

Meditation to Raise Frequency

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Raising your Vibrational Frequency

Sit comfortably on the ground in the meditative state or on a chair in an upright position, preferably with your feet firmly placed on the ground. Close your eyes gently and start breathing deeply through the nose with each deep breath taken think of a tremendous ray of divine energies entering your crown chakra, primarily finding residence in your pineal gland located as a third eye at the base of your cranium half way between your two eyes. Let your DNA expand and your constitution to change. Intend and direct your seat of soul (third eye) to have its mitochondria progressively expanded to be able to accommodate the influx of new energies from your crown chakra. Slowly and gently, exhale through your mouth and with every respiration intend and demand that any futile, residual low chakra energies forever depart from your bodies and never return.

Visiting the Sun

As you set such intentions while you inhale and exhale, visualize that from a vector upon the 3D Earth, and from your point of innerspace, you are projecting as a missile of infinite speed and acceleration towards the sun while taking in the outpour of divine energies. As you approach the sun, think or say by quietly murmuring under the lips:

Greetings Father the Sun

I ask you to bless this soul with your divine energies

I am on a journey to

Grant my wish and shower my seat of soul so I may raise my vibration frequency

After a series of rapid inhales and exhales, highly exuberated with Divine energies think or gently say:

*I thank thee my beloved father the facilitator of my consciousness and life
From this vector of energy & vigor upon your heartfelt body, I acknowledge you
I bid you peace, harmony, and further blessings of our Creator
I now take my leave of absence to visit Lord Alcyone, the Sun behind the Sun*

Visiting the Central Sun

At this point take a deep breath and visualize yourself being projected beyond the sun, accelerating towards the Central Sun in the heart of our Galaxy. Repeat the previous process of respiration; drawing further energies in during the inhalation and driving out low-chakra energies amidst the exhalation portion of your spiritual journey. As you traverse intergalactic planets and stars think of Lord Sananda and become further inspired by the warm and loving energies of beloved Lord Sananda. As you approach the Central Sun, think or gently murmur under your lips saying:

Salutations Lord Alcyone

I am, indeed, a great admirer of your glorious spiritual achievements

I ask you to bless this soul with your divine energies

I am on a journey to

Grant my wish and shower my seat of soul so I may raise my vibration frequency

Again, after a series of quick breathe in and breathe out workouts, highly exuberated with Lord Alcyone's Divine energies think or gently say:

I thank thee your most revered and celebrated soul

From this vector of esteemed energy upon your prevailing body, I honor you

I wish you further blessings of our Creator and spiritual realization

And I now vacate this illustrious vector to join up with