

Meditation with Lord Sananda

Mohsen Paul Sarfarazi, Ph.D.

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You may start with the “Meditation to Raise Frequency” appearing elsewhere on this website [repeated below for convenience]:

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 though 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 meet with [my beloved brother and teacher Lord Sananda](#)

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 meet with [my beloved friend and mentor Lord Sananda](#)

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 my beloved Sananda](#)*

Now visualize that within your innerspace you are meeting up with Lord Sananda:

- *Warmest greetings and welcome to my dearly beloved Lord Sananda*
- *I am, indeed, your brother, your friend, and your apprentice*
- *You are, indeed, my esteemed role model and you are most prized*
- *You are valued beyond measure for your sense of compassion and unconditional love*
- *I ask you to enter my present 5 bodies and fill my soul with your gentle energies*
- *May my earthly vessel, ethereal, emotional, mental, and spiritual bodies be at your disposal to accommodate a trace of your unbounded tender, loving kindness!*
- *May I grow into an Instrument of [your] empathy to bear the pain, and suffering of humanity!*
- *May I become a conduit of transmutation for the dark energies of fear, anger, violence, and all that diminish the natural frequency and the light quotients of my fellow mankind!*
- *May I develop to be a facilitator for clearing and cleansing of humanity's karma and victim consciousness!*
- *May I become a catalyst for mankind's higher consciousness by promoting awareness and polarity integration of Light and Darkness!*
- *May I be a prophet to relay Sananda's doctrine of impeccability, Crystallinity, and sovereignty to humanity!*
- *May I become an instrument instigating the integration of love and power for mankind's eventual achievement of spiritual mastery!*

- *With this dedication and determination I ask you my dear Lord Sananda to embody my soul with your divine spirit so I may be a teacher of Truth and spirituality upon Earth, assisting the process of mankind's ascension to the higher dimensions of consciousness*
- *I ask you to further fill my bodies and spirit with your inimitable gentleness, compassion, and unconditional love*
- *I ask you to further entrench my soul and my very Being with your divine knowledge of the Truth of our Almighty Creator*
- *In this moment of perpetual NOW I shall make a contract for my soul to always be the messenger of compassion and love and gentleness and a wayshower to relay your divine energies upon this ascending planet undergoing from 3D to the 5th dimension*
- *This, I pledge the allegiance of my soul to embody your gentle divine energies*
- *This, I promise that I shall always be loyal and never retract from my contractual obligation to be a beacon of Light, and to guide, teach, and encourage my fellow mankind to learn and adopt the truth of our Almighty Godhead and to do the same on to the others*
- *I now take my leave of you with utter gratification, thinking what a serenity, what a nirvana, and indeed, what an honor it has been to spend such cherished moments in the company of my most beloved, brother, friend, teacher, and mentor*
- *May ALL be blessed with the tender, caring, and edifying energies of your Lordship!*