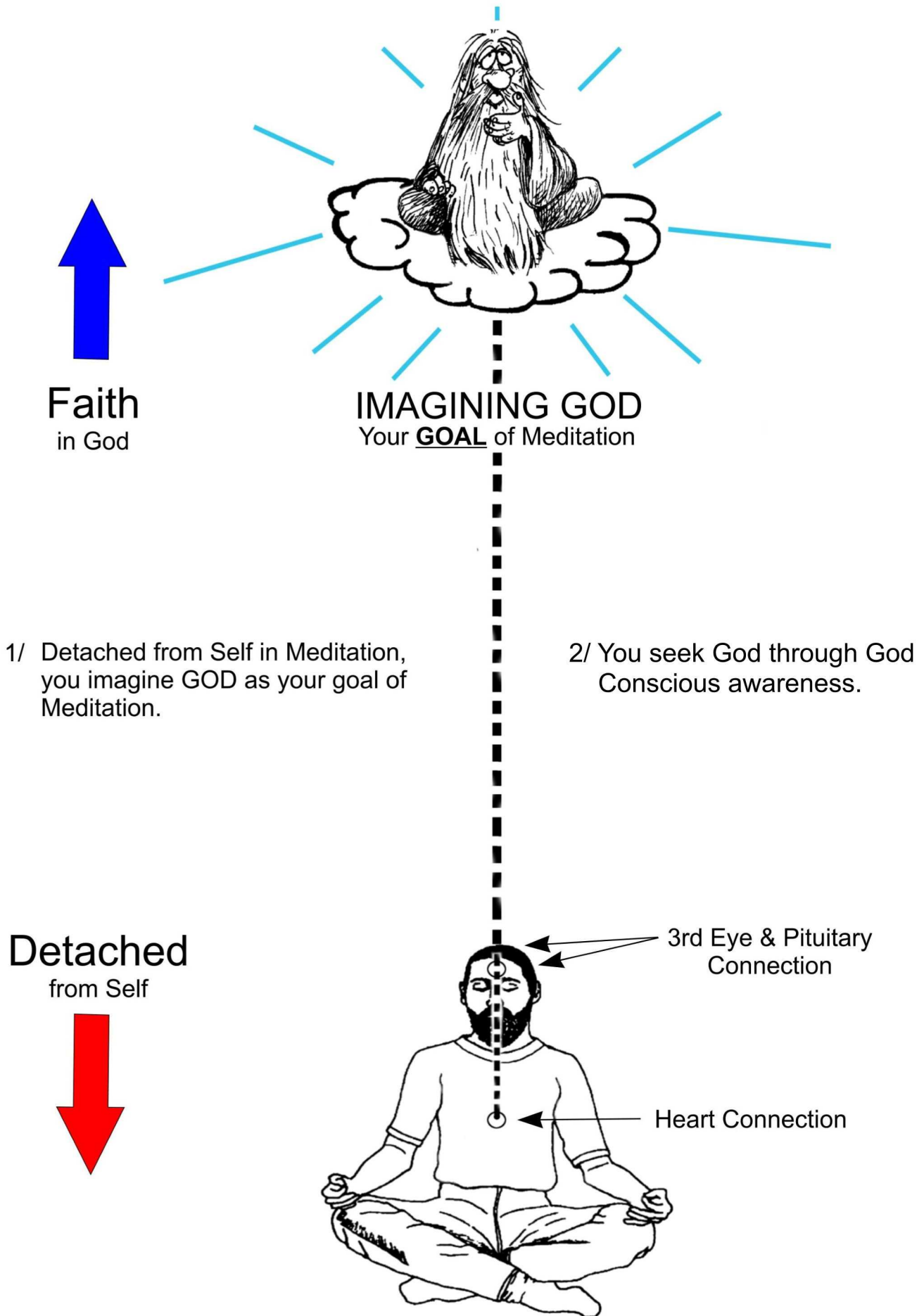


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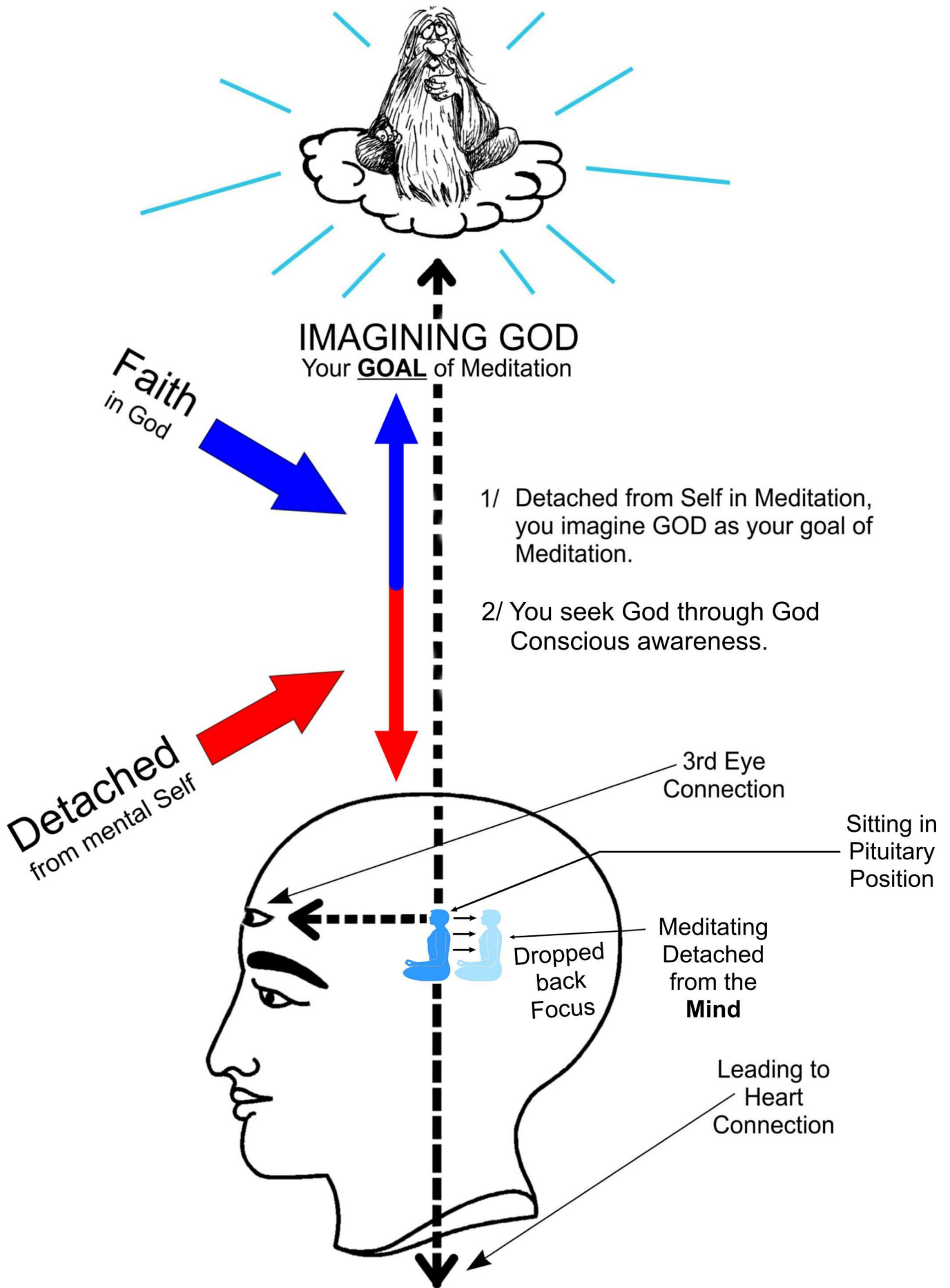


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# Seeking God through God Conscious Awareness



# Seeking God through God Conscious Awareness



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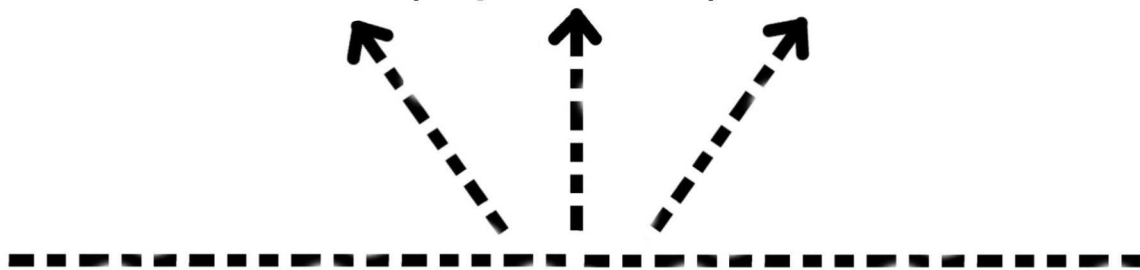


# Alignment with God...

## Aligning the Holy Ghost, Soul & Heart of God

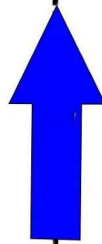


**Sanat Kumara - Buddha - Jesus**  
**(Holy Ghost) (Supreme Soul) (Heart of God)**



- 1/ Detached from Self in Meditation, with your goal to seek out GOD.
- 2/ When you have scaled up as high as you can go in the Cosmic Consciousness. Your imagined image of God begins to fade.
- 3/ There now appears 3 images. These images represent Sanat Kumara, Buddha & Jesus.

Seeking God  
through God  
Conscious  
awareness.



Detached  
from mental Self

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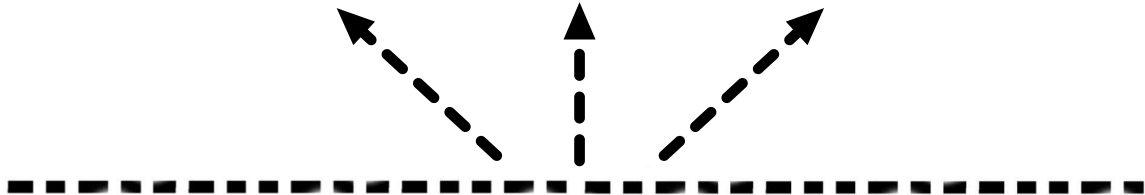
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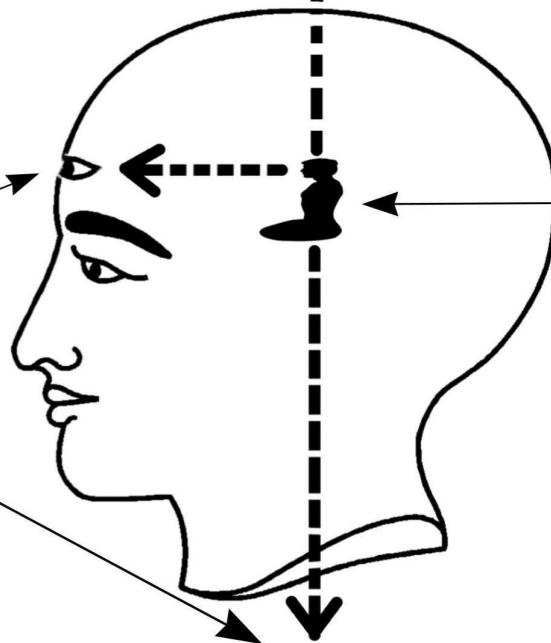
- 1/ Detached from Self in Meditation, with your goal to seek out GOD.
- 2/ When you have scaled up as high as you can go in the Cosmic Consciousness. Your imagined image of God begins to fade.
- 3/ There now appears 3 images. These images represent  
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Seeking God

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Connected to the 3rd Eye & Heart through Faith



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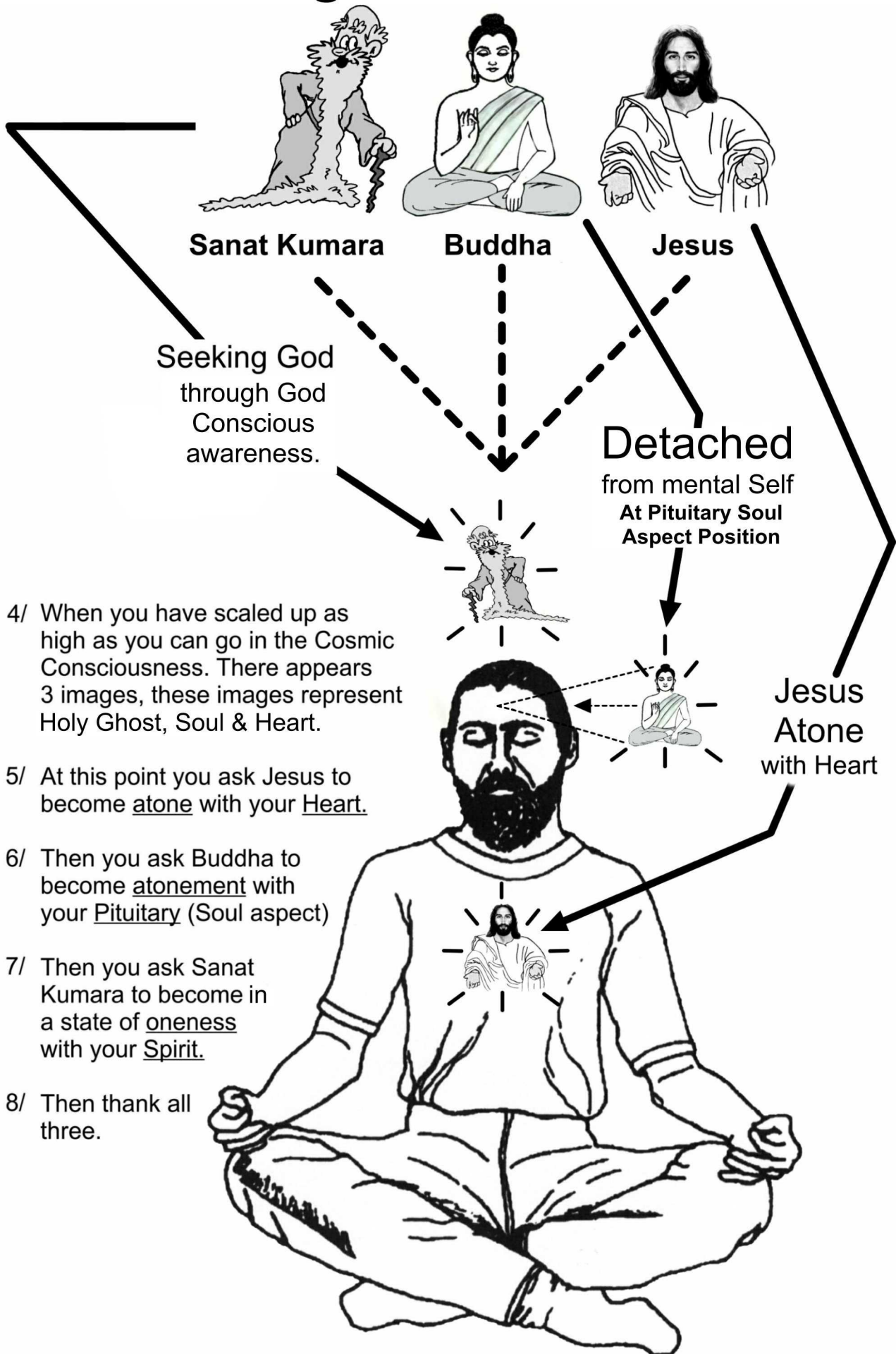


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# Alignment with God...



Seeking God through God Conscious awareness.

Detached from mental Self At Pituitary Soul Aspect Position

Jesus Atone with Heart

- 4/ When you have scaled up as high as you can go in the Cosmic Consciousness. There appears 3 images, these images represent Holy Ghost, Soul & Heart.
- 5/ At this point you ask Jesus to become atone with your Heart.
- 6/ Then you ask Buddha to become atonement with your Pituitary (Soul aspect)
- 7/ Then you ask Sanat Kumara to become in a state of oneness with your Spirit.
- 8/ Then thank all three.

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# Alignment of Your Soul, Spirit & Heart with God



1/ You are now ready to begin Meditation with the alignment of Your Soul, Spirit & Heart with God. In doing so the image of God now appears above you. This image of God is (Jehovah).

2/ You are now able to see God, (Jehovah) who is the **Omni-Presence** presiding over the 38 Universal Plane/Worlds of God Consciousness...

## Seeking God

through God Conscious awareness.

## Detached

from mental Self

Sanat Kumara in a state of oneness with your Spirit

Buddha atonement with your Pituitary (Soul aspect)

Jesus atone with your Heart



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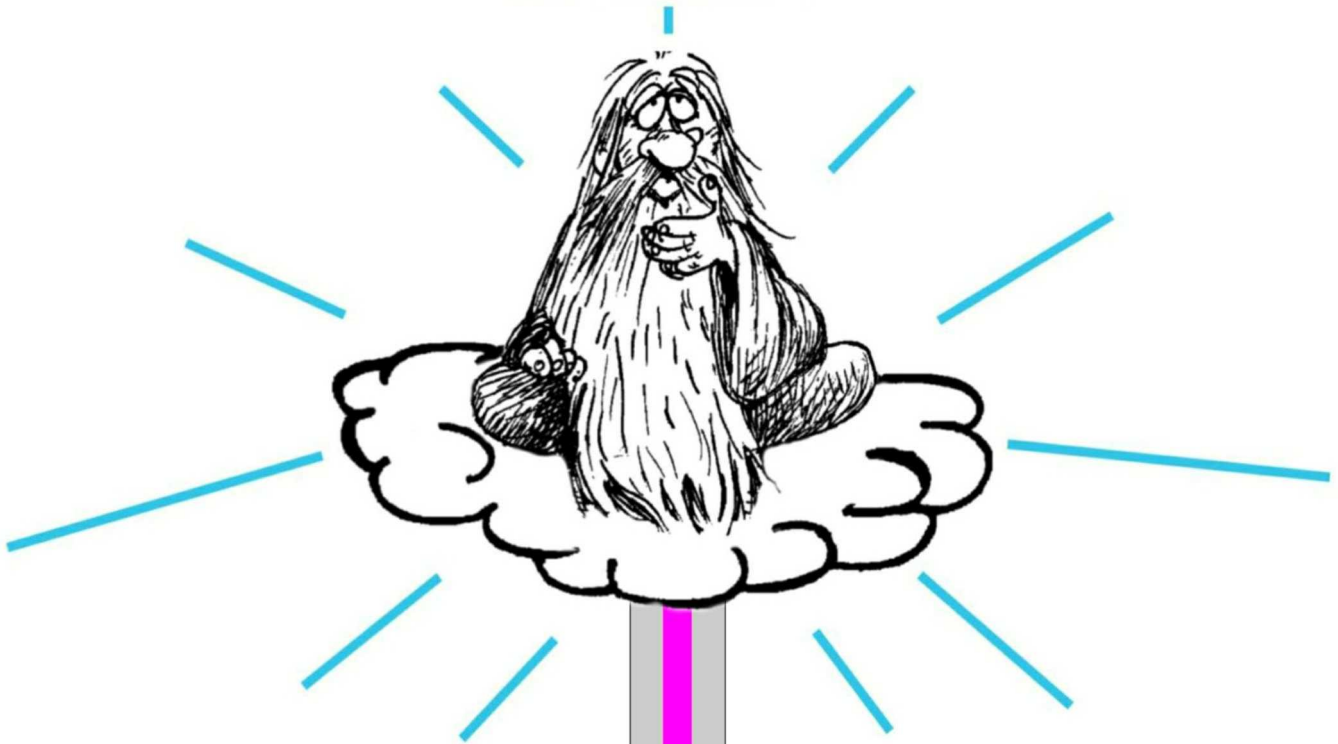
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# Meditating to God, receiving Love in return.



3/ You now receive Love from God, for your unyielding dedication to seek God.

4/ The invisible Silver Cord manifests to you now.

5/ Coming down through the Silver Cord is a Vivid Pink ray of Love. Sent from the Heart of God, to be experienced by you, within your Heart..

6/ You feel the Love as if you & God are standing together & hugging each other in a tight embrace.

7/ When you come out of Meditation, the Love felt in your Heart is still there.

8/ You experience this Love for about a month, until you have become ready for the next stage.



**Receiving Love from God**  
through God Conscious awareness.



**Detached**  
from mental Self



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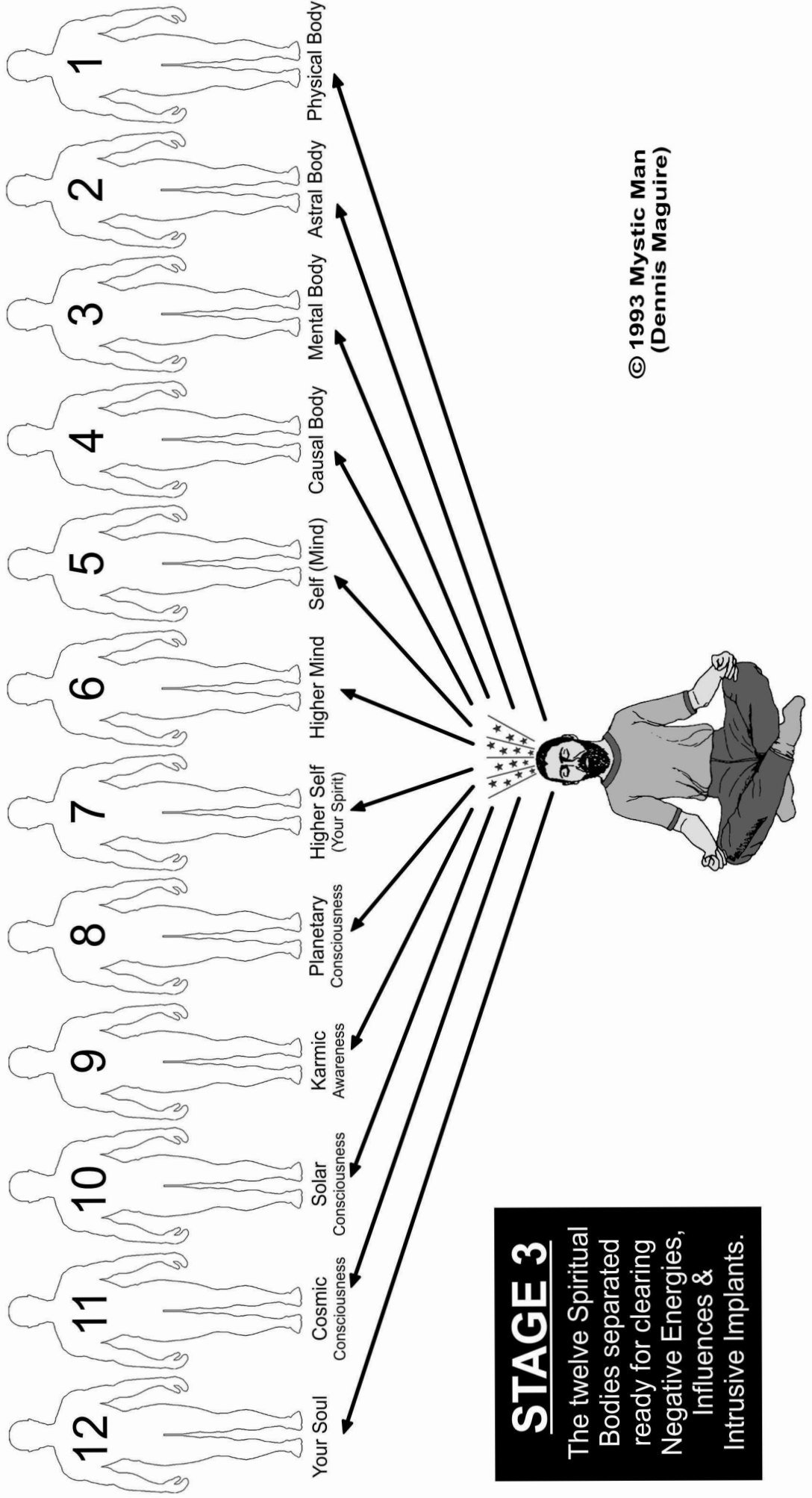
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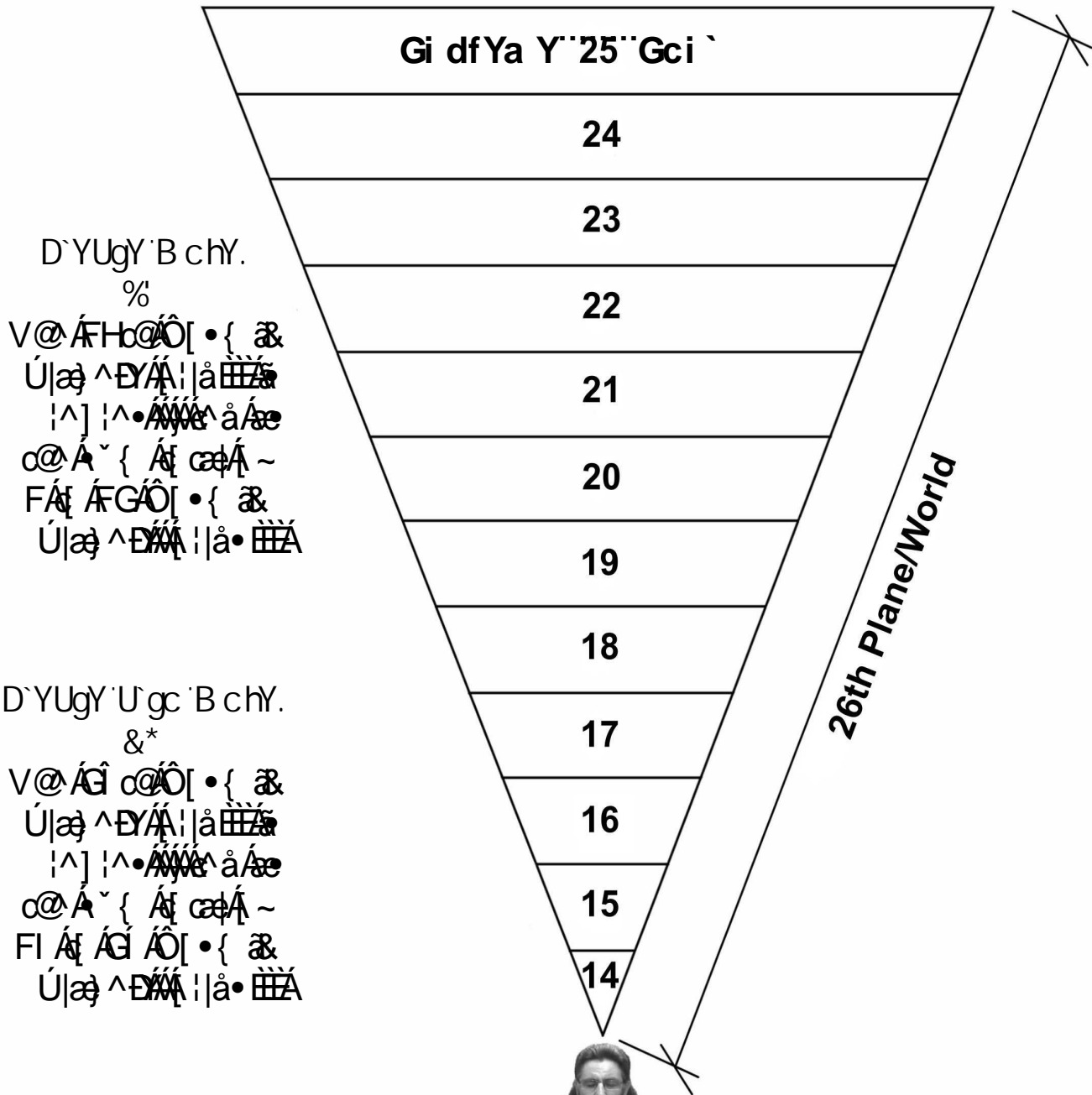
- 1/ In meditation ask God to show your twelve spiritual bodies separated & including your physical body.
- 2/ Then ask God to show you areas of your spiritual bodies that need Healing and abnormalities removed from them.
- 3/ Then try to remove any abnormalities you can see yourself. Some will be easy, others hard.
- 4/ All the hard one you can ask God to remove for you. Do 3/ first, as the rule is, Ō[ áŌ[ ] • ÁŌ[ • ^ ÁŌ[Ō[ ] ÁŌ[ • ^ ]Ō[ • ^ ]Ō[ • É
- 5/ Then ask God for a healing, relax in meditation for 15 to 30mins. When all is done don't forget to thank God.



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(Dennis Maguire)

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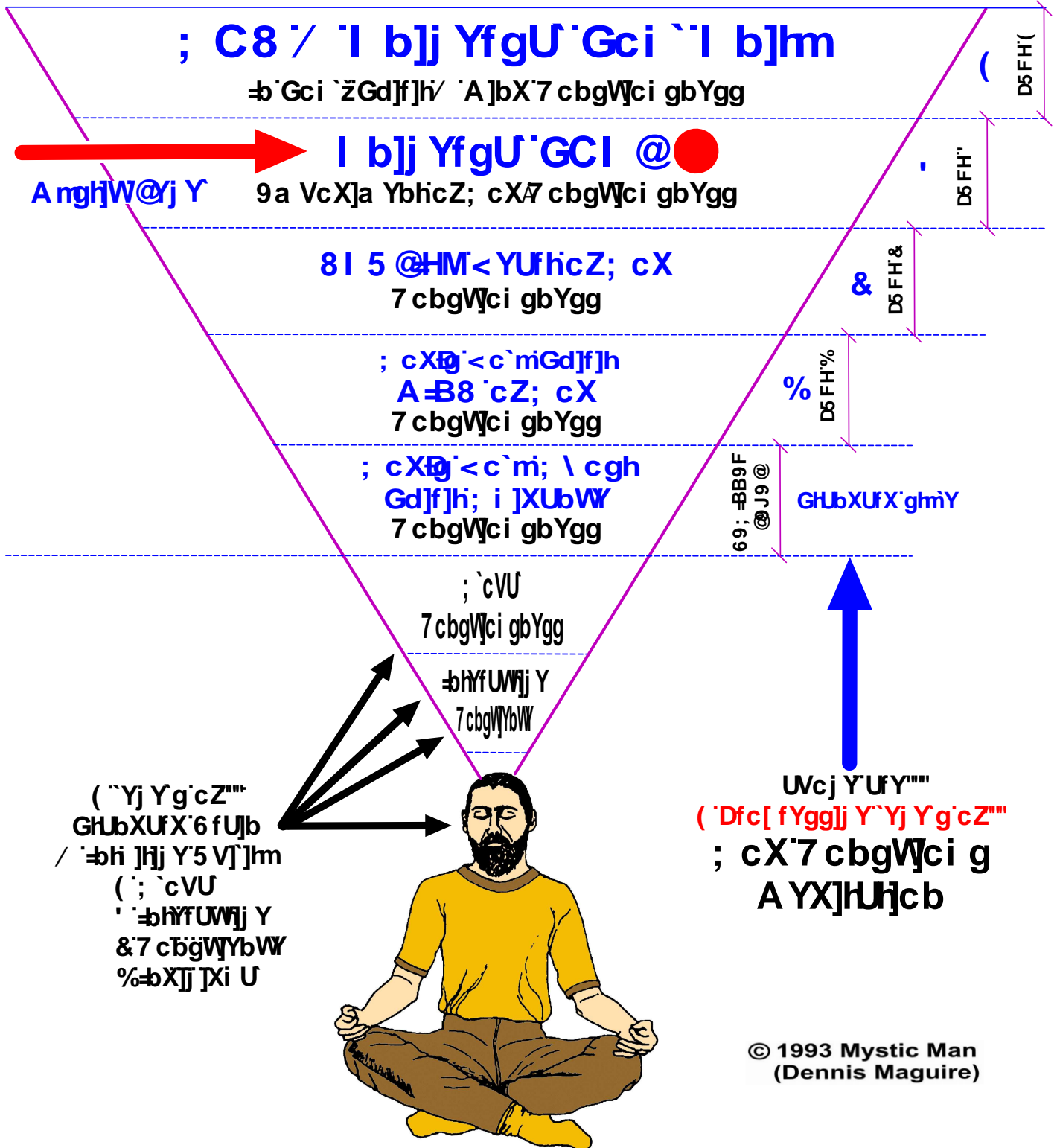
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# God Conscious Meditation

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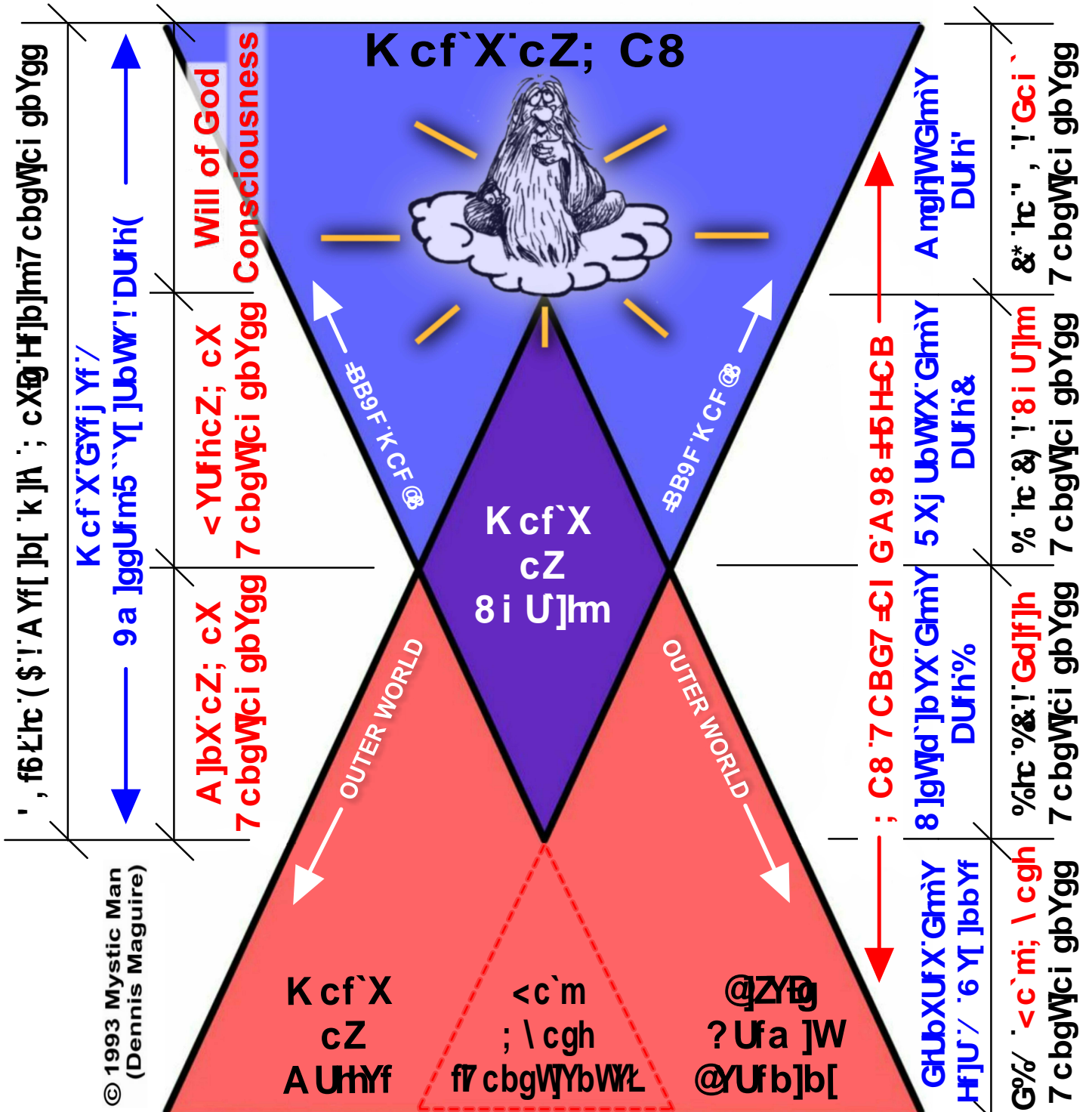
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# God Conscious Meditation - Manual



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[\ hdg.#k k k`h`YA ngh\]WA Ub`cb`\]bY`](#)

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 5'''; cX'7 cbgW]ci g'A YX]H]cb`A`Ubi`Ug''''Uf`Y`Uj`U]UV`Y`Uh  
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# God Conscious Meditation - Manual

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 UdYfgcbU' [ ]ZiZca ; cX/ 'h Y'A nghjWA Ub'hc'  
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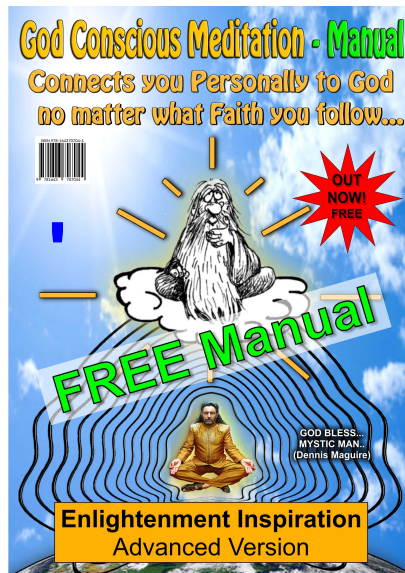


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''''VYWU gY'k Y'UfY'U''X]ZZfYbh!' 7\ ccgY'h Y'A Ubi U'h UhVYghgi ]hg'mci ''''  
 5'''; cX'7 cbgWjci g'A YX]hUjcb'A Ubi Ug''''UfY'Uj Uj'UW'Y'Uh  
 K YVg]hY. \ htdg.#k k k "; cX7 cbgWjci gA YX]hUjcb'Wta "

# Kingdom of God returns to Earth

M.M.

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