

Divine Light



Practitioner & Master Levels

Love Inspiration & Maitri Foundation



Love Inspiration

Learn • Heal • Awaken

DEDICATED TO ALL DIVINE BEINGS
WITH LOVE,
FOR THE BENEFIT OF ALL.



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Prerequisites For This Ebook



Welcome!

Please ensure that before you begin this Divine Light course you:

- 1) Have allowed yourself a minimum of 21 days from the completion of:
 - any [Ascension Pathway](#) attunement and/or
 - any Love Inspiration [ebook](#) (eg. Usui Reiki, Universal Reiki, Kundalini Reiki etc)

(Note that here in this point, the completion of an ebook means you have completed the whole ebook including all attunements, waiting times and compulsory daily / self healing practices, whereas the completion of an attunement means you have completed the attunement and not necessarily any waiting times or associated practices.)
- 2) Have activated (unlocked) the Divine Light energies and attunements using the activation code & instructions on the next page.

*Once you have unlocked the energies, you are ready to begin.
With love, we wish you well on your Divine Light journey!*

Helpful Resources For This Ebook

[Sign up for free monthly Ascension Healing \(sent on the 11th of the month\)](#)
[Join the Love Inspiration Community Facebook Group](#)
[Download the Love Inspiration Handbook as an accompaniment to this ebook](#)
[Start on the Ascension Pathway alongside this ebook](#)
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ACTIVATING (UNLOCKING) THE DIVINE LIGHT ENERGIES:

Before opening up to these beautiful Divine Light energies, it is very important that you firstly activate or 'unlock' the energies and attunements in this ebook. Once this is completed, you will then be ready to begin Divine Light!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The four step process is outlined below and should only take you around five minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



■ 1) Preparation:

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

■ 2) Invocation:

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



**"With infinite grace, I ask humbly and clearly to activate the
energies and attunements for Divine Light.
With the unique activation code 8049333 may this be so.
May this activation benefit all beings.
Thankyou, thankyou, thankyou."**

■ 3) Receiving:

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete!

■ 4) Understanding:

Once you have completed your activation, we ask that you now read through - "[Activation Codes and Prescribed Timeframes](#)". This will only take around a minute or so and will help you to receive the maximum benefits from all of these healing energies, attunements and practices. After this, you are now ready to begin opening up and receiving these beautiful Divine Light energies! May you enjoy these with much love & light and with an intention to benefit all beings.



DIVINE LIGHT
PRACTITIONER AND MASTER LEVELS

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Welcome to
Divine Light



**Practitioner
Level**



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DIVINE LIGHT **LEVEL ONE - PRACTITIONER LEVEL**

WE WARMLY AND HUMBLY WELCOME YOU TO THE DIVINE LIGHT MEDITATIONS!

It is with love that we welcome you to this truly unique duo of divinely inspired meditations. Through these teachings, we are able to call on and merge with a beautiful suite of divine healing frequencies which help us to create feelings of inner peace, blissfulness, love and wisdom from our meditative practice.

For those of you who are already working with other forms of energy based healing practices, these meditations may bring a new and unique perspective to your practice and will give you the ability to also call in these loving frequencies alongside them.

For those who are being introduced to energy based healing through these meditations we are truly excited to welcome you to these beautiful and loving frequencies – may they bring you happiness in your life.

The Divine Light practices are simple and easy to learn and are a great set of meditational practices which help us to find peace, bliss and feelings of relaxation and love during our meditation.

We hope that you enjoy them!



DIVINE LIGHT

PRACTITIONER AND MASTER LEVELS

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1. INTRODUCING DIVINE LIGHT:

The designs for the Divine Light meditations were received intuitively through the spiritual work of Marty and Gerry during November 2012, whilst enjoying a summer retreat in New Zealand for the benefit of all.

Through these meditative communications, Gerry was clairvoyantly shown a number of 'symbols' and instructions about how one can work with these symbols (or energetic frequencies) through the format of meditation to allow for a better functioning of the energy field.

Thus the Divine Light meditations were born.



DIVINE LIGHT PRACTITIONER AND MASTER LEVELS

The name Divine Light is simply a representation of the divinely guided aspects of the practice and as a way of communicating to people that this practice helps us to move closer towards the divine light which lives within us all.



The name also helps us to understand that the energies being worked with during these meditations come from a divine frequency of love, compassion and wisdom, thus allowing us to move towards these vibrations themselves through meditative practice.

As you can see from the table below, the Divine Light meditations are taught over two levels – practitioner and Master, with each level containing a further two sub-levels. In total there are four levels or steps within these teachings with each step representing the next phase of the meditation.

Level	Sub-Level	Intention	Focus On	Benefits	Daily Practise	Minimum Practise Time
Practitioner Level	L1	Connecting with the energies of Mother Earth	Lower chakras	Cleansing impurities and grounding	L1 = 5-15 mins	11 days (Perform the two meditations together at least daily and ideally several times per day, for a minimum of 11 days before moving into the Master Level)
	L2	Connecting with a higher consciousness	Higher chakras	Cultivating higher levels of spiritual awareness	L1 = 5-15 mins + L2 = 5-10 mins TOTAL: 10-30 mins	
Master Level	L3	Filling the sacred heart space and healing the whole	Heart space / whole body	Merging all energy systems throughout the body	L1 = 5-15 mins + L2 = 5-10 mins + L3 = 5-15 mins TOTAL: 15-40 mins	21 days (Perform the four meditations all-together once per day for a minimum of 21 days. Note however that this practice is recommended long term and to be on-going)
	L4	Shining Divine Light outward for the benefit of all living beings	One-ness	Merging and becoming one with the universe	L1 = 5-15 mins + L2 = 5-10 mins + L3 = 5-15 mins + L4 = 5-15 mins TOTAL: 20-55 mins	

When completed, the Divine Light teachings form the basis for one complete meditation which helps our energies to vibrate at a higher frequency of love and understanding. A key part of the meditations at the Master Level is an understanding of the truly divine power which comes from applying the altruistic intention. As we begin to understand and feel the impact that the altruistic intention has on our own energy based healing work, we are then better able to cultivate these types of mindsets in our meditative practise and in our daily lives.

DIVINE LIGHT

PRACTITIONER AND MASTER LEVELS

In this way, these practices can help to open many doorways to more positive states of awareness. For when we can combine these Divine Light energies with both the altruistic intention and the understanding that all is one, we can truly start to transform our consciousness. With time, this allows us to move closer towards health, happiness, inner peace, love and spiritual awakening.



2. AN OVERVIEW OF DIVINE LIGHT:

Please find below a tabled overview of the Divine Light practices (meditations). Note that this information is the minimum requirement only and that the meditations, when brought through from Higher Consciousness, were intended to be for long-term and on-going use, for the benefit of all!

Divine Light

DAYS	INFORMATION
1	Practitioner Level Attunement (L1 & 2)
1-11	Practitioner Level Practices (L1 & 2 Meditations) <i>Minimum 11 Days</i>
12	Master Level Attunement (L3 & 4)
12 - 32	Master Level Practices (L1, 2, 3 & 4 Meditations) <i>Minimum 21 Days</i>
33	<i>Congratulations, you are now a Divine Light Master!</i>

Total Minimum Completion Time for Divine Light = 32 days

3. THE ATTUNEMENT PROCESS:

As in most energy based healing practices, the attunements for these Divine Light meditations are a most crucial part of the learning process. There is an attunement required for both the practitioner and Master levels. For those of you who are unfamiliar with the term 'attunement' please [click here](#) to be taken to our website FAQ section on 'The Attunement Process' for more information.

In simple terms, the attunement provides you with a process of healing and growth as you become able to access the energetic frequencies required for these meditations. Once attuned to these frequencies, you also become a more effective healing channel (both for yourself and for others).

Each of the attunements introduces new divine healing frequencies into our consciousness so that we are able to deepen our meditative and healing practices at each level. This can often result in stronger feelings of bliss and inner peace through our meditative state as we move from the Practitioner Level to the Master Level. There is also a strengthening here in our love vibration and thus, we heal.

We have also been taught that as we accumulate more symbols, or more access to these types of divine healing frequencies, these act like a sort of magnification so that our light can shine brighter from within. The analogy given to us was that of light bulbs. To work with 3 symbols is perhaps akin to lighting an area with 3 light bulbs – the lighting is quite good. As we introduce additional light bulbs into the area, say 5 or 6 bulbs, it is clear that the light is now significantly brighter, allowing us to see more of that area. This is a good way of thinking about the brightness of our energies as we introduce additional symbols into them. Our light is stronger, brighter and operates with more efficiency.

The attunement process helps to bring these symbols into our energy field and thus brightens or lightens our energies closer to love. We will be providing you with some step by step instructions on how you can receive your Divine Light Practitioner Level attunement a little further on but for now, let us introduce some of the more practical aspects of this practitioner level.



4. INTRODUCING DIVINE LIGHT - PRACTITIONER LEVEL:

There are two sub-levels to the Divine Light Practitioner Level with the first emphasising the importance of connecting with the cleansing energies of our earth. By starting to work at this level we allow our lower chakras to be cleansed and nourished which is most important for our energy field.

In addition, by starting with this practice, we are also being provided with a great 'grounding' practice which then helps us to more effectively work with the energies being introduced in the later parts of the meditation.

This first sub-level of the Divine Light meditations is one which can be deeply relaxing and it helps us to feel a deep connection with the abundance which this earth can offer. As we progress with this practice, we may also become aware that this type of energy exchange with the earth can be done in every waking moment.

It would seem that this is a most crucial time here on earth given the environmental circumstances which we are facing and we note here that there is much benefit being gained during this technique at both an individual level and a planetary level.

Moving on to the second sub-level of the practitioner practice, we introduce the first of the Divine Light symbols to start working with - Pure Existence. This symbol vibrates pure love and understanding which we can use in our meditation to bring a cleansing and nourishment to our energies, particularly our higher chakras. (We talk a lot about chakras in our ebooks and practices so if you would like more information about them please [click here](#) to be taken to our website FAQ section on 'The Chakra System').

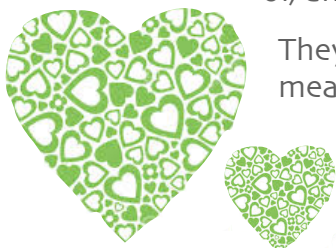
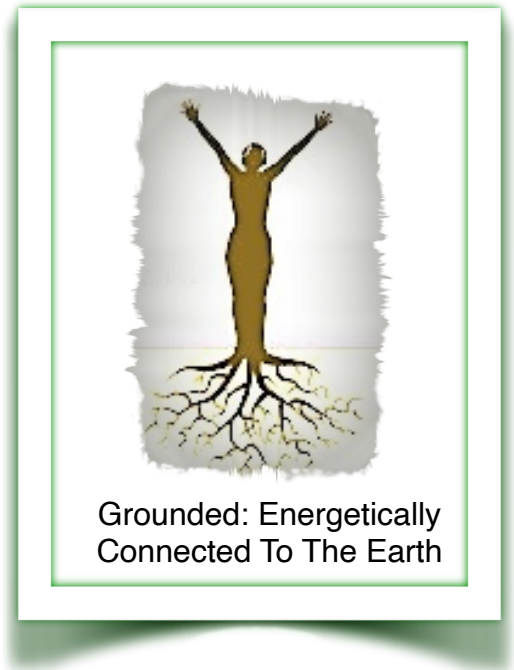
As we were taught, working with the symbol Pure Existence helps to cultivate a higher spiritual awareness or understanding from within and allows for a much stronger connection to our own higher (divine) self.

Accordingly, through this practice, you may receive more insight into situations or problems that may be troubling you, perhaps gain some further realisations about how you might wish to move forward in life or perhaps be able to see more clearly the inner workings of your mind and emotions.

All of these are really good signs that your Divine Light meditative practice is providing you with some great benefits. It is often these realisations that come during our meditation that slowly and organically accumulate into great new understandings and perspectives which apply to many aspects of, and can change, our life.

They also may help us to find our true purpose in life and may help to give meaning as to why we are here on this earth. The symbol Pure Existence may assist and accelerate this process of inner realisation.

For those of you who have not yet worked with symbols in meditation or healing then this will no doubt be a great introduction for you.



We note that the techniques outlined here in this Practitioner Level will mostly focus on the practical aspects of working with Pure Existence so for those of you wishing to gain some good theoretical understanding of symbols and their role in energy based healing practices more generally, feel free to visit our website FAQ section on [Using Symbols in Healing](#) for some preliminary information.



To better understand the true nature of symbols can often mean that we are better able to work with these frequencies in our meditation. For example, by understanding the divinely guided aspect of these energies and to understand the importance of love, surrender and gratitude can be a key part to our meditative development.

As we move forward into the Master Level, there are two new symbols introduced which focus on the love aspect of the Divine Light practice, a love for ourselves and a love for all.

The Divine Light Practitioner Level then is like the crucial preparation for the love and light which the Master Level brings. With the assistance of these Practitioner Levels, we are able to cleanse, nourish and circulate our energies with more efficiency which then helps the Master Level (love) vibrations to spread throughout our body and outward for all to benefit.



5. EVERYTHING IS INTENTION:

As we progress through any type of energy based healing practice, we start to realise the true innate power which lies within our own minds. More specifically, it is the thoughts we choose or our intention which often holds the key to our truly divine power.

This especially becomes noticeable when we start practising with these types of energy based healing practices. As we merge with the energetic frequencies within these types of systems, we can start to understand the different types of thoughts or intentions that bring us to higher vibrations of love and light.

For example, we can experiment with the intentions of surrendering, love, being open, letting go, compassion, gratitude and above all, the altruistic intention, to bring us to these higher vibratory meditative experiences.

As we start to cultivate these intentions and combine these with our energetic practise, we can really start to feel the differences that these types of intentions can create within us. We can start to feel the subtle differences in vibration through these meditative experiences and thus we learn and grow.

EVERYTHING STARTS WITH OUR INTENTION

It is this very important concept which will play a key role in these teachings and in how our practice develops. For as we strengthen and purify our intention, and as we start to adapt different techniques to help crystallise these intentions, we can become better able to shine our love and divine light outward for all to benefit.

Through this ebook, it is our aim to help wherever we can so that your practice can blossom into something which is truly magical. We aim to provide you with the techniques *exactly* as we received them from 'spirit' and we will also provide some additional insights gained through our own meditative experiences.



6. RECEIVING THE ATTUNEMENT FOR DIVINE LIGHT - PRACTITIONER LEVEL:

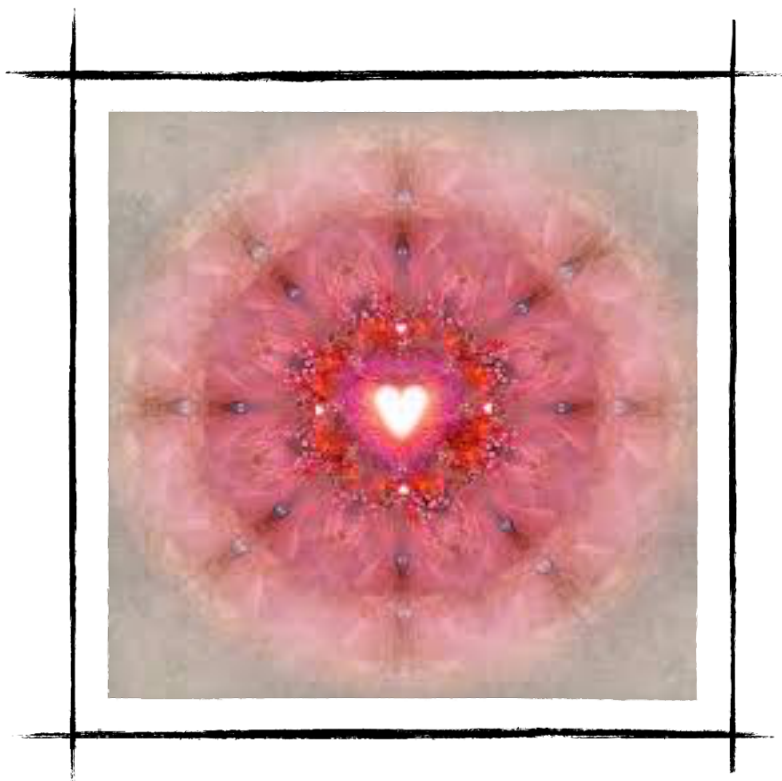
Before we cover the actual practices for this Divine Light Practitioner Level, it is important to firstly outline and describe the methods for receiving the attunement. As we've mentioned above, taking the attunement is a key part of any energy based healing practice and this is also true for the Divine Light practices.

In this first attunement both of the meditations in this level will be activated. Firstly in the "connecting with our earth" part of the attunement, the energy works to open the lower chakras in order to strengthen our ability to connect with the earth. And secondly, in the "raising spiritual awareness" part it provides us with the necessary access to the divine healing vibrations of the symbol 'Pure Existence'.

Just to reassure you, taking the attunement is normally a very relaxing and nice experience and you may feel some energy moving during the process. Some may not feel anything at all and this is absolutely fine also.

In the days following the attunement, and as you repeat the Divine Light meditations more and more, you may feel some different sensations as many of the old, unwanted energies clear away, shift or move. Energy based healing practices can bring much healing to the surface and in some cases, we can often experience what is known as a healing crisis. If you are clearing away lots of old energies i.e. there is deep healing being done, then your body will need to work to clear these, so as a result you may feel sluggish or tired. Others may feel some slight cold or flu symptoms as the energies clear. You can sometimes even get a few extra trips to the toilet if the energies are clearing in your lower chakras.

There may also be some emotional clearing happening from the attunement and / or your meditational practices so just be mindful of this if you are experiencing any anger, sadness or other types of emotional unrest. For more information about the healing crisis on our FAQ page, [click here](#).



7. INSTRUCTIONS FOR RECEIVING YOUR ATTUNEMENT:

To ensure that the attunement process works successfully we ask that you follow our instructions and most important is to relax, open up and receive these gifts with love.

Firstly, before starting this attunement, please ensure that you have activated (unlocked) the Divine Light energies and attunements prior to commencing.

The activation / unlocking process is a simple 5 minute process which unlocks the energies and gives you access to them. Once you have unlocked the energies, this means that all the Divine Light energies and attunements (for both Practitioner & Master Levels) have been activated specifically for you. You are therefore then ready to start receiving your Practitioner Level attunement!

If you have not yet activated / unlocked the Divine Light energies for yourself, you may do this by following the instructions on Page III of this ebook.

Now that you have unlocked / activated the energies, you are ready to begin your Practitioner Level attunement!

■ 1. Preparation:

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 15 minutes. Perhaps you wish to play some soft [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

■ 2. Invoke the Divine Light Practitioner attunement:

Invoke the attunement by placing the hands together, fingertips touching in prayer position whilst saying the following:



HANDS IN PRAYER POSITION



**"With love and gratitude I humbly request the attunement for the Divine Light Practitioner Level.
May these energies benefit all beings!"**

*[Note that the word love is divinely important in requesting Divine Light energy – the stronger the feeling of love that you ask with, the stronger the energy that flows. Also, when we add the highest intention for **all beings to benefit** (in anything we do), the energy is also stronger.]*

Now your attunement will commence and will take around 10-15 minutes to finish so **it is best to sit or lie down for around 15 minutes**. You can time yourself or simply wait until you feel the energy drop off a little bit. The energy tends to build over the attunement period with the energy at the end of the attunement being much stronger, so if you don't feel anything at the beginning, don't worry – it is still working!



And you don't have to leave your hands in prayer position for the entire time, please feel free to rest your hands either by your side, over your Heart Chakra or as you feel most comfortable.

You may feel some energy moving, perhaps feel relaxing vibrations or some may feel almost nothing happen. Whatever the case, you will receive the Divine Light Practitioner Level attunement and with this, you will be able to practice the Divine Light Meditative practice described in the next sections.

■ 3. Closing the attunement:

As always, we close our attunement with love and gratitude, by saying something like:



**“With love and gratitude I offer my sincerest thanks for receiving
the Divine Light Practitioner Level attunement.
May I use this new energy for the benefit of all.
Thankyou, Thankyou, Thankyou.”**



8. THE DIVINE LIGHT MEDITATIVE PRACTICE:

Once you have taken your attunement, you will then be able to start practising with these first two sub-levels (Levels 1 & 2) of Divine Light – the Practitioner Level. The techniques described throughout this Practitioner Level are very flexible, noting that different people will no doubt have different preferences to their practice.

Accordingly, we will firstly describe the teachings as we received them for each part. Then as we move through these sections, we will also provide you with some different ways that you can add to your practice. You may find some of these techniques resonate with you whilst others may not. As always, use your intuition and work with what feels best for you.

Our approach to any energy based healing practice is to encourage you to work with the practices that help bring **you** to the best possible vibration. These will often be practices which help to bring your intention to a more loving, positive state of vibration. They may be techniques which perhaps help you to feel more in synch with these feelings of love and peace for your meditative practice.

We also encourage you to be creative with these practices and with your own mind so that you can bring in your own ideas and techniques into your healing practices. These may be small little add-ons that you choose to add to the techniques described here so that you can help your practice to blossom and grow for your best possible healing result.

In many cases, where these techniques seem to present themselves to you during your practice it is often the divine guidance aspects of the practice shining through. In other words, you are being guided to evolve into something even more perfect for your consciousness.

Usually the best way to approach any practice is with love, gratitude, surrender and with a fun loving attitude. If you are enjoying your practice then you are most likely going to want to continue it, so whatever brings you feelings of peace, bliss and love is normally the best option for you!

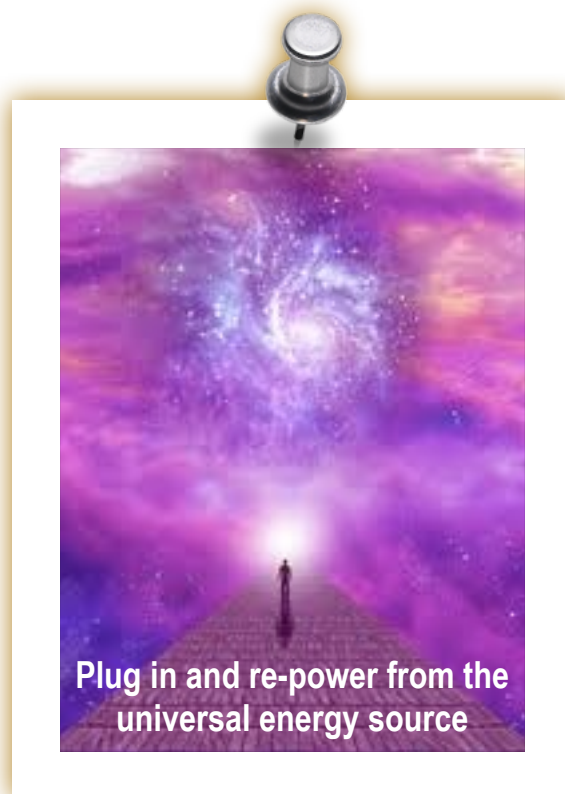


Be creative with your practices!

Another good way to think about our practice time is that it is time for *ourselves*. It is time to reflect on all the things that we face in the hectic bustle of life as we may know it, time to listen to our inner world, to see or understand what it may be telling us. We may just need some time to rest, relax and rejuvenate for a while and this is often a great part of any energy based healing practice – to plug in and re-power from the universal energy source.

By thinking about our practice in these kinds of ways, we can start to bring some additional perceived value to our practice time, to enjoy it and to perhaps look forward to this time to ourselves.

Often, there will be some things we notice about our inner world during our practice that is not so pleasant; maybe we can see some of the anger that lives within us for example. The key here is to always treat ourselves with loving kindness and patience. Results may take time but are usually organic and sustainable and are definitely worth the wait!



9. THE PREPARATION:

You may do these practices either sitting down on the ground, sitting in a chair or a couch or if you prefer, lying down. How you meditate is totally up to you noting that by far the most important factor to consider is your own comfortability.

If we are not comfortable, our mind will be disturbed and this is not always good for our practice. For those of us with busy, overactive minds, you may wish to lie down for this is generally more peaceful and relaxing. For those who are quite naturally 'easy to sleep' type people, then perhaps sitting upright is best where you can feel the relaxation without nodding off half way through.

To reach a place of inner stillness or to be deeply relaxed without dozing or sleeping is normally the best vibrational state to aim for. The term 'relaxed concentration' is normally very appropriate to best describe the formula for meditation.



You may also wish to light some incense, have some soft lighting perhaps, burn some candles or put some [healing or relaxing music](#) on. How you like to meditate or practice really does come down to your own personal preferences. Most important is that you are undisturbed for your practice and that you are comfortable.

Turn your phone off and give yourself this precious time to enjoy some 'you' time, with love. May you reap the benefits of a regular practice!

10. LEVEL ONE – CONNECTING WITH OUR EARTH (5–15 MINS):

Now that we are prepared and comfortable, we are now ready to start working with the Divine Light practices. You may notice that as you are just about ready to start, your mind may be running away! Don't worry, this is totally normal. It often takes a few minutes for our mind to digest the concept that it is about to start the process of observing or going inside for a while.

This is all very normal so it is best to try not to get frustrated with this process. We just need to take a few deep breaths, perhaps about ten or so, to get us into the meditative zone. Deep breathing, also known as pranayama, is often one of the best ways to prepare the mind for meditation. It brings in oxygen and helps our concentration so that our practice can be more focused and therefore more blissful.

As we bring our minds to a state of being more relaxed, we are now ready to start the Divine Light meditation by connecting with the energies of mother earth.



The technique which was shown to us for this first part is very simple - we just need to imagine that the energies from the earth enter up through our left foot (foot chakra), up our left leg and up into our Heart Chakra (middle of our chest plate). Then, we visualise that the energy loops around the Heart Chakra and flows back downward, down our right leg and out through our right foot, back again into the earth. You may imagine the energy flow in an upside-down 'U' shape.

(See the diagram).



This process then continues – in and up through the left, down and out through the right.

We would recommend that you do this practice for 5-15 minutes each time.



This practice helps to ground us within the energies of the earth which is a great preparation for the second, third and fourth sub-levels of the meditation. Also, by connecting with the energies of the earth, it is helpful for both our own energy and the energies of our planet and we can start to feel a deeper, more love filled connection with our precious Mother Earth.

This earth connection phase also helps us to cleanse our lower chakras by clearing away any impurities from within these areas. It is often said in energy based healing that most physical dis-ease manifests as a result of primary imbalance within our lower chakras, so to do work in this area is often a great way to help our overall health situation.

As our practice progresses, we may also start to feel energetic 'bits and pieces' in what is often referred to as dirt or dust. Please don't worry, this is always a sign that our practice is strengthening and that our divine light is starting to glow more brightly from within.

Quite often, we see that as we do more practice, we start to feel more of our own dirt. Again, it is important to understand that these are all signs that there is deep and transformational healing work being done at the energetic level. We assure you that this is all quite normal in any kind of energy based healing practice.

In addition to this, we must also mention the concept of the healing crisis here as another really great sign of healing taking place. There is much information on our website about this phenomena as it is also a central theme in any type of energy based healing. For more information about the healing crisis, please [click here](#) to visit 'The Healing Crisis' section of our FAQ webpage.

So, with our basic understanding of these introductory practices, let us now look at how we may work with some additional techniques to perhaps enhance this earth connection practice.

Working with visualisation

There are many ways that we can help the energy flow enhance our energetic connection with the earth. The first way to do this is through visualisation techniques.

So, prior to starting your 'connecting with our earth' meditation, perhaps as you breathe deeply, you may bring into your meditation a visualisation of our planet earth. You may imagine that it is floating in space just beneath your feet. Just allow yourself to connect to our planet and to feel its splendour and abundance.

By working with this type of visualisation, you may feel a stronger energy exchange between you and the earth as you continue with your practice. It is our intention that is the key here. As we close our eyes, we are able to create our own reality, whatever our mind thinks is real will be real for us.



**Bringing
visualisation into
our meditation**

For those of you who don't necessarily feel the best connection through this type of visualisation, perhaps it may be good for you to simply take yourself (either physically or meditatively) to a place of natural beauty.

This may be a forest area, a mountainous area, the majestic Himalayas for example. It could be a sandy beach, the ocean or another area of this beautiful planet which is vast, boundless and abundant.



As you bring yourself into the idea of this boundless and abundant nature of our planet, this can help you to feel a stronger connection to these energies as the mind is being reminded of the sheer splendour and magnificence of our wondrous earth.

The energies being received through this type of deeply connected imagery tend to be far stronger. By reminding ourselves of the abundance that the earth offers we can feel this abundant and limitless energetic strength being received through our practice.

Again, we encourage you to work with whatever types of imagery suit you best. Whatever brings you to a stronger connection with the earth is best.

As you work with these types of visualisations in your meditation, we note here that you will still be bringing in these earth energies up through the left foot, up to the Heart Chakra and then down again through the body and out through the right foot.

This is the most fundamental part of the practice as it helps us to receive clean, pure energies up into our body and expel old, dirty energies. Sort of like a dialysis machine in a way, the earth is purifying us through our connection.

Just allow yourself to feel the energies flowing, up and down, in through the left and out through the right. You may wish to continue focusing the mind on the visualisations described above or perhaps other visualisations as you imagine the energies flowing through your body.

Again, there is much room for development through these practices. For example, you may wish to start off your practice with a few minutes of earth connection time. As you feel the connection developing, you may then wish to imagine that the energy is like white light moving up through your left foot and down through your right, continuing this process as you feel the energies respond.

You may then wish to move to a different visual of our earth, perhaps something different to what you were working with before. You may feel a renewed connection to this aspect of the earth and again move the energies up and down, up and down, up and down.

Each time you do this, you may feel a refreshing change for your mind and you may also feel more energy flow as more cleansing takes place from within your lower chakras. As this is happening there is undoubtedly more love being exchanged and as the energies flow in and out of your heart, there is cleansing, healing and divine light.

This is the all-important love connection which is made through this practice.

Love for our earth and love for all the beautiful things which inhabit our beautiful planet.



🌀 Working with your breath

Focusing on the soothing rhythm of our breathing can also provide many different meditation and healing opportunities. As we've already mentioned, it can be a great way to prepare our mind for the upcoming journey into our inner universe.

The breath can also be used during this aspect of the Divine Light meditations as a way to control the upward and downward flowing energy. For some, the idea of moving energy upwards through the left hand side of the body whilst at the very same time allowing it flow downwards through the right, may be something which is a little difficult at first.

It is perhaps akin to learning to ride a bicycle where we feel unbalanced or perhaps a little awkward in how we are to do the practice. By working with our breathing, so that we breathe the energy up through your left and out through your right can be a great way to start us off if we are having difficulties.

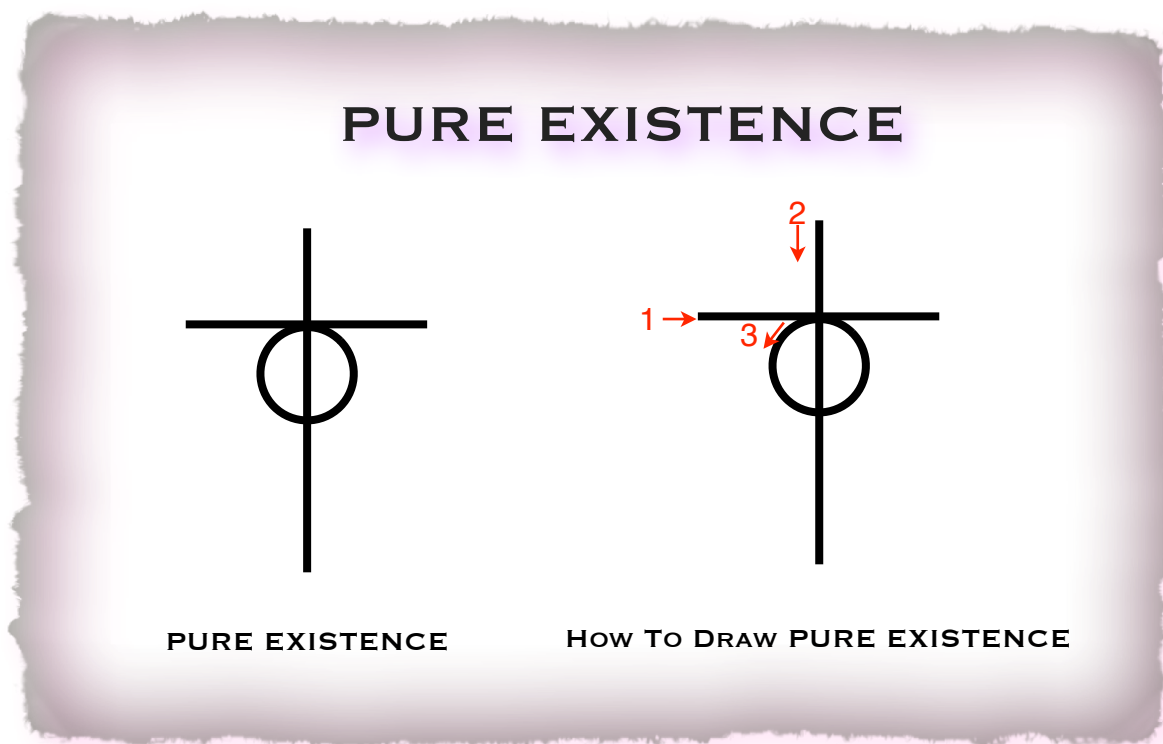


We are always breathing, so this technique is of course available to you at any stage during the day noting that there are many other meditational practices that work with this idea. You may feel that after a few minutes working with this technique, you may wish to progress to some visualisations.

By working in this way, you may alternate as you feel appropriate which may help to strengthen or reinforce the energetic exchange taking place between you and the earth. Whatever helps your vibration and your practice is always good. By simply allowing yourself to enjoy the feelings, energies and love from these types of practices is a lovely way to practice meditation.

11. LEVEL TWO – RAISING SPIRITUAL AWARENESS (5 -10 MINS):

As we are feeling a deep and loving connection with our earth or as we feel like we are ready to move onto this next part of the Divine Light meditation, we can now start to work with the first of our Divine Light symbols - Pure Existence.



The above diagram introduces us to this deeply sacred and loving symbol. Pure Existence was received by Love Inspiration after a stay in the Centre in Nepal of Guru [Mahasambodhi Dharmasangha](#). Guru is an immense light in this world and the symbol received here is treated by Marty & Gerry with great respect.

Pure Existence helps to bring an immense love, peace and spiritual understanding into our consciousness and through our practice, we are able to merge with its divine energies so that we ourselves move closer to this pure, loving vibration.

To do this, we simply draw out or visualise Pure Existence hovering around 3 - 5 cm above our forehead (Third Eye Chakra). We then visualise white light is flowing into our Third Eye Chakra and is being significantly strengthened by Pure Existence, like a magnifying glass intensifying the energy of the sun.

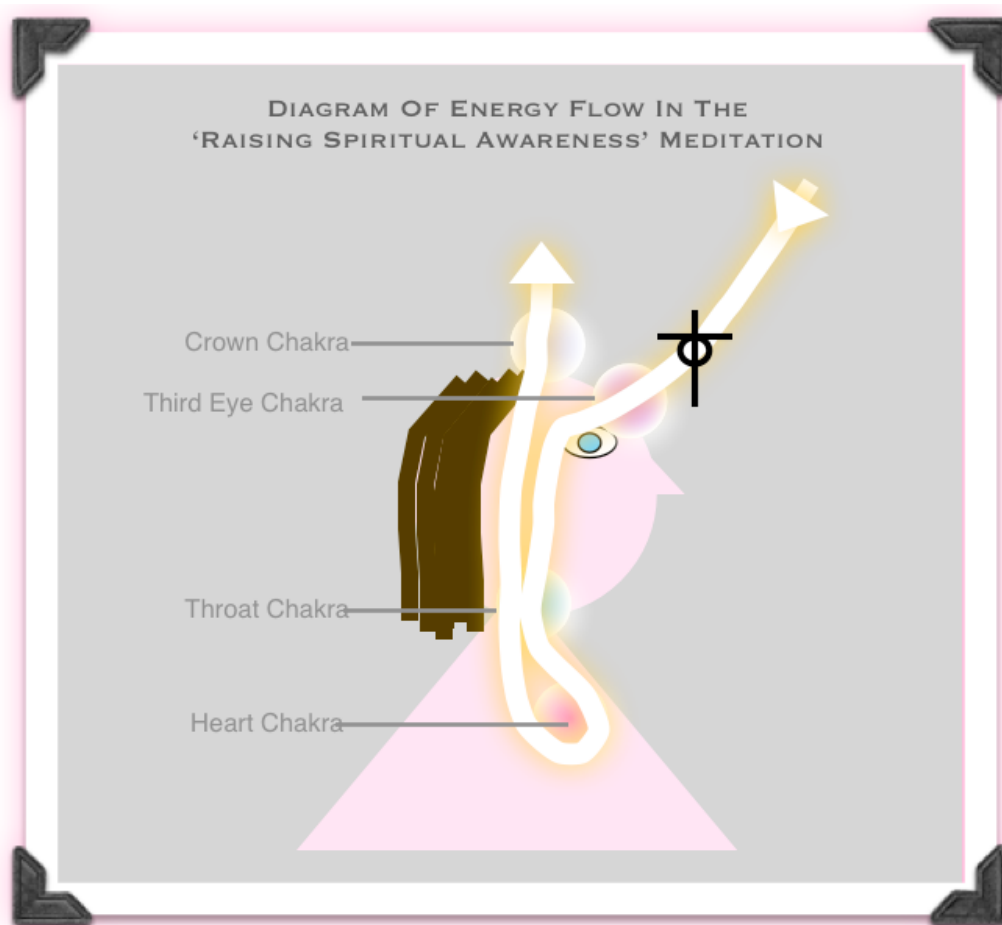
As this energy now enters our Third Eye Chakra, it flows downwards in through our body. From our forehead down to our Throat Chakra and down again to the Heart Chakra where it then loops back and moves upwards straight out the top of our head (Crown Chakra).

This is the technique as it was described to Love Inspiration.



It may be helpful for you to repeat the sacred name of the symbol, Pure Existence whilst holding the visualisation of the symbol firmly in your mind. In this way you can maintain the meditative concentration of these important and divine healing frequencies.

As your meditative concentration improves, you may also find that you are able to keep this symbol firmly in your mind whilst also allowing the energy to flow through the circuit loop that we have just described - in through your Third Eye Chakra, down through the Throat Chakra to the Heart Chakra and out through the Crown Chakra. See the diagram below.



Please note that although our chakras are located in the centre of our bodies, the chakras in this diagram have been altered so we can better understand the energy flow for our meditative purpose.

(We talk a lot about chakras in our ebooks and practices so if you would like more information about them please [click here](#) to be taken to our website FAQ section on 'The Chakra System').

The real key to this part of the practice, as in other energy based healing systems, is to rely on the symbols. More accurately, to trust or open up to the divinely guided love which is pouring into you as you invoke the energies through the visualisation and through mentally chanting the sacred name of the symbol.



For those who are working with other types of symbol practices, you will notice here that we are not using the standard techniques for symbol work as there is no real requirement here to tap the symbol into your energy field. By simply visualising the symbol over the third eye and receiving light through the symbol, you are able to receive what is required.

For those of you who are looking to experiment with other types of techniques from this basic foundation, you may wish to experiment with visualising the Pure Existence symbol moving through this circulatory loop.

You may also wish to try 'tapping' this symbol into your Third Eye whilst repeating the sacred name (noting that as you are tapping this in, you can project the symbol so that it is being 'tapped' in and around the loop).

These types of add-on techniques may help to strengthen your practice and can often be quite refreshing for our meditation if our mind starts wandering off. It is often best to experiment with a few different techniques to see what works best for you.

Some benefits of working with Pure Existence

By working with the divinely guided healing vibrations within the symbol Pure Existence, we are able to work with some truly extraordinary energies. The peace & love vibration that comes from this symbol really is magical and it helps us to more easily reach blissful and peaceful states of meditation.

Another key benefit of this practice is the cleansing which is being done in our body, particularly the upper chakras. As we are visualising and feeling the energies flowing around the upper parts of our body, the energies are always going to where they are most needed through the divinely guided aspects of the symbol.

At the beginning, you may feel that these techniques are a little unnatural, perhaps difficult to master, but as you practice with them, we assure you that they are very rewarding practices for getting your energy to flow more efficiently. Just like anything else, they will just take a little practice.

From our experiences, it is the feelings aspect of these Practitioner Level practices that are so important. To really feel the energies circulating around your body is probably one of the most essential parts of the practice.

You may also find that as you are learning, you might not be able to do this part of the practice for very long and that's fine, there's no need to push yourself too hard here. As your meditative concentration grows and improves from your practice then you will be able to meditate and practice for longer periods as you require.



12. PRACTISING BOTH MEDITATIONS:

Now that you have learned both meditations, you are able to practise these as often as you wish. You may choose to practise them both separately to begin with, until you are comfortable and then gradually add them together so you practise Level 1 for 5-15 minutes and then go straight into Level 2 for 5-10 minutes. As always however, trust your intuition and go with what you feel.

Some days you may find that you need more of one meditation than the other and this is perfectly ok. There is no set routine other than what you feel is best for you. The more practise you do the better, as this is the groundwork for the Master Level practices. **We would recommend at minimum, performing the two meditations together at least daily and ideally several times per day, for a minimum of 11 days before moving into the Master Level.** First thing in the morning when you wake up and last thing at night in bed are great times to add these meditations into your daily routine. Enjoy!



13. CLOSING YOUR PRACTITIONER LEVEL MEDITATION:

As we will see in the Master level, these practices are preparations for the love which is the finale of the meditation. For now, we will be finishing at this point after having cleansed our energies during these Practitioner Level healing practices. We may feel relaxed, peaceful and perhaps somewhat rejuvenated after our meditation noting that these practices are also a great precursor to sleeping!



Normally, to close our energy based healing session, it is a good idea to say thank you to all of the divinely guided assistance that we have gained throughout our meditation. We may wish to say thank you to our mother earth for her assistance and close our meditation with love and gratitude.

Love and gratitude are always a great way to close a meditation or healing session. You may wish to say something like:



"With love, I say thank you for all of the divinely guided energies that I have received during this meditation. Thank you also to you, our earth, for all of your love and cleansing energies. May we all share our love so that we may all be happy and free from suffering. Thankyou, Thankyou, Thankyou."

14. FINAL COMMENTS:

With love and light we make the wish that your Divine Light practices bring you to genuine and long lasting happiness in your life. These practices are deeply cleansing and healing and we hope that they help to bring much light and understanding into your life.

In the Master level, we will delve much more deeply into the concepts of love and we will explore in more detail how we can start to harness the power of a pure intention in a way that helps us to shine our love light outward for all to benefit.

We will also introduce two new Divine Light symbols which help us move closer yet again to the vibration of unconditional love for all. We also introduce the idea of interconnected-ness and we work with expanding our energies so that we can truly start shining outwards for all to benefit.

The Master Level attunement can be taken after 11 days from your Practitioner Level attunement. You have already unlocked the energies for the Master Level so there is nothing that you need to do, other than wait the 11 days. (There is no maximum timeframe that you need to complete the next attunement within, so go with how you feel, anytime after 11 days.)

For now, we hope that you enjoy your Practitioner Level practice and that your meditations are peaceful, love filled and fabulous!

May all beings be happy and free from all kinds of suffering. And may you walk this path of love shining outwards for all.

**LOVE INSPIRATION &
MAITRI FOUNDATION**



Welcome to
Divine Light



**Master
Level**



Love Inspiration

Learn • Heal • Awaken

DIVINE LIGHT LEVEL TWO - MASTER LEVEL

WITH LOVE & LIGHT, WE WELCOME YOU TO THE MASTER LEVEL OF THE DIVINE LIGHT MEDITATIONS:

We warmly and humbly welcome you to the Master Level of the Divine Light Meditations and we congratulate you on taking this most important step on your meditative and healing pathway!

The frequencies being worked with here through the Divine Light Master Level are of a significant vibration and it is through your own meditative work and preparation during and after level one that you are now able to experience these higher frequencies of love, compassion and wisdom.

The techniques which we will be introducing here in this Master Level also help to complete our Divine Light meditation and most of us will feel this as a peak where love, light peace and bliss can be felt at a new level of understanding.

For it is here, in these higher vibrations, that we better understand the true nature of our divine self and the idea that our practice is strengthened significantly as we start to cultivate that which is referred to as an altruistic intention. That is, we shine out our love and light for all to benefit from.

This part of our practice is often something which not only brings in a higher vibration of love and light into our own energy field but it can also help to strengthen our connection to the one-ness of all things; thus we benefit all.

These Master Level symbols also allow us to connect more deeply with our sacred heart space and help us to tune into this part of ourselves which enables us to start tapping into our altruistic power centre. As we move closer towards this altruistic intention we move closer to the idea that we are in fact not separate from one another.

To help in understanding this concept and to complement the energies being introduced during this Master Level, we have chosen to include an appendix here to provide some of our additional insights into the idea of one-ness. (See [Appendix 1](#) - Understanding One-ness at the end of this ebook).



DIVINE LIGHT
PRACTITIONER AND MASTER LEVELS

It is our belief that whilst we are practising with these kinds of loving and transformational energies, it can also be of great benefit to read through and digest some of the more rational, scientific concepts surrounding this idea.

As we merge together our meditative experiences with a more left-brained, logical understanding, we are perhaps better able to gain a fuller and deeper awareness or realisation of such concepts.

It is with love and with a deep bow to you that we say thank you for your continued service to the light. Your healing and purification is needed so much in this world right now and on behalf of all beings, we thank you for this truly beneficial work.



May we all live in states of energetic vibration which are happy, harmonious and free from suffering!

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1. UNDERSTANDING THE TITLE OF MASTER:

It is always an honour to accept the title of Master in any kind of energy based healing system. This is something which is truly deserved and we congratulate you on this most important step on your healing pathway.

As a Master of the Divine Light meditations, you are being provided with the opportunity to release some of your old or unwanted energies through the attunements and the meditative practice to date and in doing so, you have been able to move closer towards a vibration of love and light.

As well as a congratulations, you also receive our deepest gratitude for it is through your continued service to healing and growth that you ultimately benefit us all so again we thank you for this most virtuous and beneficial work.

In any type of energy based healing, the title of Master is best thought of in the context of being a Master craftsmen. Someone who is well trained, well practiced and now has a certain skill or ability that they can offer.

Some of you may be confused as to how anyone could ever really classify meditation as a skill which 'others' would benefit from. After all, isn't meditation something which focuses on the self?

As we move more deeply into an understanding of interconnected-ness, we can realise that our skill of meditation, especially when invoking these divinely guided frequencies, is indeed something which is invaluable to the inter-connected consciousness.

In [Appendix 1](#): 'Understanding One-ness' which we will refer you to a little further down, there is a great experiment which provides some evidence that meditation or meditators can help to improve the vibration around them to the point of actually being 'measurable'. There are many experiments of this nature that can now be found through the power of the internet.

So in summary, your meditative skills are definitely an asset and as a master craftsmen in this system of energy based meditation, you truly have something wonderful to offer. As you practice with these energies, please know that you are also helping the overall consciousness to raise in vibration closer towards inner peace, love and understanding.



**By benefiting ourselves and raising our own vibration,
we ultimately benefit others.**



So finally, please do continue to benefit us all through your own personal practice, whatever that may be. We surely do need people like you to help transform and grow our consciousness closer towards love, light and understanding at this most transformational time on earth!

There are many steps that you can take after the completion of the Divine Light Meditations so please be sure to visit [our website](#) for further details about our teachings! May your practice be filled with the divinely guided love and light of the new consciousness and may you continue to benefit all beings throughout our blessed universe.



2. RECEIVING THE ATTUNEMENT FOR THE DIVINE LIGHT - MASTER LEVEL:

As we have discussed through the Practitioner Level teachings, the attunement is one of the most crucial aspects of any energy based healing practice. It provides us with the required access to the higher frequencies or energetic vibrations which are so very necessary for our practice.

The Master Level attunement does precisely this and will work with these new Divine Light Master Level frequencies to focus on opening up the sacred heart space. This then allows you to start working more closely with these higher frequencies of love & understanding through the meditative practice described in the below sections.

Once you have received the Master Level attunement you will be able to call on and invoke the Master Level energies to incorporate these into your Divine Light meditation. You will be able to use these to merge the Divine Light energies within your own energy field and also use this new vibration to shine outward for all to benefit from.



The process for receiving your attunement is not different to the process from the Practitioner Level noting that it is simply your intention which will be different in order to invoke or activate the Master Level energies rather than the Practitioner Level energies.

Before taking the attunement, we would suggest that you read through this whole Level Two chapter first in order to acquaint yourself with the Master Level practices. Then, as you feel ready to, you may then receive your attunement using the relevant instructions in the next section.

And again, just to reassure you, receiving an attunement is normally a very relaxing and nice experience and you may feel some energy moving during the process. Some may not feel anything at all and this is absolutely fine also.

In the days following the attunement, and as you repeat the Divine Light meditations more and more, you may feel some different sensations as many of the old, unwanted energies clear away, shift or move. Energy based healing practices can bring much healing to the surface and in some cases, we can often experience what is known as a healing crisis.

If you are clearing away lots of old energies i.e. there is deep healing being done, then your body will need to work to clear these. As a result you may feel sluggish or tired or perhaps you may feel some other physical symptoms like a slight cold or a few extra trips to the toilet.

There may also be some emotional clearing happening from the attunement and/or your meditational practices so just be mindful of this if you are experiencing any anger, sadness or other types of emotional unrest during your attunements and healing practices. For more information about the healing crisis, [click here](#).



3. INSTRUCTIONS FOR RECEIVING YOUR ATTUNEMENT:

To ensure that the attunement process works successfully we ask that you follow our instructions and most important is to relax, open up and receive these gifts with love.

■ 1. Preparation:

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 15 minutes. Perhaps you wish to play some soft [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

■ 2. Invoke the Divine Light Master Level attunement:

Invoke the attunement by placing the hands together, fingertips touching in prayer position whilst saying the following:



**“With love and gratitude I humbly request the
attunement for the Divine Light Master Level.
May these energies benefit all beings!”**

*[Note that the word love is divinely important in requesting Divine Light energy – the stronger the feeling of love that you ask with, the stronger the energy that flows. Also, when we add the highest intention for **all beings to benefit** (in anything we do), the energy is also stronger.]*

Now your attunement will commence and will take around 10-15 minutes to finish so please relax for around 15 minutes. You can time yourself or simply wait until you feel the energy drop off a little bit. And you don't have to leave your hands in prayer position for the entire time, please feel free to rest your hands either by your side, over your Heart Chakra or where you feel comfortable.

You may feel some energy moving, perhaps feel relaxing vibrations or some may feel almost nothing happen. Whatever the case, you will receive the Divine Light Master Level attunement and with this, you will be able to practice the Divine Light Meditative practice described in the next sections.

■ 3. Closing the attunement:

As always, we close our attunement with love and gratitude, by saying something like:



**“With love and gratitude I offer my sincerest thanks for receiving
the Divine Light Master Level attunement. May I use this new
energy for the benefit of all.
Thankyou, Thankyou, Thankyou.”**

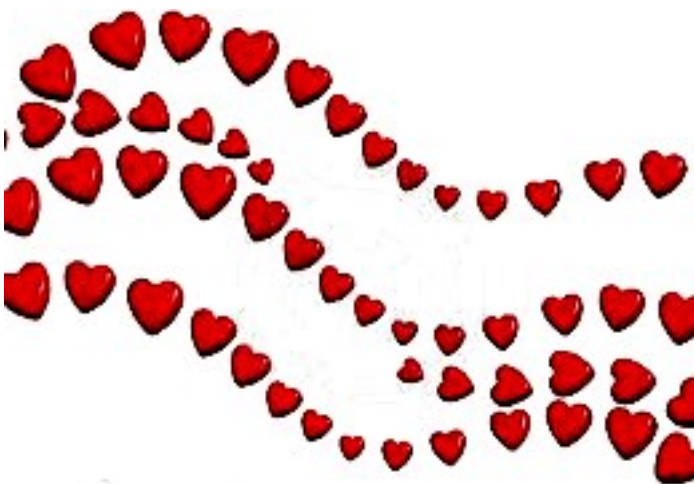
4. THE DIVINE LIGHT MEDITATIVE PRACTICE - MASTER LEVEL:

As you may recall from the Practitioner Level, the techniques and energies being introduced through the Master Level help us to build upon the foundations created through the Practitioner Level techniques.

In this way, we can see that we are only adding to our Divine Light meditation through these Master Level teachings. By way of example, the Master Level meditative practice will require us to start with our connection to mother earth.

Moving the cleansing and loving earth energies upward and downward through the lower parts of our body so that we may cleanse the lower chakras and ground ourselves in preparation for the higher frequencies which are to come.

We practice this first step of our meditation in exactly the same way as we have done in the Practitioner Level and as we feel ready to, we move onto working with Pure Existence, which helps to raise our spiritual awareness and to further cleanse and purify ourselves.



As we finish this part of the meditation, depending on how long we spend on these initial parts, we can perhaps feel the circulatory effects of this technique throughout our energy field. We may feel the sensations of this circulatory loop as it continues to pulsate, vibrate or flow throughout our energy.

At this point, we are now ready to introduce the Master Level frequencies and techniques which help us to merge these two circulatory loops with pure love and to then shine this fully synchronised love outward for all to benefit from.

So again, there are two very deliberate steps in this Master Level process. Firstly, we connect to love through the use of our first Master symbol (detailed on next page). We allow ourselves to connect to this in our Heart Chakra and allow this energy to connect the circulatory loops within our energy as we merge more fully with love and light.

As we feel ready to move towards the next Master Level step we then invoke the second of our Master Level symbols (detailed further on) which then allows for an even greater expansion of our love vibration. The frequencies being invoked through this second Master Level symbol quite naturally shine this new heightened love vibration outward and we are able to work with this vibration to enhance, expand and grow our awareness towards one-ness, the altruistic intention and the new consciousness.

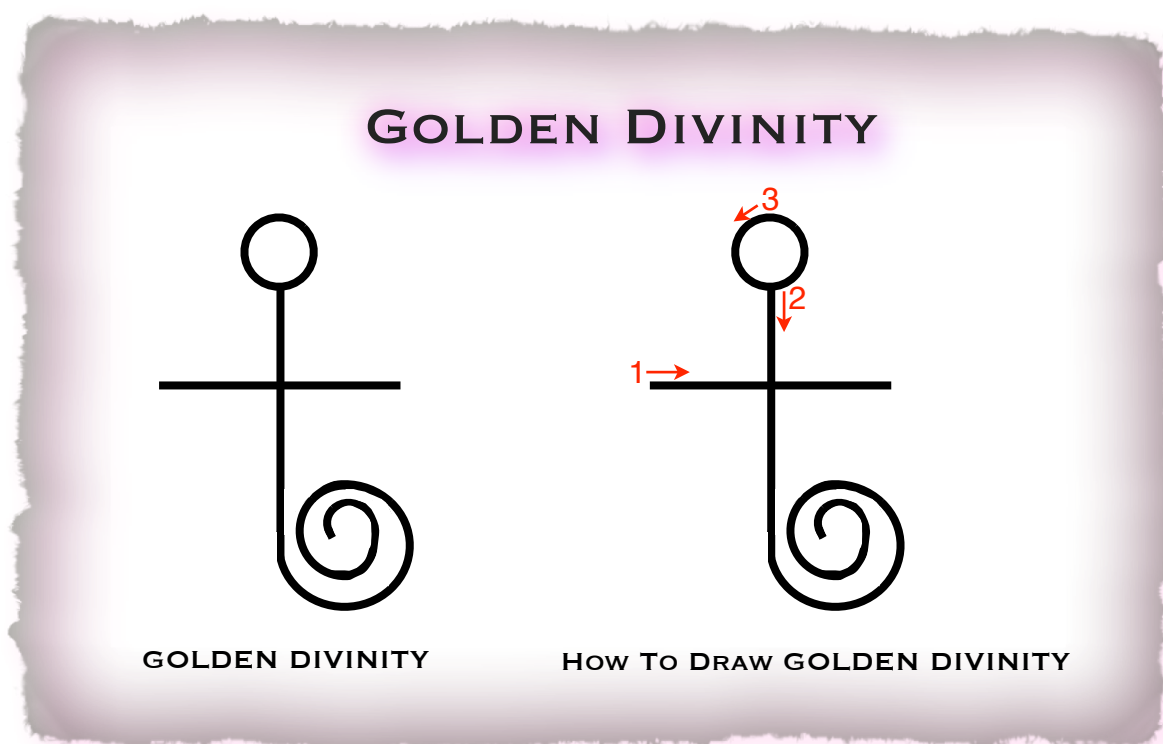
For those of you who would like a deeper or more thorough understanding of what we refer to as the new consciousness, please refer to our FAQ page by [clicking here](#).

The energies being experienced here truly are a pleasure to work with in any healing or meditation session. It is therefore with love and excitement that we now share these Master Level teachings with you for the Divine Light Meditations.

5. LEVEL 3 - CONNECTING WITH LOVE, OUR TRUE ESSENCE (5 - 15 MINUTES):

We refer to this as Level 3 as it is essentially the third step in the Divine Light meditation. You will remember that Level 1 was to connect to the loving earth energies. Level 2 allowed us to connect with the higher spiritual awareness of Pure Existence and now Level 3 helps us to merge all of our energetic systems together with pure love. The symbol which helps us to do this is 'Golden Divinity'.

Golden Divinity is a symbol, or energetic frequency, which holds an immense vibration of pure love and it is also connected with the Golden energies of the new consciousness. It is a symbol which helps us to connect to the vibration of pure love and allows us to move closer to the understanding that we are not different from this vibration.



By working with Golden Divinity on a regular basis, we are allowing ourselves to merge more deeply with the energies of pure love and by doing so, we are allowing our own inherently loving nature to shine through.

By way of analogy, Golden Divinity is helping to clear away all the dirt which is preventing the diamond from showing its true nature. Golden Divinity is the tool that helps us to clean away all the dirt and grime from the diamond which is now able to sparkle, shine and show its magnificence.

The preparations that we have done through Levels 1 & 2 of our meditation really help Golden Divinity to more easily merge our energies to this pure love energy as it is able to now flow throughout our entire energy field.

As you practice with this and play around with the timing of each part of your meditative experience you will find for yourself what works for you and indeed, each meditative experience will no doubt be different from the last.



So how do we work with Golden Divinity in our meditation?

We have a variety of choices here noting that it is always our intention which is by far the most important factor to consider.

Depending on your individual preferences, you may wish to work with your intention in a way that suits you and brings you to the best possible vibration. The key part of the practice is to bring the energies of Golden Divinity into your Heart Chakra but how you do this may vary from person to person.



Some of you may wish to draw the symbol out in your minds eye and mentally 'tap' the symbol into your Heart Chakra over and over whilst repeating the sacred name. Some of you may only wish to 'tap' in the symbol 3 times and say the name only 3 times and let the energies go to work.

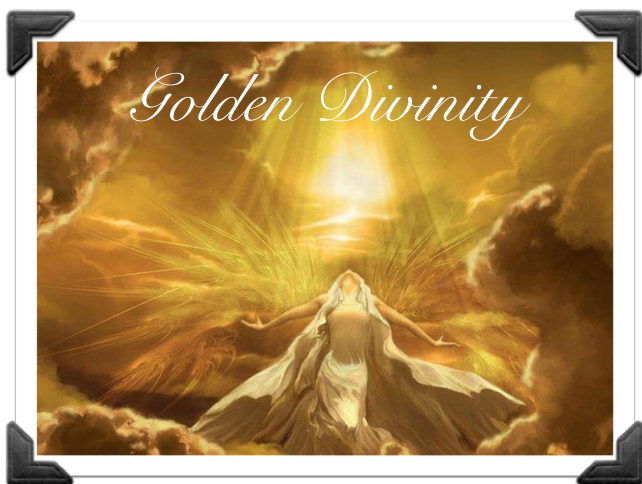
Some of you may wish to simply visualise the symbol sitting within your Heart Chakra as it shines from your heart outward throughout your entire energy field. You may or may not wish to continue chanting silently the sacred name, Golden Divinity, as you would a mantra or affirmation.

As you become more accustomed to these energies you may also wish to start off with using one of these techniques and as you feel 'connected' to the energies you may wish to mentally move the energies / symbol around your body. You may simply use your intention to think that the energies from Golden Divinity, or the symbol itself, is moving, shining or flowing around your body and healing all your imperfections.

The energy is expanding into the outer layers of your energy field, your aura (approximately 1-2 metres around your physical body) and even beyond this. These are all acceptable ways of meditating with Golden Divinity.

For those wishing for a more structured format, we can suggest that you start off by mentally drawing out the symbol in the area above the centre of your breast plates, maybe 5 cm or so above your skin.

As you finish off drawing the symbol, you may say the sacred name, silently to yourself 3 times to invoke the energies of Golden Divinity whilst 'tapping' the symbol into your Heart Chakra. You may visualise or intend that the symbol is moving into your energy field and into your Heart Chakra as you continually tap this in.



As you start to feel the energies being invoked, you may wish to repeat this process or you may wish to hold onto the image of the symbol in your minds eye as it sits in your Heart Chakra. You may or may not wish to continue invoking its sacred name as you continue visualising it. Some people may find this helpful to keep their meditative concentration focused on the symbol rather than other random thoughts.

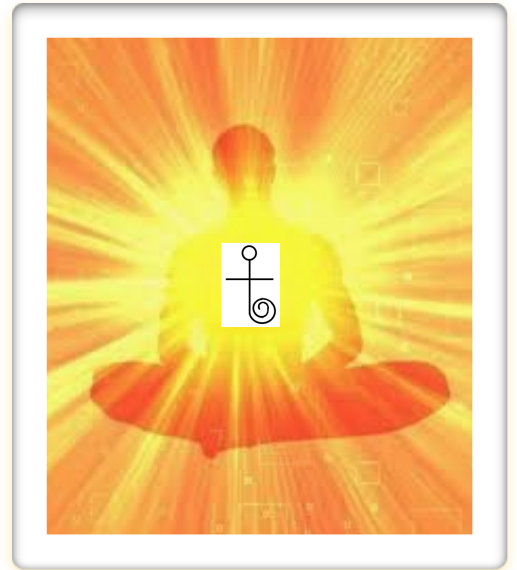
You may wish to start using your visualisation or imagination so that you can move or expand the Golden Divinity energies from your Heart Chakra throughout your body and outward into your aura.

Everything here comes from your intention.

You can perhaps visualise white or golden light shining from the symbol as it flows from your heart and surrounds you in it's brilliant light. Whatever helps to strengthen your meditative intention or concentration is good.

If you feel your concentration drop and other thoughts start to come; thats ok. This can often be divine guidance at work to help you in realising, releasing or understanding something which requires healing.

It can also be that you are needing to process various things which are going on in your life at the moment and by reflecting on these things whilst in these vibrations, can often lead us to an enhanced awareness of these situations. More often than not, solutions will present themselves and you will have a moment of clarity which tells you of the appropriate solution.



So do be aware of all these different things as you continue your practice, as these help you to gain insights into your life and how you want to live it! But as you wish to or as you feel guided to, keep bringing yourself back to the energies of Golden Divinity, either through the visual / drawing of the symbol or through continually invoking the energy through repeating the name Golden Divinity.

You may choose to do both of these i.e. visualising whilst silently chanting to yourself as you play around and be creative with your practice now, doing whatever ***you feel*** is right.

All the while, you are in the vibration of love and knowing that you are in the hands of divine guidance. Whatever is in need of healing will be healed through these frequencies. Whatever you are ready to learn through these frequencies will come to you very naturally. Whatever insights you are ready to receive will be received.

The true beauty about these energy based healing practices is the fact that we can just focus and rely on the symbols to do all the healing work for us. Through these vibrations we will gain additional clarity as we are ready to.

Of course, by approaching our meditation with *surrender*, *gratitude* & *mindfulness*, we are often able to accelerate this healing / blossoming process. For those who wish to incorporate these types of ideas into your meditation, you may also wish to experiment with other affirmations to help bring in these helpful intentions to your meditation. Affirmations such as:



"Thank you, Thank you, Thank you, Thank you, Thank you, Thank you"

"I surrender to Love, I surrender to Love, I surrender to Love, I surrender to Love ..."

"I am pure Love, I am pure Love, I am pure Love, I am pure Love"

"I open up to receive Love, I open up to receive Love, I open up to receive Love ..."

"May love shine for us all, May love shine for us all, May love shine for us all ..."



These kinds of affirmations, whilst intermittently used through our meditation can be very useful for us to feel the different effects that our intention has on our different meditative vibrations. Each thought or intention will bring you to a different feeling in your meditation and sometimes these types of 'side thoughts' can add to and also help to bring some mental variety to your meditation, allowing you to meditate longer and with more alert-ness.

We say intermittently here in the respect that you may do some symbol connection for a while and as you feel is appropriate you may do an affirmation for 30 seconds or a minute then move back to the symbol's vibration again for some top up of love. Again the process continues.

It is the creative aspects of meditation that are so good for our brains and also that help us to enjoy this time to ourselves. This is a truly sacred time for you to get to know yourself, your inner world and the inner vibratory understanding of pure love and light so please do whatever you can to enjoy these vibrations!

Ultimately, we are all different so each of us will have to come to our own conclusion about the best way for us to meditate and work with the symbols. You may find your own technique for working with this symbol which is far more powerful for you and that is great!



These techniques should be approached as a living, breathing, ever evolving phenomena. As you evolve, so too will your meditation techniques. Through the divinely guided aspects of these energies, you may receive information (or thoughts) about how you may use these energies for other aspects of your healing and meditation.

All of this is only possible through a consistent daily meditative practice, whatever that practice may be. If you are working with other forms of healing and meditation then you may wish to mix these up into another meditation. You may wish to start with Divine Light then introduce your other symbols for example.

The choice is now yours and we make the wish that your practice evolves, grows and blossoms into something which is truly magical for you! For those of you who wish to read about another example of how to work with these symbols in this part of the meditation, we will now walk through another very simple example:



After completing Levels 1 & 2, simply imagine the Golden Divinity symbol hovering and shining from within your Heart Chakra. As you are able to strengthen your visualisation skills, you can almost see the symbol sitting there inside you heart.

It is shining ever so brightly outwards. Further ... further ... further as it fills your entire being ... and beyond! Again, keeping your focus on the image of the symbol as it shines from your heart, you may continue repeating the sacred name and connect with these energies however you wish to.

Of course, the same idea applies now that you may work with additional affirmations, additional visualisations and anything else that 'comes to you' during your meditative practice.

As we move into the next section of these meditations, these meditative vibrations of Golden Divinity now act as another platform from which we can now shine our love light outward for all to benefit as we start to move into an understanding of the one-ness frequency.

6. LEVEL 4 - EXPANSION & ONE-NESS (5 - 15 MINUTES):

All the work that has been done so far in these meditations prepares us for this final step - connecting with what we refer to as 'one-ness'. This allows us to expand our energies outwards further and further as we start to let ourselves move to a new understanding about our own infinite potential.

It is the idea that the entire cosmos, the entire universe and entire creation is accessible to you as is said in many different spiritual teachings:

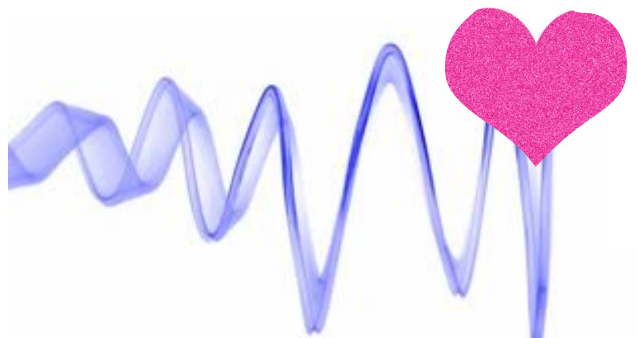
"All of creation lies within each of us"

Now this may be something which is more than a little hard to believe.....The idea that we are so powerful, beyond comprehension is something which is a little scary for most of us to digest or to even start thinking about.

And this is where a good logical, scientific reasoning can come into play. Please allow yourself some time in these next few days to go through our [one-ness appendix](#) where we present some of our own insights into the idea of interconnected-ness through the eyes of science, philosophy and religion.

For us, this information was really quite important in helping us to move forward with our meditative practice and we have included it here to assist you in whatever way we can on your pathway forwards. There is nothing in here which tells you what to believe, we simply share this information with an open heart and the hope that it may be of some use to you in your practice.

As we begin to logically understand the idea of one-ness, we are then far better able to accept and expand on the meditative experiences that are being introduced to us through these types of high vibratory healing practices.



As we become more aware of our true selves, we can then also use different kinds of expansive visualisations and affirmations to really start tapping into some of this divine potential. As we move towards a deeper understanding that we are all one, we can also start moving closer towards the all important altruistic intention - to be of benefit to others.

For if we really are inter-connected with each other, then how can we not want to help others? Isn't helping others exactly the same as helping ourselves? Are we not all from the same energy source after all?

In fact, if there are 300 billion living creatures on this earth and we are all inter-connected, that means that there are 299,999,999,999 living creatures plus me. There is a supported and logical argument that actually, 'others' are more important than me, purely based on numbers.

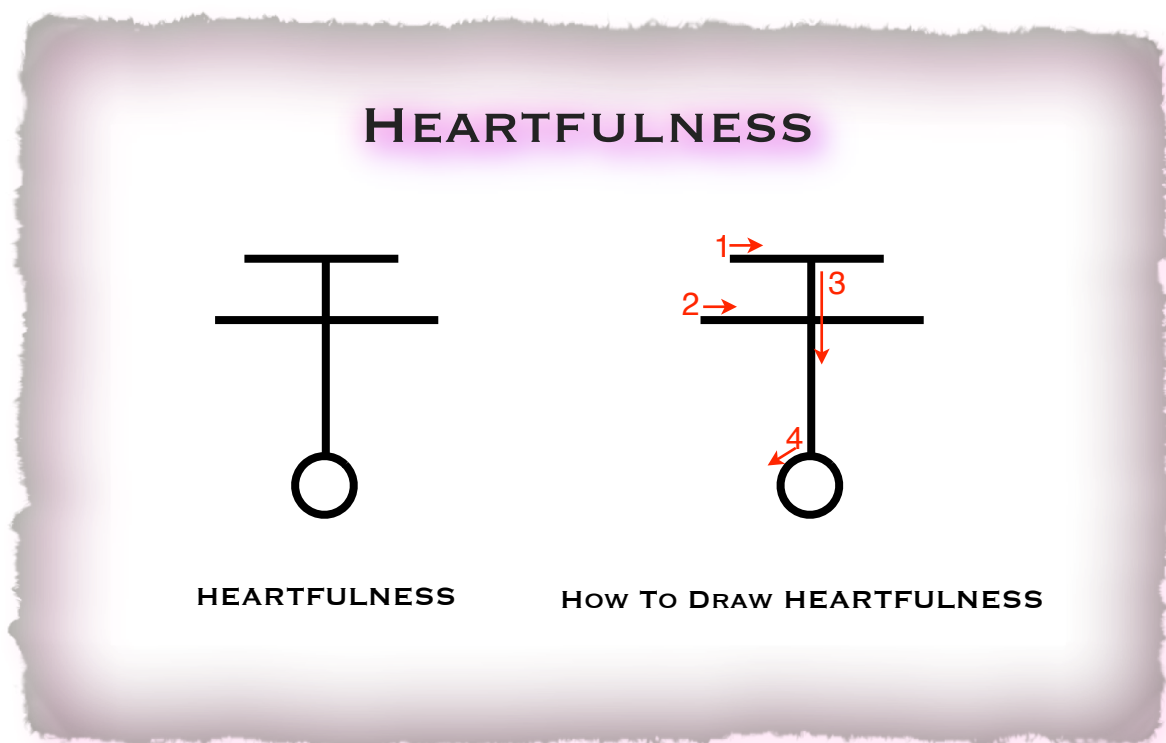
As we start to move into these kinds of mindsets, our altruistic intention becomes far stronger and thus we are better able to receive more light for ourselves and for our planet as our 'purity' of intention becomes stronger. For this is the way of the universal law, it seems, as it is told to us through a great variety of spiritual teachings.

“We always receive the light we need in direct proportion to our purity of will to be of service to others.”

In other words, if we can genuinely cultivate a mindset which wants to help others, then we will be rewarded with more light, more love and more energetic strength in direct proportion to how much we actually want to help.

So basically, it comes down to how we can use our intention or our minds in meditation to cultivate these types of altruistic intentions. We already know now that this will ultimately benefit ourselves as well through the higher magnitude of energy being received, so it becomes like a perfect vehicle to benefit ourselves and benefit others at the same time.

In short, let us use this next Master Level symbol - 'Heartfulness', with a foundational intention of using these higher frequencies of energy to benefit others, knowing that we ourselves will benefit at the same time. For it is here that we can truly feel the significance of this most extraordinary symbol.



As we move towards the end of Level 3, working with Golden Divinity, we may feel a strong love vibration now flowing throughout our entire energy or energetic field. As we feel ready to move onto this final part, we can simply imagine or draw our Heartfulness symbol in precisely the same way as we worked with Golden Divinity - over / in our Heart Chakra.

DIVINE LIGHT

PRACTITIONER AND MASTER LEVELS

You may visualise this symbol shining outwards for all to benefit from, from the middle of your sacred heart space / the Heart Chakra being sure to connect with the visualisation and with the sacred name - Heartfulness.

These energies of Heartfulness will help to expand your love vibration outward into the cosmos as you become able to really let yourself open to the new understanding that you are not only a human being but an energetic being who is one with the very fabric of existence.

Staying connected or focused on the visualisation of the symbol whilst saying its sacred name silently to yourself, like a mantra, you can start to play around with this in the same way as we described in level 3 of the meditation. Normally, it can take a few minutes for us to connect to the energies within the symbol at which point we can start to be a little more creative.



You may wish to imagine that Heartfulness is radiating outward from your heart space and that it is shining out for the whole universe to benefit from. This light is bright white with a Golden aspect to it and as you expand this in your mind, you can quite literally visualise that this light is shining throughout the entire universe!

You may start to feel the expansion of energy within yourself as you do this exercise over time and there is an old Qi Gong saying which is very relevant here:

“Where consciousness lies, energy follows”

Basically, if you are able to open your mind up to the possibility that you are not different to the universe, that all creation lies within, then this is a great mindset for using Heartfulness. Again, making sure that you are staying connected to the symbol in between these affirmations, thoughts or intentions.

If you can also work with the idea that you wish for this symbol to help all beings, may it help everyone and everything in the universe to be happy and free from suffering, then this is also a great mindset to working with Heartfulness.

It is often good to work with these intentions intermittently as you continue to bring your meditative concentration back to the symbol itself and its sacred name. Again, these 'add ons' are probably better explored after you feel more comfortable with the energies themselves.

It is our great desire to help you to unlock the keys to your own mind however we understand that this is impossible for us to do this for you. It is only through the sharing of information that we are able to help and we do this with our hearts open and filled with love.

Ultimately it is up to you to draw your own conclusions, to have your own realisation and to connect in with who you truly are.

We can only say that these master symbols will help you to be guided towards your own inner truth; to understand in your own way about who you are and why you are here at this time. Through these deeply loving vibrations and divinely guided healing frequencies, we are far better able to understand our true purpose, our life's journey and our own healing issues that require work.

It is ultimately through meditation and personal reflection time that we get to know who we are. We understand how our mind is working and how we can better ourselves and benefit others. With continued practice and understanding, we are able to move higher and higher towards the vibrations of *joy, inner peace, bliss, love, compassion & ultimately happiness.*

We make the wish that all of these vibratory states fall upon you and that your Divine Light meditative practice brings you what you are looking for in this life. May you continue on your love filled journey and may you realise and accomplish all that you desire.

7. PRACTISING ALL FOUR MEDITATIONS:

Now that you have learned both Master Level meditations (Level 3 & 4) as well as both Practitioner Level meditations (Levels 1 & 2) you are able to practise these as often as you wish. You may choose to practice any of them separately or complete all four meditations together. As always, trust your intuition and go with what you feel.

Some days you may find that you need more of one meditation than another and this is perfectly ok. There is no set routine other than what you feel is best for you. The more time you spend with these meditations, especially the Master Level meditations, the more expansive your practice will become.

At a minimum, we recommend performing the four meditations together at least once per day for a minimum of 21 days. This will take you approximately 20 - 55 minutes in total:

- ▶ Level 1: Connecting With Our Earth [5 - 15 minutes]
- ▶ Level 2: Raising Spiritual Awareness (Pure Existence) [5 - 10 minutes]
- ▶ Level 3: Connecting With Love, Our True Essence (Golden Divinity) [5 - 15 minutes]
- ▶ Level 4: Expansion & One-ness (Heartfulness) [5 - 15 minutes]

Completing these meditations all-together for 21 days will enable you to gain a good grasping of the meditations and will lay a firm foundation for your expansion. First thing in the morning when you wake up and /or last thing at night in bed are great times to add these meditations into your daily routine. Enjoy!

Finally, please note that these meditations were brought through from Higher Consciousness for you to be creative with, to expand your one-ness & potential for the benefit of all beings. As such, these meditations are recommended to be used long-term on an on-going basis and not to simply be confined by the minimum practice time of 21 days. As with all meditative practices, the longer you do them, the more they (and you) advance and develop.

“Be truthful in your approach to your meditative practices, they are not simply boxes to be ticked or charts to be graphed, but rather are a means for huge expansive potential. Know this well. Divine Light is here to aid you in this process.”



8. FINAL COMMENTS:

Again, we congratulate you on taking this most blessed step forwards and may our teachings help you in the most wonderful way imaginable. These meditations are very simple in their format and the intention is that all may benefit.

Please do not feel like you need to complete or even attempt all the different aspects of these meditations in your introductory practices. We have simply been as all-inclusive as we possibly can be throughout this ebook so that you have a wide variety of choice in your meditative practice in the longer term.

For those of you who are wishing to continue on with Love Inspiration through another set of teachings, that is great. Please allow yourself some time for digestion and practice noting that all of these Divine Light symbols will indeed help you to bring in very high frequencies of healing and understanding.

If you do not give yourself time to practice with these frequencies, it is rather like having a Porsche that you don't drive so please do enjoy your practice and be creative with how you are working with these symbols in your own meditation.

Please also note that all symbols learnt throughout these Divine Light teachings can be used in conjunction with other forms of healing and meditation and can also be used as additional healing tools in your healing work with others.

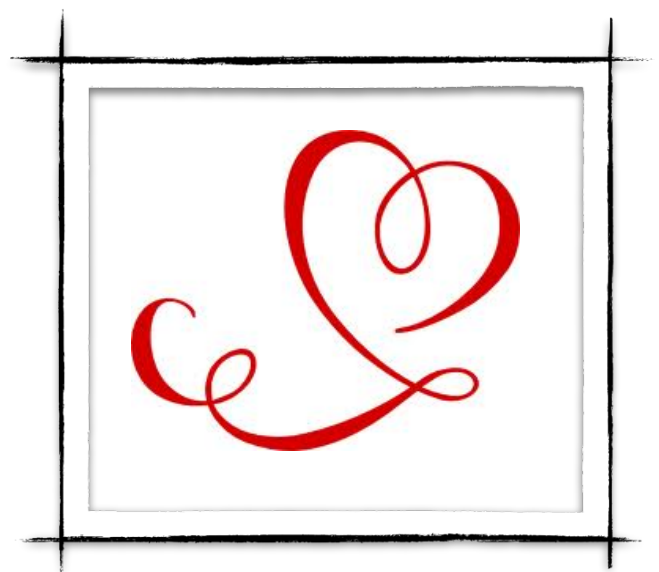
These frequencies will always help you to move closer towards love, light and inner peace and can help in bringing you closer towards the vibration of the new consciousness.

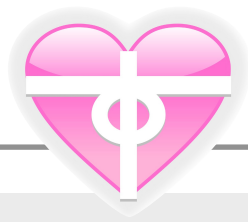
If you would like a certificate for completing the Divine Light Master Level, please click on the link to be taken to our website where you can [download a certificate for this course](#) in PDF format. Simply print it out and fill it in as you wish. Congratulations!

It is with warmth and our deepest respect to your divine self that we again thank you for taking this Divine Light journey with us. We hope that we see you again for another of our divinely inspired teachings.

*May we all live in an understanding of
our truly limitless self so that we may
experience joy and happiness in our life.
May all beings in all directions be free
from all kinds of suffering.*

**LOVE INSPIRATION &
MAITRI FOUNDATION**





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Welcome to
Divine Light



Appendices



Love Inspiration
Learn • Heal • Awaken

APPENDIX 1

UNDERSTANDING ONE-NESS



Love Inspiration

Learn • Heal • Awaken

APPENDIX 1

UNDERSTANDING ONE-NESS

INTRODUCING ONE-NESS:

For ages past, we have seen scientists, philosophers, religions and ascetics all trying to define our reality; they all shared a great desire to understand the deepest mysteries of our physical and energetic existence.

For example, in the last 3000 years we have seen many religious figures such as Jesus Christ, the Buddha, Mohammed and many other Guru's within the eastern traditions who have reached a level of understanding and who have attempted to pass these understandings down to us.

In more modern times, we can now see that science is making incredible breakthroughs and with the newly emerging science of quantum physics, we are now becoming more aware and more conscious of the reality which surrounds us.

And this is what this appendix will draw on. To help us understand the idea of inter-connected-ness. We will be calling on the knowledge base of modern science in addition to a variety of spiritual and religious teachings to explore the idea of interconnected-ness in a way that works with the logical parts of the brain.

Ultimately, as we begin to understand the true nature of inter-connectedness or one-ness, it provides us with a deeper understanding of who we truly are. It helps us to promote vibrational states of health and wellbeing from within ourselves as we realise that we are so much more than just a physical body.

It is the idea that we are actually not totally separate from each other as we might think; that within each of us lies an untapped, infinite potential that is beyond comprehension.

And as we start to contemplate, reflect and perhaps start to accept these concepts, it can then allow us to more deeply feel the energies of love, compassion & wisdom from within our consciousness.

If we are all truly one - then how can we not want to help others? If we are all inter-connected - then isn't helping others the same as helping ourselves? And wouldn't we always want to help ourselves?



A DEEPER UNDERSTANDING OF ONE-NESS:

Let us firstly look to the spiritual teachings found through the Buddhist tradition. This is a very famous passage in the Heart Sutra (Prajna Paramita Sutra) and is thought to be a very precious and immensely valuable teaching spoken from the Buddha himself about the empty nature of our reality:



This teaching is deeply profound and something which will need to be reflected on. It seems to suggest that even though something may exist physically, it is at the same time empty of any existence. So let's look a little deeper into this which takes us to a teaching known as the two truths.

Put simply, the reality in which we live can be seen to exist on two separate levels of truth or two levels of understanding. The first level of truth exists on the surface level or the physical level in which we live out our daily life. Here, at this level, we can see things exist in some sort of physical form. Whether it's the television we watch, the table we sit at for dinner, the pots & pans that we cook with etc. All these things *exist* in our physical reality.

This level of truth is fairly easy to comprehend so let's move on to the second level of truth, that of the ultimate or absolute level of truth. This level of truth or understanding is normally not seen by the naked eye, it is something which is far deeper & more subtle.

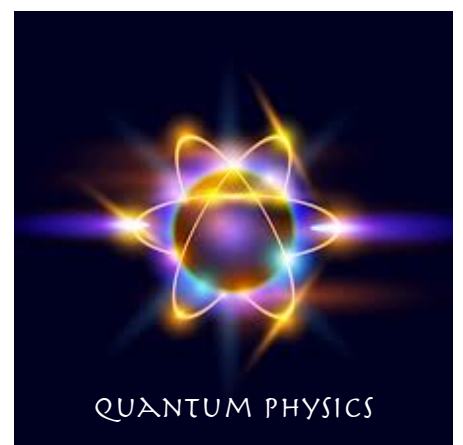
So let us look back to our examples above, say the table we sit at or the television we watch, whilst these definitely exist in physical form, the ultimate or absolute truth tells us that at the very same time, these things do not exist. In other words, they are *empty* of any real tangible substance.

So how can this be?

Well it is through science that we will find our answers, specifically the science of quantum physics or quantum mechanics.

For those of you who have never heard of quantum physics or quantum mechanics, these are areas within science which attempt to describe the reality in which we live by dissecting and examining the individual atom to see what exists within it. As the entire physical universe is simply made up of atoms, if you can see what exists within each of these atoms, you can describe the ultimate level of truth.

So what have they found?



Well, at the subatomic level, scientists have proven over & over & over again that:



**ALL PHYSICAL MATTER, WITHOUT EXCEPTION,
IS MADE UP BY SOME FORM OF INDESCRIBABLE ENERGY SOURCE.**

They have seen that inside the atom, at the subatomic level lies a symphony of vibration (and a whole lot of empty space). Scientists have now discovered that at the basis of our existence, the very foundations of it, lies a unified field of intelligent, life force energy which many of us simply refer to as *consciousness*.

There are quite literally thousands of experiments which now support this from as far back as the early 1900's with perhaps the most famous experiment being the double slit experiment. With the power of the internet, you can now watch a quick, easy 5 minute explanation of this experiment on you tube:

[Click Here to see the Dr Quantum Double Slit Experiment](#)

The content of this video leaves no doubt; that:

**BENEATH ALL PHYSICAL MATTER (I.E. PHYSICAL THINGS)
LIES AN INTELLIGENT & VIBRATING ENERGY SOURCE**

As Albert Einstein himself has said in response to a question from an atheist:

**“TRY AND PENETRATE WITH OUR LIMITED MEANS THE SECRETS OF NATURE AND YOU
WILL FIND THAT, BEHIND ALL THE DISCERNIBLE CONCATENATIONS, THERE REMAINS
SOMETHING SUBTLE, INTANGIBLE AND INEXPLICABLE.
VENERATION FOR THIS FORCE BEYOND ANYTHING THAT WE CAN COMPREHEND IS MY
RELIGION. TO THAT EXTENT I AM, IN POINT OF FACT, RELIGIOUS.”**

--- ALBERT EINSTEIN, RESPONSE TO ATHEIST, ALFRED KERR (1927)

Another experiment, conducted in the early 1900's which helps us to further digest this concept was specifically designed to determine whether there was an energy source contained within 'empty space'. In order to test this theory in a laboratory, it was necessary to create a vacuum (or Faraday cage) whereby an area was kept completely free of air and shielded from any electromagnetic radiation fields.

The airless vacuum space was then cooled to a temperature of -273 degrees Celsius which is the temperature where all matter should stop vibrating and thus produce no heat. The thinking was that there would be literally nothing inside this vacuum; an empty void.

So what was the result?

Instead of being an absence of energy in the vacuum, they actually found a tremendous amount of it. The energy existing within this empty space was then labelled *zero point energy (ZPE)* and you can read a lot of things about ZPE on the internet if you wish to.

Interestingly enough, physicists John Wheeler and Richard Feynman have calculated that the amount of energy in the volume of vacuum space contained within a single light bulb would be enough to bring all the world's oceans to boiling point! This is just astonishing to digest.

From these (and many other) scientific experiments, we can perhaps more clearly see that the foundations of our physical reality are based on some form of intelligent life force energy. It is only through contemplation, reflection and perhaps meditative practice that we can begin to have an *experiential* understanding of this intelligence and love in full swing.

So, with this understanding of energy being the foundations of our physical reality, let us now consider the idea that all things are inter-connected. This is crucial in understanding why it is that your healing work is so important - as your vibration is being raised, so is the inter-connected consciousness.

Through a deep and experiential understanding of inter-connectedness, it also help us to move closer towards our true self, the big 'I AM' which exists at our core; the infinite potential which we spoke of earlier. As an analogy, we can think of the entire universe or the entire cosmos being like an ocean, and in this vast, expansive ocean is a small plastic bottle. The plastic bottle contains the same water as the ocean.

This is an analogy for describing the state of one-ness in which we all live out our daily lives. We are all just water floating in the vast ocean of love consciousness!

The plastic which keeps our water separate from the water in the ocean is often thought to depict our ego or more correctly, our ego clinging. Through our mental conditioning, we see ourselves existing at the ultimate level of truth and therefore find it very difficult to believe that truly we are like an ocean.



Once we start to break the shackles of our own egoic mind, we can really start to feel more and more the expansiveness which is the almighty ocean. As we surrender, we lose our ego in bits and pieces moving towards where it is that we need to be heading, remembering that we are always in the hands of divine guidance & unconditional love.

As we continue on this pathway towards the new consciousness, little by little we are slowly starting to open our eyes to our new reality, one which involves us stepping into our *real* shoes; that of becoming one with the vastness of consciousness.

Another way to think about our inherently divine nature is through the analogy of a sun shining brightly in the sky. When we have a cloudy, miserable day, it can be difficult to even imagine that the sun is still up there somewhere shining down on us, but of course it always is.

It is the same with our own true divine nature; it is like the sun, always shining. It is our negative or darker energies or to be more specific, our old thought patterns from many lifetimes, acting like the clouds. They obscure and obstruct the sun from shining that brilliant love & light through.



As we have only lived with cloudy days so far in this life, we have simply *forgotten* that the sun is still there in the background.....but *it is* still there and it does shine oh so brightly. It just hasn't had its chance to shine its way through the clouds just yet.

As we start to clear away the clouds through our practice, as we clear away our negative energies and our old thought patterns, we can slowly but surely begin to see more & more of who we *truly* are. We begin to see the love, compassion & infinite light which is our own true divine self; the all-knowing self, interconnected to all things which is far beyond anything we can imagine.

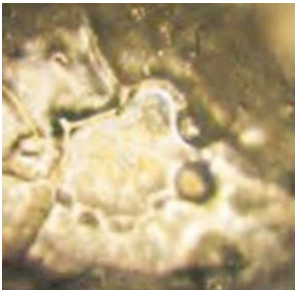
*This is the entire point of inter-connectedness;
to understand that we are all one.*

Within each of us lies an untapped potential which is simply beyond words.

With this rather lofty introduction to one-ness or inter-connectedness, let us now look at some scientific data which may help us to more easily digest the idea of inter-connectedness and the one-ness of all things. It is with this type of information that we hope to help those of us who like to satisfy our more logical, left sided parts of our brain.

Ok, so perhaps a good place to start with understanding something about inter-connectedness from a scientific viewpoint is to look at the work of Dr Masaru Emoto.

Dr Emoto found a way to successfully photograph the molecular structure of water and wanted to test whether water, being the most receptive of elements, would respond to some sort of applied *mental stimuli*. The experiments that he did were conducted over a number of years but for our purposes here we will paraphrase & summarise his results for ease of readability.



ORIGINAL WATER SAMPLE

Essentially, his experiments compared a number of water samples, the majority of which were taken from a nearby dam (Fujiwara Dam). The water samples in his experiments were always compared from the same original water source and therefore contained the same molecular properties. The photo to the left shows the original molecular structure of the original water samples:

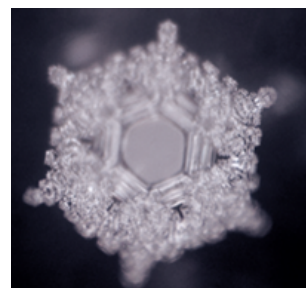


LOVE FOR HUMANITY



**YOU MAKE ME SICK,
I WILL KILL YOU**

Both samples were then put into containers which were sterilised and sealed at which point, he wrote 'love for humanity' on one container and 'you make me sick, I will kill you' on another. After some days, he would photograph the molecular structure of the water to record any changes which took place.



LOVE AND THANKS



AFTER BLESSING

In some of his other experiments, he worked with the mental stimuli directly whereby he would send loving and kind thoughts towards the water or would simply give the water a blessing. Similar results were achieved. When speaking of his results, Dr Emoto always talks of the intention being the driving force behind the changes.

Remembering that our bodies are over 70% water:



If thoughts can do this to water, imagine what they can do to us!

He also worked with the vibrational frequencies of music with interesting results. You can find many things on the internet about his work, for example he has also worked with musical frequencies. There are some who have said that his results weren't completed with a high standard of scientific accuracy however with so many different kinds of photos and recorded evidence to be reviewed here, you are able to make up your own mind.

So how is it that a supposedly non-living material is able to respond to a thought or an intention? For us this is a good signal of firstly intelligence and secondly inter-connectedness. Let us continue now to look at another study following a similar genre; let's look at the work done by Dr Clive Backster. Again, these results are being paraphrased somewhat for ease of digestibility.

Dr Clive Backster was one of the top polygraph experts for the CIA, however after many years, he decided that he would turn his focus towards plants i.e. he would hook up the lie detector to plants to gauge the stress results under various conditions.

Now when a lie detector test is conducted on humans, it helps to measure a person's 'Galvanic Skin Response' ('GSR') which measures how well the skin conducts electricity. When a person is stressed internally for example, when they are lying, there can be some dramatic changes in the GSR. Therefore in much the same way, Dr Backster was able to equally test or gauge the amount of stress contained within the plant by measuring its electrochemical signals.

So what did Backster find?



Firstly, the plant reacted strongly i.e. became stressed, when one of its leaves was severed. Also, the plant reacted most strongly when one of its leaves was burnt. Interestingly, what Backster identified through his experiments was that if he pretended to burn the leaf, say by moving a match towards it but *without the actual intention to do so*, the plant did not react. It was not until he formed a clear intention to burn the leaf that in fact the polygraph spiked!

As part of the same experiments, he also discovered that the plants responded to the death or suffering of other creatures in the same area. This experiment randomly dumped brine shrimp into a tub of boiling water nearby

in the same room and the polygraph gauged the plants reaction. The plant immediately responded to the death of the shrimp!

He also discovered that by pouring boiling water down the sink, the plants would show a similar reaction to that of the shrimp in the previous experiment. Puzzled as to why, he eventually sampled the sink only to find that there was a huge colony of bacteria in there! It turns out that the sink had not been regularly washed.

It was acknowledged by Backster that this discovery was made by accident as the polygraph was always 'hooked up' to the plant and his kitchen was simply located nearby.

From this, he decided to diversify and start testing other living things. Since he had experienced similar results with bacteria, why not try the polygraph on yoghurt; after all yoghurt is just a colony of living bacteria right?

What he found was that the yoghurt behaved in precisely the same ways as the plant did!



For example, one of his experiments was designed to determine whether the bacteria would respond to a person eating yoghurt nearby. The reaction received on the polygraph mirrored the amount of time that it would take for the digestive juices in the stomach to start breaking it down! It was like the yoghurt was stressed that other yoghurt bacteria were dying in their nearby environment. The yoghurt bacteria also responded to any damages made to a nearby plant amongst other things.

These are just some of Dr Backster's truly astounding results!

It is worth mentioning here that the father of early DNA discoveries & extremely well respected scientist Dr Francis Crick, concluded from years of work in this area that 99.9% of all galactic dust shares the same spectrographic (light wave) signature as freeze dried bacteria. When we combine these two discoveries, well, it's really quite fascinating.

Ok so returning back to the subject of interconnected-ness – how does this all tie in?

Well, it seems pretty obvious so far that there must be some sort of intelligence existing within the water, the plants, & the bacteria.

We saw that the entire structure of water was able to be altered through applying mental stimuli noting that it was the *intention* of the person which was the key.

We also saw that plants and living bacteria could somehow respond to their surrounding environment, showing signs of what we would call 'stress' when there was death or suffering to another living thing nearby.

Ok, let's look now at another scientific experiment, but this time let's focus in a little more detail on something which gives us direct insight into inter-connectedness. So far, although being very interesting to read, we haven't really presented what we would feel to be enough 'left brained' evidence yet.

So, this next set of experiments took place in the early 1990's and can really help to provide some more tangible proof of the true power of our meditative intent and inter-connectedness at work. To start with, let us look at one of the experiments which took place in Washington DC in 1993.

In this, the murder capital of the world, during summer 1993, four thousand volunteers came from over one hundred countries to collectively meditate with a view to have a tangible effect on the surrounding area. It was predicted in advance that with such a large group meditating, there would be an exact 25% reduction in violent crime as per the FBI's statistics.

The chief of police in Washington at the time said that it would take 2 feet of snow for a 25% crime reduction to actually happen but as these experiments continued, slowly but surely the police force became more interested in the experiment until by the end of the summer, they actually became a collaborator and author of the study!

The official results showed a drop of 25% in violent crime in Washington DC over the summer.

The reason why there could be such an accurate prediction made for this Washington experiment was that there had been over 40 previous experiments conducted of this kind across a range of different locations, all being done on a much smaller scale. It is the results from these series of experiments that have been labelled ***The Maharishi Effect.***

Wikipedia on the Maharishi Effect: “The Maharishi Effect is a hypothetical societal benefit resulting from a "significant proportion of the population" practising the Transcendental Meditation Technique. In the 1960's the Maharishi postulated that the quality of life, the growth of harmony and order in society, would be noticeably improved if ten percent of the population practiced the Transcendental Meditation technique. This requirement was later changed to one percent in 1960 and became known as the 'Maharishi Effect.'”

So that sounds pretty cool! Now we have some experimental data which suggests that there is a noticeable or even significant difference in the vibration of an entire city just through the power of sending out love through meditative intent.

This experiment can now give us some added confidence in what we are doing in our self-healing. It helps us to think or believe that our self-healing practice is important, not only for ourselves, but for our surrounding environment as well.



And as we continue to move more deeply into our practice, we can begin to get more & more understanding of this sense of one-ness or as its referred to in Buddhism, 'emptiness'. As this continues, we may start to see or feel a glimpse of our own true divine potential, and as we continue to clear away more and more energetic impurities, we can move through our clouds; we move closer towards our sun which is always shining our brilliant divine light for all to benefit.

If we are able to assist you & your mind in more easily grasping the concept of oneness from this discussion, then this makes us truly very happy! Normally, it can be a good idea to satisfy our logical, left brained part of the mind so that when we gain some experiential understanding through healing and meditation, we are better able to work with the blissful oneness vibrations being experienced for all to benefit from.

Ultimately, it is a combination of both types of understanding which can start to have a rather dramatic effect on our overall realisation as we move forward on our healing & meditative path.

We simply urge you to never underestimate the power of these divinely guided energies and above all, never underestimate your own truly divine potential to shine for all!

Ok moving on then, let's look at one last thing; something which pulls all of this together through both mathematics & scientific proof. It is here that we refer you to renowned quantum physicist Dr John Hagelin who claims that science has now discovered the formula or paradigm which explains the ultimate level of truth.

He says that at the most basic level, science has now discovered that the very foundation of our universe, is indeed a non-physical energy source known as:



CONSCIOUSNESS:

An indescribable, intelligent, energy force which underpins all the laws of nature and by which all things are derived.

What we see in our daily lives are simply ripples which emerge from this *unified field* in one form or another - but all things emerge from this state of incomprehensible one-ness. He also speaks of his colleagues winning the noble prize thirteen or so years ago with a discovery which has continually evolved into this most amazing discovery of the unified field.

For more information, as always, there are many great videos on 'you tube' to be seen if you are interested about the unified field theory or Dr John Hagelin in general. Actually, there are so many videos out there about scientific theory, quantum physics & the science of consciousness. You really could spend many, many hours here if you are so inclined; the internet really can be a beautiful thing.

The logical conclusion for us here, after highlighting some of these little snippets of scientific information, is that:

We are all one

Within each of us, when we are able to clear away our ego clinging, lies the infinite potential of oneness, the unified field.

Once we are able to clear away our imperfections, our negative energies and once we are able to embrace the idea of full & complete surrender, we are then able to experience that which we already

are and always have been – *Divine Love.*

The below teaching comes from the beautiful 'Law of One' Series, a very detailed set of channelled teachings brought through during the 1980's by the Love / Light Research Group in America, and we feel that this is a truly wonderful way to conclude our discussions on inter-connectedness. Please enjoy these beautiful & profound words with love & light:

*The Law of One, although beyond all words,
may be approximated by saying that all things are one;
there is no polarity, no right or wrong, no disharmony,
but only one identity.*

All is one; and that one is love light, light love; the Infinite Creator.

*In each infinitesimal part of yourself
resides the Infinite Creator in all of its power.*

You are everything, every being, every emotion, every situation.

*You are unity.
You are infinity.
You are light love.
You are love light.
YOU ARE*

May we all live with the knowledge that we are divinely unique and infinite beyond imagination. May we all share our love and light with each other as we move closer towards more harmonious states of being.

With Love Inspired Blessings,

**LOVE INSPIRATION &
MAITRI FOUNDATION**



DIVINE LIGHT
PRACTITIONER AND MASTER LEVELS

MAY DIVINE LIGHT BENEFIT ALL

May all be absolutely & infinitely happy and free from suffering.