

Six Step Harmonization

From Srijana

The purpose of this practice is to help you relax, ground, protect, and navigate through this global transition in the very best way. These simple six steps can realign your brain balance, reset your nervous system, shield you from the effects of 5G, enhance emotional and physical detox, release the collective grief of the world, and set you on a harmonious path of higher destiny. You can do the whole practice in 15 – 30 minutes once or twice a day. It has powerful cumulative positive effects. After your session you will receive pdf instructions.

At any moment, there are myriad vibrations surrounding you, coming in, out, and through your energy field. Some of these are your inner energies, some come from outside you. Which energies will you hear? Which will you absorb, participate in, and enhance? Which energies will you pass up on, or even correct in your mind? Your thoughts and your state of being can choose anytime how to live. You can tune into the heavy energy of mind control and limitation in our 3-D world. You can also make yourself immune to lower energies, totally free and unbothered. Use your mind now to tune into the collective dissonance and distress in the world, allowing yourself to feel helpless and weak. Now do the opposite. Use your mind to believe in your strength, sovereignty, and highest destiny. Now feel the myriad positive, benevolent energies beaming into you and filling your heart in any time.

Which world will you live in? These tools are designed to help you develop your inner skills stay on target to your highest destiny.

1. Brain Balancing to reset the nervous system.
2. Alternate nostril breathing to calm the mind.
3. Release Negative Psychic Tension, to clear grief or anything else.
4. Loving Kindness Meditation, to set powerful positive intention.
5. Bubble of Golden Light. Energy protection visualization during times of crisis.
6. Sacred Prayer or Chant to reinforce protection. End with gratitude and forgiveness.

1. Brain Balancing

See this video: https://www.youtube.com/watch?v=ZznQYO0Rb_s&t=67s

Intention: To balance and reset the nervous system, left to right brain cortices. It may be effective to treat a variety of nervous disorders, EMF's, 5G, Fear, Stress, Alzheimer's, emotional reactions, and shock. Use it alone to prepare for an event, enhance athletic ability, increase mental flexibility, optimize intelligence.

- Place tongue behind upper teeth. Make an intention to balance all body systems

- Place your palms gently on both sides of your head at the level of the temples, elbows pointing forward. Hold for a few seconds.
- Hold one hand on the lower back occipital skull touching both sides.
- While holding that with one hand, spread fingers of the other hand and tap the crown, the heart, then the belly (These are the 3 dantiens. Tap 5-6 times with your other hand: (When tapping the crown your hand should touch both left and right hemispheres at the same time.)
- Move the back hand one hand-width higher on your skull and repeat tapping head, heart, belly.
- Repeat Step 6 several more times, each time moving one hand width up and around the top of your head until your hand is over your eyes.
- To finish, hold both sides of your head with both hands. Use one hand to tap the 3 dantiens. Hold both sides of your head again, and then use the other hand to tap the 3 dantiens.
- Finish holding both sides of your head briefly.

2. Alternate Nostril Breathing to Calm the Mind

Use this alternate nostril breathing exercise to calm the mind, body, and emotions whenever you wish. Do not underestimate the power and effectiveness of this simple breath repetition. It is an ideal exercise to do before or after meditation, and before or after a challenging experience in your day. Over time it will help you to gently lead yourself to equanimity and balance.

Alternate nostril breathing is sometimes called *Nadi shodhana*, meaning "channel cleaning breathing," because it literally clears your entire system. This is an ancient way of breathing to calm the mind, body, and emotions, which is effective in any situation where you feel tension or confusion. The term comes from Sanskrit *nadi*, meaning "channel," and *shodhana*, meaning "cleaning" or "purifying." It's a particularly useful technique to dissolve anxiety. By practicing this breathing sequence, you can immediately feel calmer when stressful situations arise.

Get Comfortable:

Alternate nostril breathing should be done in a comfortable seated position with your back straight and heart open. Place tongue behind upper teeth.

Prepare the Finger Positions:

Using the right hand, rest two fingers, your index finger and middle finger, between the eyebrows. Inhale, and then place your right thumb over your right nostril, covering it gently.

Begin Alternate Nostril Breathing:

- Exhale deeply through your left nostril. Pause briefly, then inhale through the left nostril. Pause briefly,
- Now gently close off your left nostril with your fourth finger (ring finger), lift the right thumb.
- Exhale slowly through your right nostril. Pause briefly, then inhale slowly through the right nostril. Pause briefly.

Count and Repeat:

For best calming effect, inhale to a count of six seconds, and exhale to a count of eight seconds. Repeat for about five minutes.

Continue this pattern of exhale left, inhale left, exhale right, inhale right with a brief pause at the end of each inhale and exhale. For a calming effect, it is very important to use a longer count on the exhale (8), and a slightly shorter count on the inhale (6). Your breathing should be effortless, and your mind should be calm and quiet, as the breath flows in and out of your body.

When you're finished, just go about your day normally. Observe how you feel and how your awareness has changed as a result of this simple tool.

3. Release Negative Psychic Tension

Hold your arms out to the side so your hands are free. Ask to release all negative psychic tension and psychic poison. Feel any heaviness come out of your body down your arms and coming off your hands. Do this as long as you feel it works, and shake it off your hands

4. Loving Kindness Meditation

*“My friends, all the methods to create virtue in this life
Aren't worth a fraction of the heart-opening to loving kindness.
The blazing heart surge of loving kindness
shines forth in dazzling radiance, far surpassing all others.”*

*The Buddha,
(From the Pali Canon, Khuddaka Nikaya, Itivuttaka 27)*

Everyone in the world should learn and practice this meditation. To cultivate loving kindness can help create harmony in yourself, in your relationships, and every aspect of your life. It can calm a distressed mind and bring well-being to any community. If you practice this meditation regularly, your inner state will become more peaceful. You will not be easily angered or reactive. It may surprise you when I tell you that true happiness is something you must learn. With patience, you can cultivate and expand a heart wish for happiness, first in yourself, and then in others, even your enemies. You can you spread wishes of goodwill out in ever-widening circles, including to those who have harmed you.

Although this is a Buddhist teaching, it is not tied to any doctrine. It can be practiced by the follower of any religion, no religion, and is accessible to anyone who wishes to be a more loving and compassionate person.

This meditation cultivates loving kindness through a deliberate kind of mind training, which can be awakened and systematically intensified in the heart whenever you wish. Ultimately, it becomes your natural, spontaneous state of being.

An untrained mind is a breeding ground for bad habits and negative tendencies. However, the mind is flexible and can be molded through persistent practice. This training actually takes place in the heart, not the mind. Ultimately the heart shines so brightly, the mind has no choice but to obey.

We begin by focusing on the self, because loving kindness must first be present toward yourself in order to offer it to others. When you feel a softening of your heart toward yourself, you can extend it by spreading it to other people in widening circles; first to yourself, then your closest family and intimate friends, then to people you don't know, then to your enemies, then to all beings and the world. You can vary your groups to include your city state, country, continent, the earth, the solar system, the galaxy, and the whole universe if you wish. When you are doing the meditation, try to evoke a genuine feeling of loving kindness in your heart, rather than stating the words mechanically. Visualize the objects of your wishes by "calling them to mind." See them in your "mind's eye" or imagine the people to whom you project your thoughts of kindness.

The reason this meditation is so important is because it is a powerful and pure thought force, a part of the Buddhist power teachings. By doing it, you can actually make a change on the physical level. It is a form of wishing well-being for others that is a creative act. As you project loving thoughts of well-being toward them, it can actually affect whatever is willed.

When balanced by other aspects of Buddhist wisdom, the loving kindness meditation can permanently eradicate the mental muck and bad habits that bind you to constant stress in repeating rounds of birth and death. It purifies the mind of negative emotions and resentments which lead to misery for you and others.

Please know that this meditation can be done very well in thirty minutes. However, I know many of you are very busy, and I assure you it can be done in fifteen minutes. If necessary, you can do it in five minutes. It is important that you just DO it. If you are in a pure state of quiet mind and quiet breathing, and you ask genuinely from your heart space, then it will be effective regardless of how long it takes.

The Meditation

Begin by sitting in a comfortable position and take a few slow, regular breaths. Draw your breath gently down into your body and allow yourself to relax more and more with each breath. As you become more relaxed in your breath and body, your heart can be free to expand.

Continue to breathe gently. Use these phrases, or other ones you choose yourself. Say them out loud or think them once or several times. The traditional phrases are:

1. For Myself

- May I be free from hostility,
- May I be free from affliction,
- May I be free from distress,
- May I live happily.

2. **For a person you love.** It could be a family member or close friend, a teacher, elder, someone you trust and love unconditionally.
 - May they be free from hostility,
 - May they be free from affliction,
 - May they be free from distress,
 - May they live happily.
3. **For a “neutral” person,** a group, or people you do not know well. People on the street.
 - May they be free from hostility,
 - May they be free from affliction,
 - May they be free from distress,
 - May they live happily.
4. **For a difficult person, an enemy, person or group.** Visualize them and say the phrases.
 - May they be free from hostility,
 - May they be free from affliction,
 - May they be free from distress,
 - May they live happily.
5. Visualize all beings everywhere. Repeat the four phrases.
 - May they be free from hostility,
 - May they be free from affliction,
 - May they be free from distress,
 - May they live happily.

The focused objects and the phrases in this meditation can be varied according to your needs for the situation and the day. Your goal is to feel a soft heart filled with kind and expanded wishes for well-being for all. However, in most cases, it requires repeated practice to deeply experience loving-kindness in your heart. Just go at your own pace, one step at a time. You can try all the steps at once and see how it feels. Your objective is to experience your heart opening in genuine loving kindness, filling with a feeling of generosity and well wishes for yourself and others. Using your mind in this way gently trains your heart into a state of openness and empathy for all of life. You can trust this meditation tool throughout your life as a strong wish that comes from a powerful lineage.

*“Just as the moon shines infinitely brighter than the stars in the sky,
so the practice of beaming heart radiance of loving-kindness to all beings
will create more inner light and virtue than any other method.”*

The Buddha, Khuddaka Nikaya, Itivuttaka 27

5. Energy Protection

Visualize a perfect sphere of golden light around you, as your own energy field. Make it any size you like, absolutely clean all around you, that allows anything to come out, and nourishment to come in. But any un-serving energy is deflected, reflected, ricocheted out away from your body so it can do you no harm. BELIEVE IT IS THERE. With your

strong belief, you WILL BE Protected from controlling energies, mind control, invasion, negative toxins, energy vampires, EMF's, and negative people. Forever or

6. Chant or Prayer

Christian: Psalm 23 is a very powerful prayer that surrounds you with protection.

*The Lord is my shepherd; I shall not want.
He maketh me to lie down in green pastures:*

he leadeth me beside the still waters.

*He restoreth my soul: he leadeth me in the paths of
righteousness for his name's sake.*

*Yea, though I walk through the valley of the shadow of death, I
will fear no evil: for thou art with me;*

thy rod and thy staff they comfort me.

*Thou preparest a table before me in the presence of mine
enemies: thou anointest my head with oil; my cup runneth over.*

*Surely goodness and mercy shall follow me all the days of my
life: and I will dwell in the house of the Lord forever.*

Buddhist or Hindu:

This chant to Avalokiteshvara is powerful protection, guidance and blessing. In Tibet this God's name is Chenrezig. In Bhutan, called Lokeshwara. Chanting these six syllables creates a powerful blessing in your energy field. It also opens the heart, and the shusumna channel which flows vertically up from the base of the spine through the throat and penetrates the brain, to the top of the head. Chant it minimum five time. Traditionally it is done 108 times while counting beads on a mala. It can also be done constantly. Chenrezig has four arms, visualize her or look at the picture.

Om Mani Peme Hung



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Closing:

Make an intention for a positive life.
Feel gratitude.
Feel forgiveness.

Why does this six-part meditation work?

Because truth and light are invincible. You can't keep the truth down.

Yes, there may be a need to struggle and even fight.

The laws of Nature are too powerful to resist.

Just like a pendulum swings from side to side,

Every obstacle always leads to the discovery of solutions.

For example:

Limitation ⇒ Freedom

Loneliness ⇒ Develop inner self

Covid19 Disease ⇒ More health awareness

Bewildered Quarantine ⇒ Research the Truth

Can't believe what you hear ⇒ Develop trusted networks

Darkness ⇒ Striving for light

Isolation ⇒ Telepathic communication

Can't speak out ⇒ Find new communication pathways

Can't touch others ⇒ Use other methods to connect

Sensory deprivation ⇒ Awakens inner senses

Loss of life ⇒ Planting seeds, Rebirth

Mind Control and Domination ⇒ Just Smile and Say No



