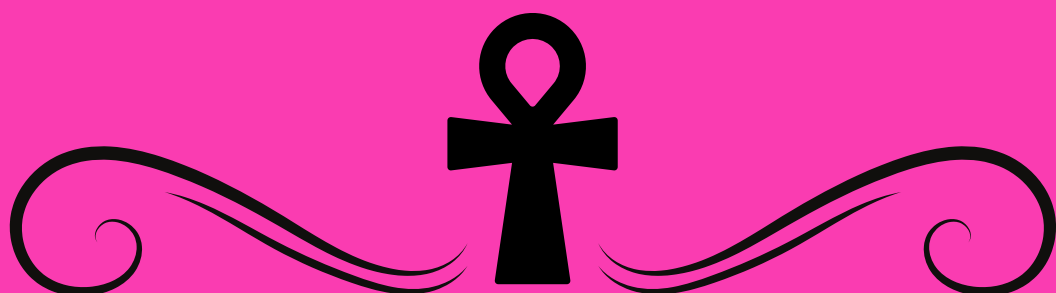


**The Meditation on Twin Hearts by  
Master Choa Kok Sui**



# ACKNOWLEDGEMENTS

**This booklet consisting the Meditation on Twin Hearts Chapter from Master Choa Kok Sui's book The Ancient Art and Science of Pranic Healing is created for free distribution according to the vision of Master Choa Kok Sui. This little campaign to spread this beautiful meditation is dedicated to Mang Mike Nator a coworker of Master Choa Kok Sui and Charlotte Anderson the life partner of Master Choa Kok Sui.**



**This booklet was designed by Arhatic Alchemy**

# AUTHORITY TO REPRINT

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*“The Planetary Meditation for Peace (also known as Meditation on Twin Hearts) is a VERY POWERFUL TOOL IN BRINGING ABOUT WORLD PEACE. Therefore, THIS MEDITATIONAL TECHNIQUE SHOULD BE DISSEMINATED. The Author hereby GRANTS PERMISSION TO ALL INTERESTED PERSONS TO REPRINT, RECOPY, AND REPRODUCE THIS CHAPTER PROVIDED PROPER ACKNOWLEDGMENT IS MADE.”*

*(Signed) Choa Kok Sui*

*– Extracted and Modified from The Ancient Art and Science of Pranic Healing, ©1992, by Master Choa Kok Sui, Pages 227-239*



# APPENDIX G – INFO ON THE MEDITATION ON TWIN HEARTS

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*Without leaving the house, one may know all there is in heaven and earth. Without peeping from the window, one may see the ways of heaven.*

*Those who go out learn less and less the more they travel.*

*Wherefore does the sage know all without going anywhere, see all without looking, do nothing and yet achieve (the Goal)*

- Lao Tzu, Tao Te Ching

*Meditation should be directed toward the realization of oneness with God Your entire attention should be given to the realization of God, always bearing in mind that the kingdom of God is within you, neither here nor there, but within you.*

- Joel Goldsmith

ILLUMINATION TECHNIQUE or Meditation on Twin Hearts is a technique aimed at achieving cosmic consciousness or illumination.

It is also a form of service to the world because the world is harmonized to a certain degree through the blessing of the entire earth with loving kindness.

Meditation on Twin Hearts is based on the principle that some of the major chakras are entry points or gateways to certain levels or horizons of consciousness. To achieve illumination or cosmic consciousness, it is necessary to sufficiently activate the Crown Chakra.

The Twin Hearts refer to the Heart Chakra which is the center of the emotional heart, and the Crown Chakra which is the center of the divine heart. When the Crown Chakra is sufficiently activated, its 12 inner petals open and turn upward like a golden cup, golden crown, golden lotus or golden flower to receive spiritual energy which is distributed to other parts of the body. It is also symbolized as the Holy Grail.

The crown worn by kings and queens is but a poor replica or symbol of the indescribable resplendent Crown Chakra of a spiritually developed person.



The golden crown which is rotating very fast appears as a brilliant flame of light on top of one's head. This is symbolized by the miter worn by the pope, cardinals, and bishops. When the Crown Chakra is highly activated, a halo is produced around the head. This is why saints of different religions have a halo around their head. Since there are different degrees of spiritual development, the size and brightness of the halo also vary. When a person does Meditation on Twin Hearts, Divine Energy flows down to the practitioner filling him with Divine Light, Love and Power. The practitioner becomes a channel of this Divine Energy.

In Taoist Yoga, this Divine Energy is called "Heaven Ki." In Kaballah, this is called the "pillar of light," referring to what clairvoyants literally see as a pillar of light. The Indian yogis call this pillar of light as the spiritual bridge of light or "Antakarana." The Christians call this the "Descent of the Holy Spirit" which is symbolized by a pillar of light with a descending dove. In Christian arts, this is shown in pictures of Jesus or the Saints having a pillar of white light on top of their head with a descending white dove. This is to symbolize the coming down of the Divine Energy. Spiritual aspirants who have practiced this meditation for quite sometime may experience being enveloped by dazzling, sometimes blinding, light or his head filled with dazzling light. This has been a common experience among advanced yogis and saints of all religions. If you study the holy scriptures of different religions, you will notice the similarity in their experiences. The Crown Chakra can only be sufficiently activated when the Heart Chakra is first sufficiently activated. The Heart Chakra is a replica of the Crown Chakra. When you look at the Heart Chakra, it looks like the inner Chakra of the Crown Chakra which has 12 golden petals.

The Heart Chakra is the lower correspondence of the Crown Chakra:

The Crown Chakra is the center of Illumination and Divine Love or Oneness with all. The Heart Chakra is the center of higher emotions.

It is the center for compassion, joy, affection, consideration, mercy and other refined emotions. It is only by developing the higher refined emotions that one can possibly experience Divine Love. To explain what is Divine Love and Illumination to an ordinary person is just like trying to explain what is color to a blind man.



There are many ways of activating the Heart and Crown Chakras. You can use physical movements or hatha yoga, yogic breathing techniques, mantras or words of power, and visualization techniques. All of these techniques are effective but are not fast enough. One of the most effective and fastest ways to activate these Chakras is to do Meditation on Loving Kindness, or bless the whole earth with loving kindness. By using the Heart and Crown Chakras in blessing the earth with loving kindness, they become channels for spiritual energies, thereby becoming activated in the process. By blessing the earth with loving kindness, you are doing a form of world service. And by blessing the earth with loving kindness, you are in turn blessed many times. It is in blessing that you are blessed. It is in giving that you receive. This is the law!

A person with a sufficiently activated Crown Chakra does not necessarily achieve illumination for he has yet to learn how to activate the Crown Chakra to achieve illumination. It is just like having a sophisticated computer but not knowing how to operate it. Once the Crown Chakra has been sufficiently activated, then you have to do meditation on the light, on the mantra aum or amen, and on the interval between the aums or amens. Intense concentration should be focused not only on the mantra aum or amen but especially on the interval between the two aums or amens. It is by fully and intensely concentrating on the light and the intervals (moments of silence) between the two aums or amens that illumination or samadhi is achieved!

With most people, their other chakras are quite activated. The Basic Chakra, Sex Chakra, and Solar Plexus Chakra are activated in practically all persons. With these people, their instincts for self survival, sex drive and their tendency to react with their lower emotions are very active. With the pervasiveness of modern education and works that require also the use of the mental faculty. The Ajna Chakra and the Throat Chakra are developed in a lot of people. What is not developed in most people are the Heart Chakra and the Crown Chakra. Modern education, unfortunately, tends to overemphasize the development of the Throat Chakra and the Ajna Chakra or the development of the concrete mind and the abstract mind. The development of the heart has been neglected. Because of this, you may encounter a person who is quite intelligent but very abrasive. This type of person has not yet matured emotionally or that his Heart Chakra is quite underdeveloped.



Although he is intelligent and may be "successful," his human relationships may be very poor, have hardly any friend and may have no family. So by practicing Meditation on Twin Hearts, a person becomes harmoniously balanced. It means that the major chakras are more or less balancedly developed.

Whether the abstract and concrete mind will be used constructively or destructively depends upon the development of the Heart Chakra. When the Solar Plexus Chakra is overdeveloped and the Heart Chakra is underdeveloped or when the lower emotions are active and the higher emotions are underdeveloped, then the mind would likely be used destructively. Without the development of the heart in most people, world peace would be an Unattainable dream. This is why the development of the heart should be emphasized in the educational system.

Persons below 18 years old should not practice the Meditation on Twin Hearts since their body cannot yet withstand too much subtle energies. This may even manifest as physical paralysis in the long run.

Persons with heart ailment, hypertension or glaucoma should also not practice Meditation on Twin Hearts since it may worsen their condition.

It is important that persons who intend to practice regularly Meditation on Twin Hearts should practice self-purification or character building through daily inner reflection. Meditation on Twin Hearts not only activates the Heart Chakra and the Crown Chakra but also the other chakras. Because of this, both the positive and negative characteristics of the practitioner will be magnified or activated. This can easily be verified by the practitioner himself and through clairvoyant observation.

#### **PROCEDURE:**

1. Cleansing the Etheric Body through Physical Exercise. Do physical exercise for about five minutes to clean and energize your etheric body. Light greyish matter or used-up prana is expelled from the etheric body with exercise. Physical exercises also minimize possible pranic congestion since Meditation on Twin Hearts generates a lot of subtle energies in the etheric body.



2. Invocation for Divine Blessing. You can make your own Invocation. Here is one example the author usually uses:

*Father, I humbly invoke Thy divine blessing!*

*For Protection, Guidance, Help and Illumination With Thanks and in Full Faith!*

Invoking the blessing of Divine Providence or one's spiritual guides is very important. Every serious spiritual aspirant usually has spiritual guide(s) whether he is consciously aware of them or not. The Invocation is required for one's protection, help and guidance. Without the Invocation, the practice of any advanced meditational technique can be dangerous.

3. Activating the Heart Chakra—Blessing the Entire Earth with Loving Kindness. Press your front heart chakra with your finger for a few seconds. This is to make concentration on the front heart chakra easier. Concentrate on the front heart chakra and bless the earth with loving kindness. When blessing, you may visualize the earth as very small in front of you. The author usually uses the following blessing:

### **BLESSING THE EARTH WITH LOVING KINDNESS**

*From the Heart of God*

*Let the entire Earth be Blessed with Loving-Kindness*

*Let the entire Earth be Blessed with great Joy, Happiness and Divine Peace. Let the entire Earth be Blessed with Understanding, Harmony, Goodwill and the Will to do Good. So be it!*

*From the Heart of God, let the Hearts of all Sentient Beings be filled with Divine Love and Kindness.*

*Let the hearts of all Sentient Beings*

*Be filled with Great Joy, Happiness and Divine Peace.*

*Let the Hearts of all Sentient Beings*

*Be filled with Understanding, Harmony, Goodwill and Will to do Good*

*With Thanks ... So Be It!*





For beginners, this blessing's done only once or twice. Do not overdo this blessing at the start. Some may even feel a slight pranic congestion around the heart area. This is because your etheric body is not sufficiently clean. Apply localized sweeping to remove the congestion.

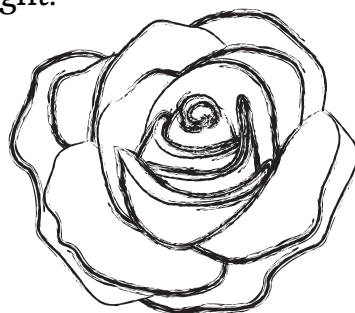
Apply localized sweeping to remove the congestion.

This blessing should not be done mechanically. You should feel and fully appreciate the implications in each phrase. You may also use visualization. When blessing the earth with loving kindness, visualize the aura of the earth as becoming dazzling bluish pink. When blessing the earth with great joy, happiness and peace, visualize people with heavy difficult problems smiling, their hearts filled with joy, faith, hope and peace.

Visualize their problems becoming lighter and their faces lightening up. When blessing the earth with harmony, goodwill and will to do good, visualize people or nations on the verge of fighting or fighting each other reconciling. Visualize these people putting down their arms and embracing each other. Visualize them being filled with good intentions and the will to carry out these good intentions. This blessing can be directed to a nation or group of nations. Do not direct this blessing to infants, children or persons because they might be overwhelmed by the intense energy generated by the meditation.

4. Activating the Crown Chakra—Blessing the Earth with Loving Kindness. Press the crown with your finger for several seconds to facilitate concentration on the Crown Chakra and bless the entire earth with loving kindness. When the Crown Chakra is sufficiently opened, some of you will feel something blooming on top of the head and some will also feel certain pressure on the crown. After the Crown Chakra has been activated, concentrate simultaneously on the Crown and Heart Chakras, and bless the earth with loving-kindness several times. This will align both Chakras, thereby making the blessing much more potent.

5. Achieving Illumination—Meditation on the Light, on the Aum or Amen, and the Interval between the Two Aums or Amens. To achieve Illumination (expansion of consciousness), visualize a point of dazzling white light on top of your head and simultaneously chant mentally the word Aum (Ah .... omm ..... ) or Amen (Ah — men —) and concentrate on the intervals (moments of silence) between the two Aums (or Amens), while maintaining the point of light.



Do this meditation for 10 to 15 minutes. When you can fully concentrate simultaneously on the Point of Light and on the intervals between the two Aums, you will experience an "Inner Explosion of Light" Your entire being will be filled with light! You will have your first glimpse of Illumination and first experience of Divine Ecstasy. To experience Buddhic Consciousness or Illumination is to experience and understand what Jesus meant when He said: "If thine eye be single, thy whole body shall be full of light\*" (Luke 11:34). "For behold, the kingdom of heaven is within you" (Luke 17:21). For some people, it may take years before they can experience an initial glimpse of Illumination or Buddhic Consciousness. For others it may take only months while for some others, only weeks. In the case of a very few, they achieve initial expansion of consciousness on the first few try. This is usually done with the help from an "elder" or a facilitator.

When doing this meditation, the aspirant should be neutral. He should not be obsessed with results or filled with too much expectations. Otherwise, he will be actually meditating on the expectations or the expected results rather than on the Point of Light, the Aum and the intervals between the two Aums.

6. Releasing the excess Energy. After meditation, it is important that the excess energy should be released by blessing the earth with light, loving kindness, peace and prosperity for several minutes until you feel your body is normalized. Otherwise, the etheric body will become congested and the meditator will experience headaches and chest pains. The visible body will deteriorate in the long run because of too much energy. Other esoteric schools release the excess energy by visualizing the Chakras projecting out the excess energy and the Chakras becoming smaller and dimmer, but this approach does not utilize the excess energy into constructive use.

7. Giving Thanks. After meditation, always give thanks to the Divine Providence and to your spiritual guides for Divine Blessing.

8. Further Release of Excess Energy and Strengthening the Body through Massage and More Physical Exercise.



After meditating, massage your body and do physical exercise for about five minutes to expel more used-up prana from the body and, thus, to further release, clean and strengthen the visible body. This will also facilitate the assimilation of the pranic and spiritual energies, thereby enhancing the beauty and health of the practitioner. Massaging and exercising after meditation also reduce the possibility of pranic congestion in certain parts of the body which may lead to illness. You can also gradually cure yourself of some ailments by doing exercises after doing the Meditation on Twin Hearts. It is very important to exercise after meditation; otherwise, the visible physical body will inevitably weaken. Although the etheric body will become very bright and strong, the visible physical body will become weak because it will not be able to withstand the leftover energy generated by the meditation in the long run. You have to experience it yourself to fully appreciate this.

Some have the tendency not to do physical exercises after meditation but to continue savouring the blissful state. This tendency should be overcome; otherwise, one's physical health will deteriorate in the long run.

Sometimes when a spiritual aspirant meditates, he may experience unusual physical movements for a limited period of time. This is quite normal since his etheric channels are being cleansed. The instructions may seem quite long but the meditation is short, simple and very effective! It requires only about 20 minutes excluding the required time for the physical exercises.

There are many degrees of illumination. The art of "intuiting" or "direct synthetic knowing" requires constant meditation for a long duration of time.

Blessing the earth with loving-kindness can be done in group as a form of world service. When done in group for this purpose, first bless the earth with loving-kindness through the heart chakra, then the crown chakra and, finally, through both chakras. Release the excess energy after the end of the meditation. The other parts of the meditation are omitted. The blessing can be directed not only to the entire earth but also to a specific nation or group of nations. The potency of the blessing is increased many times when done in group rather than individually. Another way of blessing the earth with Loving Kindness in group is through daily radio broadcast at an appropriate time with some or most of the listeners participating.



*Meditation on Twin Hearts Fig. 8-1*

*The Descent of Divine Energy during Meditation on Twin Hearts:*

*In Christian tradition, this is called the descent of the Holy Spirit in Taoist Yoga, the descent of the Heaven ki or energy; in Kabbalistic tradition, the pillar of light; In Indian yoga, the spiritual bridge of light or antakharana.*

Just as pranic healing can "miraculously" cure simple and severe ailments, the Meditation on Twin Hearts, when practiced by a large number of people, can also miraculously heal the entire earth, thereby making the entire earth more harmonious and peaceful. This message is directed to readers with sufficient maturity and the "will to do good."

There are other meditations more advanced than meditation on the two hearts. One of these more advanced forms of meditation is called Arhatic Yoga which is for the chosen few .

*That is why the major problem is not the pupil, but the educator; our own hearts and minds must be cleansed if we are to be capable of educating others*

*Without a change of heart, without goodwill, without the inward transformation which is born of self-awareness, there can be no peace, no happiness for men.*

*- Education and the Significance of Life*

*by J. Krishnamurti*

*...love always draws forth what is best in child and man. Enlightenment is the major goal of education .*

*- Education in the New Age*

*by Alice A. Bailey*

**AUTHOR'S NOTE: These two books contain many interesting ideas that will have lasting pervasive beneficial effects if adopted by most educators.**



## INCREASING ONE'S HEALING POWER

When a person practices the Meditation on Twin Hearts daily or regularly, his Major Chakras and auras will increase in size, making his energy body more dynamic and stronger. You may perform this simple experiment to verify the validity of what has been stated:

1. Ask somebody who is proficient in this meditation or has been practicing this meditation for at least about two or three weeks to perform this experiment with you.
2. Scan his Major Chakras, inner and outer auras before doing the meditation.
3. While the person is meditating, wait for three minutes before scanning his
4. Major Chakras, inner and outer auras and note the difference in size before and during meditation. When scanning the auras, gradually move five meters or more away from the subject and try to feel his energy body. You may feel a tingling or mild sensation on your hands and fingers. Others may feel some sort of mild electrical current or sensation.

Several hours after meditation, the chakras and the auras will gradually normalize to almost their former sizes, but if this meditation is practiced daily for about a year, the size of each chakra will increase from three or four to about six inches or more in diameter, while the inner aura will expand from five inches to about one to two meters or more in radius. This is due to the cumulative effects of regular meditation. A healer with big chakras and inner aura is powerful and can heal most minor ailments very quickly and almost instantaneously. A proficient intermediate pranic healer should have at least an inner aura of one meter in radius, and an advanced pranic healer, about three meters. A powerful master pranic healer can have an inner aura of at least 164 feet or 50 meters in radius. A person with big Chakras and inner aura is just like a big pump while a person with smaller chakras and inner aura is just like a mini pump. So, it is very advantageous to practice this meditation daily or regularly.

Having a Powerful and Dynamic Energy body not only enhances one's healing powers but also increases one's effectivity and productivity in his work. Having taught many students and met all kinds of people, the author has observed that successful people and top executives have usually bigger Chakras—about five or six inches or more—and an inner aura of about 3 feet or one or more meters.



People who have magnetic personality or great charisma usually have bigger Chakras and inner auras than ordinary people and tend to have a strong influence over most people. Furthermore, a person who regularly meditates becomes more intuitive and intelligent. When he is faced with a problem he will have the increased ability to see directly through the problem and find the right or proper solutions.

## **ARHATIC YOGA**

There are other meditation techniques more advanced than Meditation on Twin Hearts. One of these is Arhatic Yoga which is only for a chosen few, Arhatic Yoga is called the "yoga of synthesis." It deals with the activation of the chakras, and awakening of the kundalini through a systematic and safe method. One of the common and serious mistakes among esoteric practitioners is to try to awaken the kundalini in order to activate the chakras. A truly advanced yogi or chi kung practitioner is aware of the necessity of purifying oneself and substantially activating the chakras first, before awakening the kundalini.

Otherwise, serious pranic congestion will occur if too much kundalini energy goes to the relatively underactivated chakras which are still small in size, resulting in serious physical ailments or discomfort. Hence, the practice of arhatic yoga should preferably be under the guidance of an advanced guru or master.

## **MEDITATION ON TWIN HEARTS**

1. To clean the etheric body, do physical exercise for about five or more minutes.
2. Invoke for Divine Blessing.
3. To activate the Heart Chakra, concentrate on it and bless the entire earth with loving kindness.
4. To activate the Crown Chakra, concentrate on it and bless the entire earth with loving kindness. Then again bless the earth with loving kindness simultaneously through the Crown and Heart Chakras.
5. To achieve Illumination, concentrate on the point of light, on the aum or amen, and on the interval between the two aums or amens.



6. To release excess energy, bless the earth with light, love and peace.
7. Give thanks.
8. To further release the body of excess energy and strengthen it, massage the body and do more physical exercise.

## **BLESSING THE EARTH WITH LOVING-KINDNESS**

*From the heart of God.*

*Let the entire earth be blessed with Loving-Kindness.*

*Let the entire earth be blessed with Great Joy, Happiness and Divine Peace.*

*Let the entire earth be blessed with Understanding, Harmony, Goodwill and the Will to do Good. So Be It!*

*From the Heart of God, Let the Hearts of all Sentient Beings be filled with Divine Love and Kindness.*

*Let the Hearts of all Sentient Beings be Filled with Great Joy, Happiness and Divine Peace.*

*Let the Hearts of all Sentient Beings be Filled with Understanding, Harmony, Goodwill and the Will to Do Good.*

*With Thanks, So Be It!*

## **PRACTICE THE PLANETARY MEDITATION ON PEACE**

**(From the Planetary Peace Meditation Audio)**

*Let us Invoke for Divine Blessings*

*To the Supreme God, to the Divine Father, Divine Mother, to my Spiritual Teacher, to all the Spiritual Teachers, to all the Holy Masters, to all the Saints, all the Angels, Spiritual Helpers, and to all the Great Ones, We Thank You for Your Blessings, for Your Guidance, Your Divine Love.*

*We Thank You for the Divine Sweetness, Illumination, Divine Oneness, Divine Help, and Protection.*

*We Thank You in Full Faith.*



## **Recall a Happy Event**

Take your time.

Recall a happy event.

Re-experience the

exquisite feelings of Sweetness, of Tenderness and of Love. You are smiling, you are filled with Love and Happiness.

Gently

and lovingly Smile at your Heart Energy Center. Your Heart Energy Center is a being of Love.

Gently and

lovingly Smile at your Heart.

Say

words of Love and Sweetness to your Heart. Wait for the response.

Can you feel your Heart Energy Center responding with Love, with Joy and Bliss? The feeling is fantastic!

## **Recall another happy event.**

Re-experience this happy event. Feel it. Smile at your Crown Energy Center.

Your Crown Energy Center is a Being of Divine Love. Say words of love to this Being of Divine Love.

Lovingly and gently Smile at your Crown Energy Center. Wait for the response.

Can you feel your Crown Energy Center responding with Divine Love and Divine Sweetness? We are going to Bless the Earth with Loving Kindness.

Very gently touch your heart with your left hand.

Raise your hands at about chest level with your palms facing outward. Silently repeat after me.

Lord, make me an instrument of Your Peace.





Allow yourself to be a Channel for Divine Peace. Feel the Inner Peace within you.

Bless the Earth with Peace.

Imagine there is a small Earth in front of you, the size of a small ball. Feel the Inner Peace within you.

Radiate this Peace into the Earth. Feel the Inner Peace within you.

Share it with the Earth in front of you.

Where there is hatred let me sow Love.

Feel the Love within you.

Feel the Sweetness within you.

Allow yourself to be Channel for Divine Love and Divine Sweetness.

Bless the whole Earth, and every Person, every Being with Love and Sweetness. Imagine pink light radiating from your Heart to your Hands to the Earth.

Where there is hatred let me sow Love. (Allow yourself to be a channel for Divine Love).

Where there is injury, Pardon.

Bless the Earth with the spirit of reconciliation; with the spirit of understanding, Harmony and Divine Peace.

Where there is despair, Hope; doubt, Faith.

Allow yourself to be a channel for Divine Hope and Divine Faith. Bless the whole Earth with Hope and Faith.

Bless people who are having a difficult time. Bless them with Hope and Faith.

Bless them with Divine Strength.

Tell them, "You can make it! You are Blessed with Hope and with Faith."

Where there is darkness Light; sadness, Joy.

Bless the whole Earth with Light and Joy.



Especially people who are in pain, people who are sad, people who are depressed; Bless them with Divine Light and Divine Joy.  
Be aware of your Crown. Silently follow me.

From the Heart of God,  
Let the entire Earth be Blessed with Loving Kindness.

Allow yourself to be a channel for Divine Love and Divine Kindness. Bless the Earth with Love and Kindness.  
Imagine Golden Light radiating from your hands to the small earth in front of you.

From the Heart of God,  
Let the entire Earth be Blessed with Great Joy and Happiness.

Feel the Divine Joy and Divine Happiness.  
Allow yourself to be a Channel for Divine Joy and Happiness and share this Divine Joy and Happiness with the entire Earth.

From the Heart of God Let the entire Earth be Blessed  
with Understanding, Harmony & Divine Peace;  
with Goodwill and the Will to do Good. Blessings be to All.

Be aware of your whole body. (Exhale slowly.)

Be aware of your Heart and your Crown simultaneously.  
(Take a deep breath. Inhale deeply. Hold your breath.)

Be aware of your whole body. (Exhale slowly.)

Can you feel your whole body filled with Divine Bliss?

Imagine the small Earth in front of you.  
Again, be aware of your Heart and your Crown.



*(Silently repeat after me.)*

*From the Heart of God, Let every Person, Every Being,  
Be Blessed with Divine Love, Be Blessed with Kindness.*

Feel the Kindness.

*Let the whole Earth, every person, every being Be Blessed with Sweetness, with Divine Sweetness, with  
Tenderness, with Warmness, with Caringness,  
with Inner Healing, with Inner Beauty, with Divine Bliss, & Divine Oneness with All.*

Feel the Divine Bliss, the Divine Sweetness, and share this with the whole Earth, with every person, every being.

*(Gently put your hands down on your lap.)*

Imagine a Golden Flame on your Crown. Feel the quality of the Golden Flame.

Feel the Love, Peace and the Divine Bliss radiating from this Golden Flame. Feel the Divine Sweetness, the Divine Joy.

*(Gently and silently chant the mantra, OM.)*

Be aware of the stillness and the interval between the two OM's. Do this lovingly and with awareness.

Imagine the Golden Flame again.

*(Silently chant the mantra, OM. Chant the mantra, OM twelve times.)*

Be aware and let go.

*(Gently and lovingly return to your body right now!)*

Feel the bliss feel the Love, feel the Divine Sweetness.

*(Slowly and gently move your fingers. We are going to release the excess Energy. Gently raise your hands again at the chest level with your palms facing outward.)*



Imagine the small Earth in front of you.  
(Silently say)

*Let the entire Earth with Divine Light, Divine Power.*

*Let the whole Earth, every Being be Blessed.*

*Let there be Peace, Harmony, Progress, Spirituality & Prosperity to All!*

*Blessings be to All!*

*Bless your country with Divine Light, Divine Power, with Progress, Spirituality & Abundance.*

*Bless your City with Peace and Order, with Spirituality, with Divine Love and with Prosperity.*

*Bless your Loved Ones, your Relatives, Associates & your Friends with Divine Love, with Kindness with Sweetness and with much Affection!*

*Blessings be to All!*

*(Gently put your arms down.)*

We are going to release the excess energy by blessing Mother Earth.

Be aware of your feet and the base of your spine.

Imagine golden light going down, down down to the earth about three(3) meters or ten(10) feet deep.

*Bless Mother Earth with Divine Light, Divine Love Divine Power.*

*Blessings be to Mother Earth! Let Mother Earth be Blessed,*

*Let Mother Earth be Regenerated.*

*Blessings be to our Beloved Mother Earth!*

## **Thanksgiving Invocation**

To the Supreme God, we Thank You for this Great, Great Blessing!

*To the Divine Father, Divine Mother,*

*We Thank You for the Divine Bliss and this Priceless Blessing!*

*To my Spiritual Teacher, to all the Spiritual Teachers,*

*to all the Saints, Holy Angels, Spiritual Helpers, especially to the Angels of Love and All the Great Ones,*



*Thank You for this Great Great Blessing!*  
*Thank You for the experience of Love and Divine Bliss!*  
*Thank You, in Full Faith!*

- Extracted from the CD The Planetary Meditation for Peace, by Master Choa Kok Sui, Executive Producer and Voice Over Editing by Charlotte Anderson.

## **Precautions**

People with the following Conditions should not Practice:

1. Infants and young Children
2. Pregnant Women
3. Woman having Menstruation
4. People with Glaucoma
5. People with Severe Liver Problems
6. People with Severe Heart Problems
7. People with Hypertension
8. People with Severe Kidney Problems
9. Heavy Smokers
10. Heavy Meat Eaters (especially red meat)
11. People consuming Addictive or Hallucinogenic Drugs

