

The Lightprayers

The Lightprayers are part of the Book *The Sword of Michael, a pioneering way to transform the DNA of Creation* by Emile Trommel. The contents of the book refer to experiences, which the author is connecting to a different view of evolution. There might be a difference of opinion from the existing view. The reader is asked to have an open mind about the various topics he or she will meet.

The Lightprayers were brought to Planet Earth by Mrs. Olive Pixley during the Thirties and Forties. The Original Council of The Armour of Light supports the contents of this e-book, based upon the new knowledge of the DNA of Creation. The Lightprayers are completely specified and if practiced daily in sequence, will bring mankind into a New Understanding of Praying leading to the New Covenant.

It is the intention to distribute these Lightprayers all over the world. The unique concept will be clear to you when you have read the contents of the book and will actually do the Lightprayers for some considerable time. It will bring you inner-knowledge not brain-knowledge. A written truth inside your being that will lead you for the rest of your life, if you allow it to do so.

There are no restrictions on the reproduction of any of the material herein.

For more information and the rest of *The Sword of Michael*: www.spiritualDNA.net

Lightprayer 1

THE RITUAL GUIDING LIGHT OF WHOLENESS

When waking up (mostly in the morning), this should be the first Lightprayer to do. During the whole day and night (24 hours) this will be a solid connection and the Light energy will enter you, solely through this connection, but only if you are 100% believing. This first prayer is the most important choice you make during your reincarnation-cycle and unprecedented in the history of present mankind.

The choice that Light in Harmony with (day)light and (night)darkness can only enter you coming from the Ultimate Source is a breakthrough and is contradictory to many known methods always splitting up the Wholeness of Creation.

This Lightprayer is based upon The Trinity-Principle:

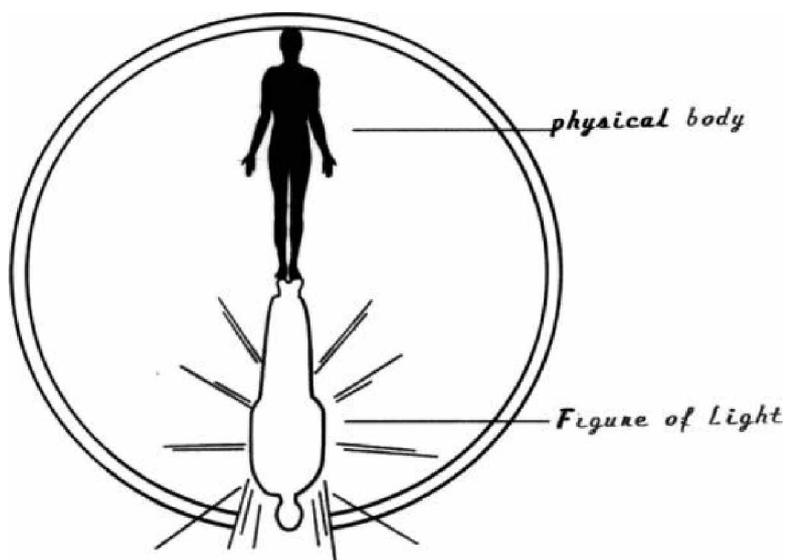
- The Godhead, The Ultimate Source, The Father
- The Christ or Buddhist Consciousness, The Son
- The human being servant, instrument and acupuncture needle receiving The Holy Spirit

Lightprayer, only when waking up (mostly in the morning)

1. When waking up in the morning do not hesitate to do this Lightprayer immediately. Arms are lying alongside the body, hand palms up and you are fully unwound. People having a different "living-schedule", follow the rhythm of their routine, which might be different in clock time
2. Visualise (I think in His Name, I accept. I do not need to see anything, this will be marked with an exclamation mark in the rest of the book) a Figure of Light at your feet, like your reflection in the "mirror". See drawing.

See how the soles of the feet are touching each other. This Figure of Light works as membrane filter solely attracting and allowing The Light of Wholeness to enter from The Ultimate Source. It is your personal Guide of the Light about which Jesus taught and talked whilst on Planet Earth. It has the force and energy-frequency(vibration) of The Christ or Buddhist Consciousness Force. The Figure of Light protects you against all other "senders of light" who would like to influence you in any way. This Figure has got your personal DNA-code and will guide you into the 5th Dimension, if you allow it through belief, trust and Universal Love.

3. Visualise (!) The Endless Point of Radiation, The Supplier of Light of Wholeness you need and are asking for. Breath-in physically and draw a circle of White Light of Wholeness around you, to begin at the right side of, but over your head, circling around the head of The Figure of Light of Wholeness and continue circling to the left side of your head, closing above your head. The circle is closed now and the only entrance for The Light is through The Figure of Light. Notice that this entrance is indeed open on the drawing.
4. Breath out and see your breath returning to the Ultimate Source.



Explanation

When you have worked through this Lightprayer with all your belief and submission, you do not need to worry whether the circle is perfectly round. It is. You accomplished it under Guidance of the Planetary Hierarchy, The Lightbeings of Oneness.

In doing this Lightprayer you have chosen for Wholeness of Creation and the travel filled with discoveries into the unknown, the quest, can start.

It will not be a journey without any surprises. Surprises we do not expect but still will take place. A paradox might be that having no surprises will be a surprise.

The white guiding light contains all the colours of the spectrum, as explained in part one. Everything is working on basis of the sum of the Total. The meaning of this is not very clear in our modern society. The brain does not understand.

Lightprayer 2

CONSCIOUS BREATHING

Conscious breathing is to almost all people definitely a new approach. It does not mean, we are breathing-in our breath-into our body, like done in Yoga, but our breathing-in gets another function. In our physical life, physical breathing is a dualistic principle. Breathing-in, reaction breathing-out, which takes place on basis of a personal rhythm.

This way, also a concept of time will arise within us. Our deeper insight is tuned into the Universal World of Creation. Without going too much into details, we know our Universal World of Creation is based upon breathing-in, breathing-out, implosion followed by explosion.

It might be recommendable to ponder about this because it might be maya. God, The Ultimate Source is Our Universal World. This would mean that in eternal life, there is no breathing-in and breathing-out, there is just submission in devotion to the Ultimate Source. This conscious breathing is a start of spiritual breathing. By doing this Lightprayer, you will notice we are not breathing-in, but The Breath of The Ultimate Source is all around us.

This breath is coming down from The Ultimate Source and surrounds our body starting at about The Solar Plexus. This is no coincidence. This spot in our body, the chakra of emotion being yellow, is mostly ruling our physical and spiritual life being the status most of us are in.

All our previous life-experiences are embedded into our life-memory banks of energy, being the chakras, and The Solar Plexus energy is playing a dominating role.

You might be able to say that our physical breathing is our physical life support and when we exercise the conscious breathing at the same time, God's Breath is surrounding us and we are making contact with so many imprints in energy (morphogenetic fields) of our previous lives. Breath is the bearer of Light and quite a few Lightprayers, in the first phase, are using this conscious breathing to make a kind of wiring in your body, for bringing in the Light.

To do this conscious breathing, out of free choice, you will subconsciously make contact with previous imprints of previous lives. In due course, these imprints will be transformed gradually. From time to time you might notice something. It is not necessary to pay any attention to these insights into previous lives. If you do, the process will be counterproductive and your field of emotion will become stronger and disharmonised. That should not be the idea.

In most known rituals, these experiences are the reason why people are doing these exercises, and their emotional field of resonance will be strengthened and recur in various situations in their lifespan. One is thinking that by doing these rituals, you get rid of these disharmonised experiences, but the contrary is happening. They manifest themselves in new "wrappings".

This method is the opposite. You do not need to experience anything, because that would only be distracting. This might look dull in the eyes of the today's individual opening up mostly for so-called miracles and wanting to experience these.

He or she wants to be part of this emotional happening and the Lightprayers might not be what they want. They look for the unexpected disharmonising emotional feelings. That is one of the reasons, our world is in such turbulence.

Our commitment to Creation should be submissive decisiveness. Not the decisiveness of human goals and the interpretation of an ideal creation. This would be the great deception or hoax in which we are entrapped already for so long.

In Part one is explained already that a human individual or organisation thinking they are doing good, is just a reflection of the human other side. It will actually attract the opposite side in due course. There are enough examples in human history. The inquisition in their days, tried to save the lost ones –in their opinion-. This was just a reflection of their human interpretation, the opposite side was attracted and finally executed.

A good cause that ended in disaster. Humans thought they knew best based upon one of the most enticing reasons "To do good and reach your goal, allows all means". Having the power and might at your side does not necessarily mean, you are allowed to use these functions. Unfortunately, in both our spiritual and physical daily lives, not very much has changed since then.

It is important that you are starting to learn to understand that there is a spiritual breathing.

The speed of that breathing is dependent upon the energy-field you are calling for and the one that you are actually in.

When you do this Lightprayer individually, you will gradually succeed to harmonise the physical and conscious breathing in a comfortable private rhythm. In a group, it might be different. When individuals in a group are trying to do their breathing on an individual rhythm, two different results might occur:

- a. they loose the rhythm of the group and do not belong
- b. they might start to hyperventilate.

It is the intention to do this conscious breathing. All other Lightprayers you do group wise, do these in accordance and submission with the group. You will notice you are in balance doing so and the group energy will do its work, whatever that might be in His Name. For the majority of the people, at first, this is very peculiar, but when you decide to do so, an organism will come alive, breathing-in and out rhythmically. The Lightprayer will be influenced by this rhythm.

Only through this way of acting in submission and devotion to Totality and Wholeness in His Name, without the famous (?) human goals, doing the Lightprayers will be able to be exercised within a rather brief period (with the speed of light) and might lead you into contemplative experiences. These should not be considered a result, but just a side-effect.

Doing the Lightprayers individually, it is not so easy to cross the barrier of your own consciousness. In a group it might be easier to overstep your own barriers and open up new frontiers within your own consciousness.

This Lightprayer you do after the first one, the ritual guiding Light of Wholeness. First of all, we have to be connected to the Ultimate Source, so that "all guidance and supply of Light" is only coming from there.

In the continuing process of that day doing the Lightprayers, you do not need to think anymore consciously to what you are connected. Subconsciously, however, you will know. This is highly dependent upon the intensity of your belief making the connection.

All Lightbeings working for Wholeness will be able and allowed to do this, all others will be excluded. This is where the famous saying of Jesus originates from: "Who is not in favour for Me, shall be opposite Me".

It has been your free choice and it should be effective for about a day and the next day, as long as you continue to do this connection every day. Your belief in submission in His Name is decisive. Do not underestimate the countless distractions that will try to tell you otherwise. Please, do not try to live like the human projection of a so-called holy-man or saint, performing like on a stage to meet the demands of other people and hoping to get followers. You are a follower of Wholeness being The Ultimate Source. You do not need to exercise acts of human holiness to meet the needs of other people. Live respectfully for your co-creatures in silence and behave like a "normal" human being.

Lightprayer, morning (minimal six times), during the day your own choice.

1. Breath-in physically and visualise (!).
2. You do not need to see anything, just think that God's Breath (like a White Haze or Mist) is coming down from the Ultimate Source you have connected yourself with. This Breath touches your body, just a bit above the Solar Plexus and wraps around your physical body all the way down.
3. You are holding your physical breath and visualise (!) how this Mist is tightening itself around your skin all the way down into The Figure of Light of Wholeness. Then you draw back this Mist (still holding your physical breath) to the spot where it touched your body
4. Breath-out physically and visualise (!) how God's Breath is returning to the Ultimate Source.

During this entire process you have to take care that God's Breath is freely flowing down rhythmically and do not absorb this Mist into your body at all.

This Lightprayer is a rhythmic process experienced differently by everybody and creates harmony in your biological rhythm. In the beginning this might seem contrary, but proceed and it will happen. When you are tense or tired, you cannot sleep or any other kind of agitation, this Lightprayer is the solution to bring back harmony.

Remember to set your alarm clock when doing this in the morning, because you might fall asleep again.

Explanation

This spiritual breathing is the Bearer of Light and Sound, both being radiated deep down inside our physical and spiritual body (lightbody or soul).

Once there will be a phase that the energy-vehicle in our blood will unite our physical and soul-frequency(vibration) into Oneness and we shall be transformed out of the reincarnation-cycle into the World of Wholeness.

The Figure of Light of Wholeness is our Guide acting according to our specific genetic code (DNA) created by our personal action/reaction frequency (karma). Do not drift away when doing this Lightprayer and do not make all kinds of visual perceptions or pictures. Everybody is at first inclined to do so, but you have to hold on to reality.

All kinds of manifestations might happen – especially in the beginning - but that is just distraction, no matter how beautiful or horrible this might be. You have trust in His Name and continue the Path, with consciousness and determination.

Be aware that most people at first are guided by assumption of importance or unimportance.

This Achilles' tendon is one of the most vulnerable spots of human beings.

To over or underestimate your importance or unimportance is the greatest human barrier. All types of forces are using this to distract you of what you really are and can endure.

Do this Lightprayer six times a day, minimum, at first in the morning. Reject all kinds of illusions, positive and negative, and do not get distracted.

Lightprayer 3

THE COCOON

After having done the groundwork of making The Connection and Guidance very clear, this is the first step to be made on basis of your genetical code (DNA). This code is unique in the world of evolution and you personal mark.

There is no path of personal choice, there is the Path according to you DNA which is unique. You cannot make your choice freely which path to take, it is embedded within your being. Mankind is so involved in his own importance thinking being able to find a solution on his own for something he does not understand or is able to understand. The result of this reincarnation is based upon all previous lives in various periods of different kinds of civilisations embedded in the code in your body, being DNA.

Man is considering but God is deciding has nothing to do with predestination as human beings interpret this phenomenon. Nothing is determined in this life, because we have our own destiny in our hands. We can change our destiny in this life, but we cannot change our destiny towards eternal life. We should not think when we have the free choice and use it, that we are able to control the result.

The final consequence, after many failures, is that we face the fact that we have no free choice –like humans are interpreting this- and that only His Name will bring the Transformation of all times. This Path we have to “walk” is based upon the energy-code of your DNA.

To The Planetary Hierarchy it is of utmost importance to know what your DNA-code is like and most of all the willingness to supply this completely free of choice.

On the basis of this code, we are fully guided doing the Lightprayers. Submission towards Him thus making this Path back to the Ultimate Source fully unique for us.

This code is our “soul-radiation” enshrined into matter on basis of which we are radiating out in our surroundings. Doing this Lightprayer, in full freedom, we pass on our DNA-code to our Guides, The Lightbeings of Wholeness. You might compare this to a cloth made out of Light sending it back to the Ultimate Source. You might think here of the Cloth of Turin in which fabric the life-code of Jesus is radiated.

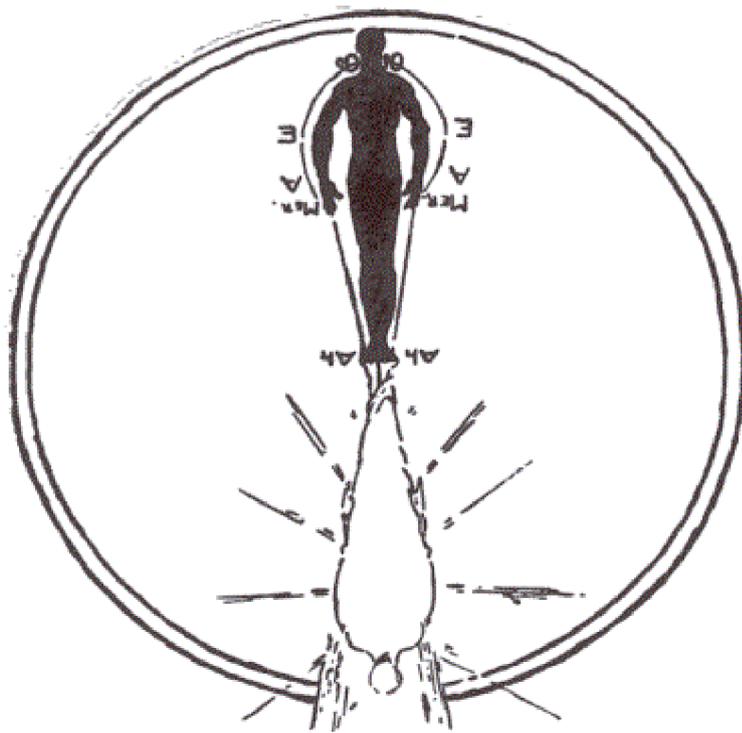
In doing this Lightprayer, the shroud of Light encloses our body and we send it from our throat back to The Source. The head is not included and there is a reason for it. This is the steering part of our body on Earth being the two halves of our brain and containing the receptor – Fonticulus – and the third eye. They will be dealt with in a later stage.

The throat is a very important spot because our physical and lightbody are intertwined here. The voice is the result of this. For trained ears; it is possible to interpret the voice and the person speaking the words. The voice will tell what kind of person the individual speaking the words is.

Lightprayer, only in the morning

This Lightprayer might be done, only three times in the morning, after having completed the first two. Try to be relaxed and do this Lightprayer with the utmost care without any stress, but also without "cutting any corners".

1. Your arms are beside the body, elbows a bit bent and the hand palms downwards. Breath-in on the sound of AH and visualise (!) a ray of white light coming through both soles of The Figure of Light of Wholeness, going up alongside both your legs into both your hand palms. You hold these rays of light like the reins of a horse and breath-out on the sound of MER
2. Breath-in again on the sound of A and visualise (!) both rays coming out of your hand palms and going up alongside the arms up till the elbows. Keep on breathing-in on the sound of E and the white light on both sides is reaching your throat.
3. Breath-out on the sound of OO (like in ZOO) and send this white light back to the Ultimate Source.



Explanation

In the beginning, you might be able to do this Lightprayer as follows:

- the first part AH MER, first three times in a row
- the second part A E OO, then three times in a row.

This is to get used to the rhythm and the speed, but after some time you should do it according to the first given description.

You should understand that doing these sounds, it is not necessary to do these loudly, it might also be done inarticulately. You might go even "one step further" and think all the

sounds, movements, breathings and colours, basically called here visualise (!) (no pictures, no nothing, just thinking in His Name).

Do not do that in the beginning, but after some time having already experience with doing these Lightprayers. Do not create attention from your surrounding co-citizens. Your Guides will coordinate your deeds with your biorhythm. You just do the Lightprayers the best way possible and in submission to His Name.

Stick to the rule doing once a week these Lightprayers physically with movements, breathing and so on. The human being is easily "cutting corners", and we must be prepared to constantly correct ourselves.

After some time, you will be able to do the Lightprayers in all places and under all circumstances.

General explanation of these three Lightprayers, the first step into another consciousness.

You might have understood that doing these three Lightprayers is of utmost importance. These will be absorbed into your biorhythm and eventually into your cell memory. The Figure of Light of Wholeness connects you exclusively with The Ultimate Source and this will be the exclusive entry and exit for that day for receiving and radiating out spiritual energy.

To call the circle a kind of protective shield is not entirely true in the sense of a fully impenetrable shield of Light. There is an entrance and exit (same) through which the Light of Wholeness is entering us and changing us very gradually. Other sources of light however, will have no chance to enter, unless your belief in His Name is not sincerely based upon your deep inner feelings, like trust and love in the Name of Universal Creation for all living creatures, visible and invisible.

The human interpretation of "harm done or no harm done" is most of the times completely different of the Universal Interpretation We know very little of the subtleties involved here.

To be guided by The Planetary Hierarchy (The Christ or Buddhist Consciousness) might be sometimes very painful and sometimes very elevating and joyful. Have trust in the Guidance of the Father taking us into the Light of Wholeness on a Path traversing the paranormal or astral realm. The world of the polarities of positive and negative, an interpretation based upon human thinking patterns.

The first step of spiritual breathing and passing on your personal code in trust and confidence will be quite an experience. We are awakened out of enslavement and start the Path into Wholeness. It will be everybody's personal and unique experience and nothing can be said or should be prophesied about. It will be the living experience of that particular person.

Jesus said: "See how I make things New" and that is what He meant.

Everybody is entirely free to walk this Path or not.

Everybody can start but only resoluteness and discipline out of Love for Creation will be the most important and decisive motives.

This method will lead into the next step of our existence in eternal life breaking the chain of reincarnation of our present existence. It is a method fully according to our present conditions and will meet "fully new" standards like mentioned before. It is simple and easy, considering the enormous consequences that have to be met.

For those who want to do it because of result instead of belief, it will be very difficult and hard to do. Nobody can do something the rest of his or her life, if there is no overwhelming belief. There will be ups and downs, no doubt, but staying on the Path will indemnify all your efforts and pain. You believe or you do not believe. Participating weekly in seminars or lectures just to know (in continuation) are a loss of time and just satisfying your curiosity. Our present time is fully flooded of this pattern of behaviour. Some people have rejected the dogma of the church. They are flitting from flower to flower and do not want to be committed to what is, that is, acceptance in His Name.

Lightprayer 4

THE PURIFICATION

In part one it is clearly written that our souls have come to Mother Earth to collaborate with The Deva- Beings. These are the carriers of our soul.

It is the body, Mother Earth.

It is of great importance to realise that working for the transformation of body and soul in Wholeness, is a total different way. The old wisdoms have influenced and developed our consciousness up till now. The core of these old wisdoms were to develop and enlighten the soul and our body were to be just a carrying vessel we leave when we go back to the other realm.

When we talk about purification of Mother Earth, it is certainly not the intention, when we cross the border into the other realm leaving our polluted body behind on Mother Earth. The message of the New Age being: "uniting Heaven and Earth equally and harmoniously while being on Mother Earth", is certainly not yet within our consciousness. Doing these Lightprayers is certainly the Path.

When we talk about purifying ourselves, we think in terms of a longer life to be obtained and becoming a happier human being. We do not consider the other side.

When we purify ourselves we get rid of something we do not want. When we do it consciously, we give it a name or at least a certain picture. These energies of all people group together somewhere and when getting stronger, will be influencing the living-conditions on Mother Earth. This is the spiritual pollution and most of us still have no idea about the effects these are causing on our Planet.

This spiritual pollution is an energy-field of self-interest separating us from Wholeness. When we are to purify ourselves we have no idea where to start and how this should be done. We should not add more to the spiritual pollution on our Planet.

This is the most essential and basic difference with all old methods. What we take in and get rid off spiritually is all channelled through The Figure of Light of Wholeness, connected to The Ultimate Source of Wholeness.

The Figure of Light of Wholeness is guiding us in what we should take in and get rid off in the right sequence and will transform accordingly to our needs. It will transform our "throw-aways" in order not to spiritually pollute Mother Earth.

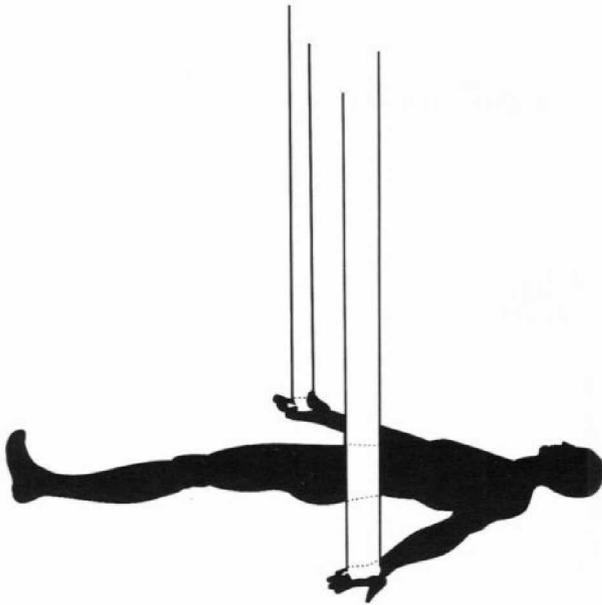
We just need to do the Lightprayers in the way, as described before, not for our goals or results but just in submission to His Mercy. If we would continue this process – and many people would join us freely – there would come an end to spiritual pollution of Mother Earth and material pollution will decrease and finally stop.

Lightprayer in the morning, but can be exercised all day.

Purification of the body:

1. Breath-out and then breath fully in. The chest will be entirely filled with air.

2. breath-out and push the air through your body down, in fits and starts, on the sound of AH OO, AH OO, AH OO. The air goes out correspondingly until you have emptied your lungs totally.



Explanation

The way we are cleansing ourselves might be compared to the way we are cleansing a tube by pushing a bit bigger brush through it. This Lightprayer might be done when you are under too much tension and you want to get rid of this tension.

Lightprayer 5

OUR DAILY BREAD IN LIGHT OF WHOLENESS

After we have taken all the arrangements and precautions to appoint the Guiding Force and any doubt at all is excluded, we might set the first step on the Path into a New Life.

This New Life will take shape in the human being that has or shall have united Heaven and Earth into one "symbolical flesh" or frequency(vibration). A life that shall be guided by Wholeness and not by the present DNA, which is the basic impulse of our present Creation.

To be just, we shall build up a force in us that will transform our DNA and the DNA of our Creation. That will bring us out of our present reality in a flash, where reality is based upon the duality of the Law of Interference – action/reaction – presently ruling our Creation.

Two different consequences will come into effect when doing these Lightprayers:

building up of a force in our blood called MerKaBa

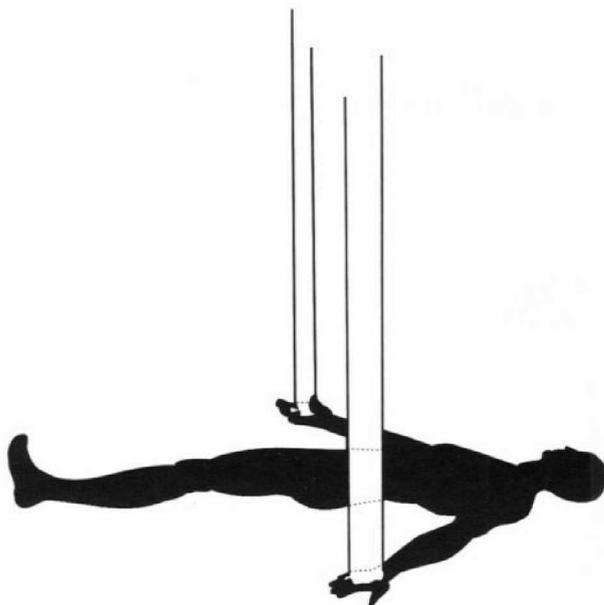
building up an energetic field of Wholeness (morphogenetic field) in The Earth "Reality".

These are the two realities and the fundamental pattern of the reason we have come to Planet Earth and many times before, in various incarnations. The daily bread in Light is for feeding our spiritual body, our soul, in harmony towards Wholeness. This food is as important as our physical food and we can eat and drink everything with respect and

not become fanatics. The

to do with working for Wholeness, does. Getting the egocentric warmth harms even more than doing

might send it to us when we are



ence. We receive the spiritual food is. We are guided and we get what

1. Lie on your back and turn the hand palms up alongside the body.
2. Visualise (!) a ray of white light goes up from both palms into infinity to The Ultimate Source shaping a triangle of Light without top.

3. Breathe in physically and do the Conscious Breathing like you have taught yourself already.
4. When the Mist is coming back from the Figure of Light of Wholeness to the Solar plexus you send up your physical breath (breathing-out) and this Mist alongside the two rays of Light towards The Ultimate Source.

It might happen that small petals of Light, coloured rose or white are falling down alongside the two rays and you might feel a slight itching in your palms. Feeling this or not, it is not important because it is any way happening. Feeling might be projection, especially when you think you must feel something.

Explanation

This Lightprayer has two "aspects":

- it causes and neutralizes an old unsolved situation
- it feeds the lightbody and gradually, radiation will increase.

In doing the conscious breathing, a very strong energetic nourishment will be realised and daily, your awareness and consciousness will grow.

Because you have decided to do these Lightprayers, as given in the book, The Planetary Hierarchy (The Christ or Buddhist Consciousness), The Lightbeings working for Wholeness, will start to give you certain "tasks". These are no tasks you are developing yourselves or obtain through self-projection.

You are just serving being instrument, an acupuncture needle, on Planet Earth, to bring certain forces of Wholeness to this Planet while doing the Lightprayers.

You should not think too much on these tasks, because it might lead you into human misjudgement of self-importance. It is of decisive importance not to distinguish yourself from other people around you and become conscious of this task. Just do the Lightprayers in devotion and submission to His Name and be a real instrument and servant to these Beings.

Thus, there will be no separation in any way, and feelings of belonging to the "good" party and doing "good" will be minimized. Why is this attitude so important?

Because doing the "human thing" is dualistic and will lead to separation of Oneness.

When you will do the Lightprayers the dualistic way, you will serve and fortify the Law of Action is Reaction and you will stay in the polarities of good and bad or positive and negative.

Doing the Lightprayers in the way they are meant to do and brought down for this purpose to Planet Earth, there will gradually be built a field of energy of Wholeness. This morphogenetic field will be the result of positive and negative in harmony with each other, and not in separation. These polarities are the two aspects of Wholeness, nothing more, and nothing less.

This Lightprayer will be the "secret" nourishment of our life. The reincarnation-cycle might be transformed through this power into eternal life in Oneness.

Everybody's soul is a lightbody radiating out a certain intensity of this light. This happens also during this life.

The "old age movement" always stated that our soul was imprisoned in the body but this radiation is there and for some people visible(it is not the aura).

The radiation is weakened because of the body, but through spiritual nourishment this radiation will be fortified.

"Our God is a burning fire" is the suitable explanation for this phenomenon.

Do these Lightprayers without too much physical "force", although in the beginning it needs some effort to be able to do these.

Doing this Lightprayer for your daily bread in light, will bring you more confidence in your deepest inner feelings about this Creation. Anxiety within these deepest feelings will decrease and transformed into trust in His Name. Our concerns and worries, result of this fear, will disappear and a new sense of well-being and joy will arise.

Our only task will be accepting and being receptive for His Universal Love and gradually we shall understand that what we humans always called love, is very different.

It will be an incomprehensible Love and it will not be satisfying on a human level.

Our point of view on this "love theme", will be gradually changing, compared to the idea we had when we started doing the Lightprayers.

An incontestable trust, a trust like Jesus had in His Father, will lead us into a New Life.

Lightprayer 6

GOLD SPIRALS AND BLUE CIRCLES

This is an interchange of various frequencies(vibrations) according to the Law of Interference.

Lightprayer, only in the evening

The Golden Spirals

Visualise while all the time breathing in, a ray of Golden Light is spiralling through your body as given in the drawing.

Still on one breath-in, this golden spiral thread comes from the back of the neck, over the head, and is piercing through the throat, coming our backwards, over the head

pierces through the breastbone(a bit under the throat),

pierces through the spinal column, goes over the head,

pierces through the breastbone a bit lower and through the spinal column, goes over the head,

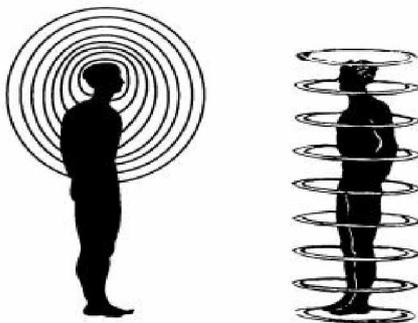
pierces through the breastbone a bit lower and through the spinal column, goes over the head,

pierces through the breastbone a bit lower and through the spinal column, goes over the head,

pierces through in between the lowest part of the breastbone and Solar Plexus through the spinal column, goes over the head,

pierces through the front side of the body (a bit lower) and through the spinal column, goes over the head,

pierces through the abdomen and through the spinal column and is spiralling back to The Ultimate Source.



Blue Circles

When breathing-out slowly all the time, the next is happening:

- a circle of blue Light is hanging over your head and comes down slowly and is fusing with
- a second circle of blue light appearing around the throat, so that one circle will exist, and is fusing with
- a third circle of blue Light appearing a bit lower. So that again one circle will exist and is fusing with
- a fourth circle of blue Light appearing a bit lower, so that again one circle will exist, and is fusing with
- a fifth circle of blue Light appearing a bit lower, so that again one circle will exist, and is fusing with
- a sixth circle of blue Light appearing a bit lower, so that again one circle will exist, and is fusing with a seventh circle of blue Light appearing a bit lower, so that again one circle will exist and is fusing with
- an eighth circle of blue Light appearing a bit lower, so that again one circle will exist, and is fusing with
- a ninth circle of blue Light appearing a bit lower, so that again one circle will exist, thus consisting of 9 circles of blue Light fused together in one and surrounding the feet, like in the drawing.

Remark

There are never more than two circles around you, one is and one coming, will fuse together. In the drawing there are 9 circles, just to show you where about these are appearing although this might be different for everybody.

Lightprayer 7

THE PROTECTIVE WHITE CROSS FOR THE NIGHT

This Lightprayer is only done after having concluded the Lightprayer golden spirals and blue circles as follows:

- breath-in deeply and visualise (!) from head to feet a ray of white Light
- breath-out and visualise (!) a ray of white Light from the left hand of the stretched out left arm, going over the body into the right hand of the stretched out right arm and thus shaping the protective white cross for the night

Explanation Lightprayers 6 and 7

The Lightprayer of the golden spirals and the blue circles might be exercised slowly in the beginning. First by breathing-in you might visualise (!) only one spiral of gold per in-breath. The same applies for the out-breath, visualising one blue circle per one out-breath.

This will give the body time to learn and adapt to this Lightprayer. Thus building up a certain rhythm, before doing all, in one in-breath and one out-breath.

The last is the idea of this Lightprayer but take your time. Subsequently, the white protective cross is done for the night.

You might be ware that the cross is a universal symbol and has little to do with the institute, the Christian Church. This institute used the cross like nowadays institutes or companies are using logos or brand names for their "influencing and commercial purposes".

You might have noticed that while breathing-in, the golden spiral is penetrating on basis of a "bit lower" and not necessarily being guided through the chakras. On the spinal column there are quite a few chakras located. Around these spinning around energy centres, quite a few disharmonising energy-fields (blockades) are "glued" causing disturbance in our energy body flow.

In the beginning when you start trying to steer the golden thread through the breastbone and spinal column, the actual points of penetration might be a little bit off. You will experience it like the golden thread is dancing to the left and the right. Your experience will be that this Lightprayer is exceptionally difficult to do (for some). Do not force things, because you are guided.

The energy blockades around the chakras will have to be peeled off by your Guides of Light in Wholeness, The Planetary Hierarchy (The Christ or Buddhist Consciousness) knows exactly how to do this. Surrender to these Beings and do the Lightprayer as best as you can without forcing anything.

You will notice when time goes by, you will become more in balance and the Lightprayer will be done very easily.

There is no time-limit, so relax and just go on steadily. This Lightprayer is the universal harmonising and healing action of your energy-field. Some people give chakra healing

treatments through imposition of hands. A very important difference between the two is that the first is done in a flash of Light, where all chakras are harmonised with each other. The second is done, one by one, and harmonising all in one is virtually impossible. This will never be possible through human mediation. It is the old way.

The healer might not be aware that harmonizing one chakra will also change the others because of the Law of Interference (action is reaction).

Done through a flash of Light from The Ultimate Source, all chakras are harmonised and tuned to universal and eternal life. Doing this might have some side-effects like having spontaneous regressions. Do not pay too much attention at these energies of the past, because these should not play a known and decisive role in your present life.

Our soul – our lightbody – is leaving our body most of the times while we sleep, and since we might have opened up ourselves to old memories, we cover our body with a white cross. You might understand why this is necessary, we do not want any “fellow occupants” or so-called “walk-ins”. This is a very powerful Lightprayer so take your time in absorbing the rhythms.

This Lightprayer stands for force and receptivity of Universal Love. We really like to open up accepting love. Mostly we are conditioning this on basis of our own knowledge what love should be and stand for. When we do not recognize our conditions, we reject and despise these.

This Lightprayer will bring the Eternal Universal Love into our body. Through the speed of Light, we have no possibility to control and judge the consequences. You might not notice or be aware of any change or result, but your inner-consciousness will.

Our brain or mind will ask for proof and if not satisfied will try to change the procedure and the result. We shall then come into the world of illusion. It might be attractive finding or losing yourself into a dream world, but waking up, (and sooner or later we have to) might be a very painful experience.

The second part of the Lightprayer is exceptionally beautiful being surrounded by the Blue Circles of Universal Love. You have submitted yourself to Eternal Truth and you will receive Eternal Universal Love. This Love cannot be compared with emotional love, we all are familiar with and are eager for. Why?

We are earthbound into a body. We recognise the frequency or vibration of this love. The vibration of Eternal Love is beyond our conception.

Our sincere “earth-love” will be the catalyst leading us to transform this into this Universal Love, the Love beyond our emotions for self and other restrictions. A Love that will balance us. It will accept and confirm that is what is, total submission to The Ultimate Source, lead me.

This Lightprayer might cause you some effort when exercising. Hold on, because our inner blockades are very strong and very often we are not aware of these, at all.

The covering white cross is an absolute necessity, because opening up and cutting a golden thread through our most inner memories of pain and happiness might be very turbulent. The white cross is absolutely necessary to protect your body in His Name since the soul is very often “away” when we sleep.

Lightprayers 8, 9 and 10

THE NEEDS

Lightprayer for morning and during the day

It is not necessary to do this Lightprayer in sequence, but it is recommendable to do it at least in the morning.

Needs for this life

1. Lie down or stand up, relax and concentrate yourself.
2. Visualise coming from your hands, feet and actually from your whole body, a white Light, like your body is in a small room of white Light
3. The white Light is radiating out to The Ultimate Source
4. Visualise (!) a circle of Golden Light in your heart. This is the Upper Part of The Golden Cup being in your heart and you are watching the top
5. Put in this Golden Cup all the wishes for this day. It might be anything, including so-called material things. Some examples might help: a wish for good health, a new house, help for the day and do not forget the needs of your family, friends, others and your enemies
6. Do the Conscious Breathing and send back this filled Golden Cup, together with your physical out-breath and the Godly Mist to the Ultimate Source
7. Your wishes will be taken care off. Be aware, the answer might very often not be according to your own answers to these wishes. The needs will be answered according to our real needs in view of eternal life
8. Visualise (!), the Golden Cup is sent back with this answer into your heart on a flash of white Light.

Needs for those who have crossed the borderline of life and death

proceed like above, point 1 to 4

1. put in the Golden Cup your prayers for Eternal Love in support of the ones who crossed already and do not forget your enemies
2. send the Golden Cup up with a Conscious Breath (like above)
3. the same procedure as mentioned above will take place and the Golden Cup will come back into your heart on a flash of white Light

Needs meeting your deepest inner-feelings

proceed like above, point 1 to 4

1. put in your Golden Cup the most sincere request for spiritual needs and assistance, like support, mercy for your shortcomings and guidance to be harmonious. Think about our Planet Mother Earth and all that lives and grows.
2. For all beings and creatures, visible and invisible. This thought is very much "locked" away in our deepest inside and is our birth-intent. A thought you might never have talked about with any human being like making an act of world service for Mother Earth.

3. Send the Golden Cup up on a conscious breathing. There will be taken care of the contents and the Cup is sent back on a flash of white Light. When the time is there, we shall know.

Important; you can repeat this Lightprayer the whole day, and when a very sincere wish will bubble up in your heart, send the Golden Cup up likewise.

Explanation

These Lightprayers are in direct contact with the spiritual needs of mankind, although they are basically operating on an emotional level.

You do not need to notice or experience anything. It is happening and you surrender yourself into the care of The Father. You might do these Lightprayers as many times as you want, but also stay reasonable. We must be aware that The Ultimate Source cannot fulfil our wishes if it would harm any other living being. Only prayers will be met when these are not harmful for The Wholeness of Creation. His Creation is Wholeness and these prayers are only working for Wholeness. The way you are doing these Lightprayers are the decisive factor. Universal Love, Submission and Trust are some of the main ingredients.

Mankind always wants proof, because our mind (brain) demands that. The Planetary Hierarchy (The Christ or Buddhist Consciousness), the Lightbeings of Oneness are aware of the way we are created and understand our struggle on the earth plane. They might be giving from time to time some - hardly recognisable - signs in order to support our stability and continuity. When you might get these and are aware, do not become a fanatic thinking you have the rightness on your side.

Do not do the Lightprayers in expectance of these signs, it does not work like that. It will happen and you will recognise it, when the time is there, not earlier and not later and only because of interest in the importance of Wholeness.

To work in silence for Totality is the procedure for all participants. The radiation of people working like that will activate the surroundings. May be after some time, people might like to know what actually are the activities and will start inquire about these.

Then the time will be there, but take care not to flood the person involved with information.

There are people who will start bringing these Lightprayers in a more direct way through seminars, lectures or even a book. These actions must be very neutral and fully clear, without any type of manipulation. This is the basic pattern of working for Wholeness and assisting in building a new morphogenetic field of Oneness.

The difference between an emotional prayer and the Lightprayers is explained before and does not need any additional comments. To know there is quite a difference.

Doing the Lightprayers will change your inner-feelings without you noticing it.

Your surroundings will notice. This prayer of the needs is working in three frequencies or vibrations being

1. the world of matter as we call it
2. the kingdom of the dead(Ka) and the 7-Spheres(Ba)
3. the world of eternal life (Ka and Ba united and transformed into Wholeness)

1. the world of matter.

In doing these Lightprayers, these 3 different realities will gradually flow into one main stream. The fear of the unknown will gradually be transformed into trust that His Will is the safe harbour we can unconditionally surrender to. We must however, bear in mind that our life in this world is ruled by the frequency or vibration of words and pictures (many methods are using visualisations this way). To be clear is a very important matter. We must accept and understand that we are living in this world presently and we should not escape into a world of phantasm and maya. Live the present life like we think it should be lived with all ups and downs, with all joy and sadness, Do not exaggerate in explaining things that happen to you, like being predestined or having a special meaning. They might but they also might not. The chance these happenings are used for certain decision-making is certainly there. The human being is a master in making up all kinds of stories that suit him under the circumstances. Be normal and live with your fellow citizens on an equal basis, how difficult this might be or seem to be. Everybody for himself and God for us all is the ruling theme. Do not become a social worker enslaving people with good deeds. Individuals must correct themselves and only a little push now and then will benefit people more in their reincarnation-cycle. Try to point out everybody's own responsibility in the course of evolution. They can change their situation when they want through acceptance, in action.

2. the world of the dead and the 7-Spheres.

The world of the dead is a different matter. We have a lot of information at our disposal, so it seems. Many authors, spiritual or not, have completed books with all kinds of information. Unfortunately, we always forget that this information is based upon the "living" on Mother Earth. How real is that information. The more is written about it, the more it is accepted as being the truth. There is only one word applicable to this, MAYA. The 7-Spheres are the educational centre for our soul within each time-episode.

3. the world of eternal life

This is the synthesis of the three frequencies or vibrations that have become one. We have no idea what this means and only in our deepest inner-feelings we might think it exists. It is the Wholeness of the soul Ba, transforming on Mother Earth all our morphogenetic fields of resonance of our personalities living in the world of the dead (Ka's) into Oneness. At the same time, the body (Deva-angel energy, earthbound) will be transformed into the frequency(vibration) of Oneness and the reincarnation-cycle will be transformed or "ended" as we might know and accept(?) it. Just through working for Wholeness our DNA will be transformed (karma). Not only now but through eternity in doing the 64 Lightprayers.

Working and praying in silence for The Wholeness of Creation in this vibration or frequency.

In doing this Lightprayer, try to do this with a speed as fast as possible, a flash of Light. Do it without us knowing it or being aware, our real needs will be separated like the wheat from the chaff. This is the process.

We do not need to abdicate our needs on earth, just live reasonably and do not get enslaved. In the pursue for life happiness – our time spirit so it seems – we developed our exaggerated goals and we grew enslaved.

It is certain that happiness is a big thing, but only on basis of something that happened to you. It should not be on a basis of planning through greed and even doing harm to other living beings.

Lightprayers 11, 12 and 13

THE ELOHIM

This Lightprayer is of unstoppable power and creates a connection to other frequencies or vibrations. It is a light blue Light you might see in crystals like aquamarine or celestite, the holy crystal and used a lot by native people.

Lightprayer, in the morning and during the day

For those alive today.

1. Breath-in deeply on the sound of EL and draw from the Ultimate Source, the light bluish aquamarine light entering your left ear and going through the head leaving through the right ear.
2. Keep on breathing-in on the sound of O and visualise (!) this light bluish Light going through the heads of a number of people (also animals) you have "selected" or bubbled up in your mind of whom you think they need this Light. *Be aware that you are just the activator and whether this Light reaches this people is up to the Guides of Wholeness.*
3. Visualise (!) this Light entering the left ear of these people and leaving through the right ear.
4. Breath out on the sound of HIM (like in HEEM) and watch how the aquamarine bluish light is spiralling back to The Ultimate Source.

For those who have passed the "borderline of life and death"

like above under 1

1. keep on breathing on the sound of O and visualise (!) the aquamarine bluish Light going through the heads (also animals) of a number of people gone over to "the other side".
2. Be aware you are just the activator here. Left ear inside, right ear outside and do not forget your enemies that have gone over.
3. like above under 2

For Wholeness of Creation

like above under 1

1. visualise (!) in front of your face the radiating image of Christ, Buddha or Krishna and still breathing-in, this light bluish Light goes through this Head, left ear inside right ear outside.
2. like above under 2.

Explanation

The ELOHIM is in fact the effect of the Force Of God using the human being as an instrument to inject His Force into Mother Earth. This has been happening through the ages, consciously and unconsciously. The Bible refers to this phenomenon.

This Force through Prayer in the Name of Wholeness, All is One and One is All, is the successor of the traditional prayers done in emotion. This "New Way" of Praying has been done from time to time, mostly on a non-conscious basis, but now is the time to do this consciously. This Force is to be compared with the well known unstoppable force of a tornado, a spinning around force like a drill, penetrating and going through everything.

Some people who had a "near-death" experience have not seen a tunnel, but a spiralling spinning around force seeming to be a tunnel leading into another reality. This Lightprayer done for the three realms is drilling through and connecting these three different vibrations or frequencies. This experience will take away the difference in thinking patterns of people of these three worlds. Fear for the unknown will be transformed into Trust that life is eternal in Wholeness.

The ELOHIM is a very suitable Lightprayer to do group wise. We should however bear in mind when doing these Lightprayers in a group, we should not stick to our individual breathing but we should switch to the rhythm of group breathing. This becomes the principal thinking pattern and our individual breathing becomes secondary. In acting like this, the group will become one on a spiritual level. The various differences in resistance we all have, will be diminished until the day arrives that this resistance is all gone, transformed into submission to His Grace. This happens without our awareness. We should not strive for this. Striving would make it a goal. In eternity there are no goals, just submission. That happens what is meant to happen and we shall experience this when the time is there.

Lightprayers 14 and 15

THE TRANSMUTING LIGHT

These Lightprayers might be done all day, but especially in the afternoon is recommendable.

Lightprayer – 1st part

1. Breath-in on the sound of FA and two rays of white light are coming down from The Ultimate Source, crossing each other just above our breastbone. The ray from the left side enters our right breast and the one coming from the right side enters our breast on the left side. When these rays are touching our skin, the colour of the light is changing into amethyst.
2. While breathing-out on the sound of THER, these amethyst rays unites in our body into one ray of amethyst light, going down through our body through our feet into Mother Earth.
3. While doing that we think of the best possible way of sending this ray together with our sincerest wishes for Mother Earth and all that lives and grows, visible and invisible.

Lightprayer-2nd part

You can do this Lightprayer also for other persons or living beings like animals by sending life force and well being to them. The Light only reaches these bodies when it is in their interest and not deharmonising the Wholeness of Creation.

Do the aforementioned Lightprayer (part 1) first.

1. Visualise (!) now the persons or living beings and do this Lightprayer for them by sending these rays of white light changing into one ray of amethyst light through their body like we did for ourselves.
2. Concluding this Lightprayer you draw a white cross over their body or bodies (like you did in the Lightprayer Golden Spirals and Circles) emphasizing you are giving their well being in His Care.

Explanation

This is a very powerful Lightprayer, very simple and very direct. It might be that the question is bubbling up what transformation really is and means. There is a lot of discussion about transformation, but seldom it is clearly stated what it really stands for. In previous pages it was mentioned that transformation is converting one frequency(vibration) into another frequency. It might be upgraded or downgraded. On Mother Earth, our position is:

we are the arousing mediator and should use our corporeal body for this purpose injecting into Mother Earth impulses of energy of Wholeness. These injections are done by The Planetary Hierarchy (The Christ or Buddhist Consciousness). We have committed ourselves to this by doing the ritual light.

The Planetary Hierarchy (The Christ or Buddhist Consciousness) might use our body with our full consent and we do not necessarily have to be informed about it.

We do consciously the Lightprayers, but we also do – on this basis – the Lightprayers subconsciously. The last is more frequent than we think. The Planetary Hierarchy (The Christ or Buddhist Consciousness) might decide in some place where we are, these injections should be done in favour of the Wholeness of Creation.

Be aware that doing the Lightprayers everyday, is mostly training your body. Your body has to be trained so that the Lightbeings of Oneness can send as much as possible light into the surroundings as our body can bear and in a most effective way.

We act as acupuncture needles at that moment in the Hands of the Lightbeings of Wholeness who do not need to ask for our consent because we have given them *carte blanche*.

Conclusion

You might have become aware that the transmuted light is taking care of transformation into Wholeness. This can only be done - beyond human control - through the Intermediary of these Lightbeings of Wholeness.

Lightprayer 16

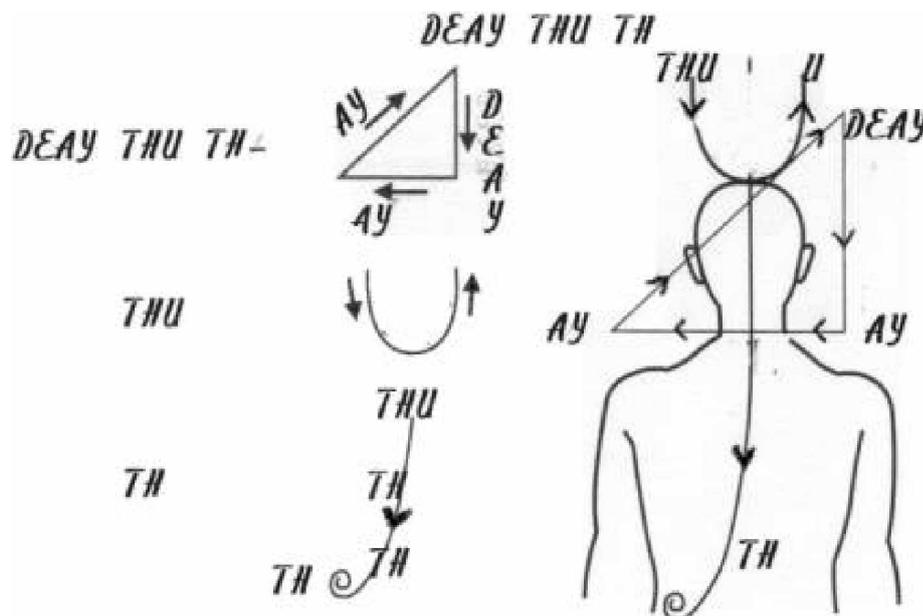
THE NAME

Jesus spoke Aramaic and His Name sounds like Deay-Thu-Th.

Lightprayer for morning and during the day

This Lightprayer can be done in all positions (like all other Lightprayers)

1. Breath-in deeply and visualise (!) while breathing-out as follows:
2. from the right upper side on the back of your head, a deep-blue coloured line going down on the sound of Deay to the nape of the neck
3. still breathing-out you draw a line of the same deep blue colour on the nape of the neck on the sound of Ay from right to left
4. still breathing-out, you draw a deep blue line from the left (end of the nape of the neck) diagonally to the top of the then formed blue-lined triangle on the sound of Ay.
5. the whole is performed on basis of breathing-in and then breathing-out on the sound of Deay-Ay-Ay drawing this blue-lined triangle on the back of the head
6. Breath-in again and draw on the sound of THU (speak out like THOO), a blue lined chalice on the top of the head. From above the head on the left top side using the head as basis to above the top of the head on the right side, draw a deep vivid blue line shaping this chalice (like in the drawing)
7. While doing this, you attract and receive all the white light in this blue-lined chalice.
8. Breath out now on the sound of TH, spoken out as softly like in a slight breeze
9. visualise (!) a flash of white light that comes through the head, flashes through the body and ends in the left side in a spiral movement forwards and feels like a pulse.
10. When exercised enough it will be like: Deay-ay-ay-thu-th spoken out harmoniously in a long stretched sound.



Explanation

The Name Jesus is the key leading to building up the power in the blood – MerKaBa -, for transformation of the DNA. It is harmonising body and soul to Wholeness in Spirit. This harmonisation might only take place when body and soul has reached the same level of energy-frequency(vibration). This similar vibration will take care that the reincarnation-cycle will be transformed and this "Unity-frequency" of soul and body will go into the 5th dimension.

This is a very powerful Lightprayer and will be the principal reason that under His Guidance, we shall reach a new starting-point for an ongoing evolution of Wholeness. In many interpretations, The Name Jesus is equal to the Sun of God, taking a very particular place in the history of mankind.

His Name ----- Deay-thu-th

Deay-ay-ay on a strong outbreath,

Thu on an inbreath,

Th on a soft outbreath

Unfortunately, the understanding has grown that Jesus Christ is a Person, and Christ a kind of family name and not a Consciousness (The Holy Spirit) that Jesus showed to the world for everybody to see and understand. "What I can do, you can do too". Jesus was a human being with a human body. The task was to build with this instrument the Light Bridge of Unity through His uninterrupted contact with His Father (The Holy Ghost). The world should know that all "common, but sincere" people would be able to do that and not some very privileged individual.

He always pointed this out, stayed with His disciples and treated them and they Him as a "normal" human being.

Human hierarchy and striving for might of the institution, the Church has changed this concept into an exceptional manifestation.

All institutions are basically like that, not only Christianity, but also all the other world religions and known sects. That is why any institution or collective group are unable and not allowed to talk about the pure Godhead stating they are His representatives.

Organised institutional religion is only leading to mental derangement and immoderateness. The human being Jesus was to become the key of The Christ or Buddhist Consciousness.

To plant the seed showing the way to everybody, the poor and the rich, male or female of any social class, when they would sincerely ask for His Guidance directly.

His assertion, "Nobody comes to the Father but through Me" is based upon His Wholeness with The Father and not on basis of His Manifestation in His Human Life in Galilee.

If people would be able to understand that in His World - being The Christ or Buddhist Consciousness -, only Wholeness exists and no dualism (just being an aspect of spiralling evolution). Man would understand that these Beings are only able to talk in Wholeness. Using the word I then only means Unity, being part of that Unity and not meaning the human personality.

This is the exact manifestation of the Immanence of God, "It is, what is, there is no separation".

When being on Earth we act in separation, because our programme The DNA is based upon dualism. This will automatically cause separation in the human realm.

Doing this Lightprayer might be somewhat difficult in the beginning but perseverance will bring solution and final liberation.

Lightprayer 17

RHYTHM OVER THE HEAD

Lightprayer, only in the morning, three times

Sit down on the edge of your bed or any other position, where you can put your hands on your knees, hand palms up

1. breath-in deeply and draw a white ray of Light, a little bit bending over your backbone, starting at the bottom (the tailbone or coccyx) up till the base of the skull (nape of the neck)
2. still breathing-in, you draw rhythmically the white light in three equally short curved lines over the head
3. breath out and pour the white light into the palms of both your hands
4. repeat this preferably three times
5. the hands are now completely filled with white light
6. draw with your tongue a cross in both hand palms wet your right forefinger with saliva in your mouth and draw a cross on the sole of your left foot, and do the same with your left forefinger on the sole of your right foot
7. your hands, tongue and feet, the ways of contacting the outside world, will be sanctified for the day with whatever you are doing in the process towards Wholeness.



Explanation

When doing this Lightprayer, we draw for the first time the light over our head and this makes it a broadening of the Lightprayer AH MER.

Our brain, controlling our mind, is to be drawn into this process. In doing so, we give our consent to be ready to accept another thinking pattern. A path to a thinking pattern not

anymore dominated by the morphogenetic fields of resonance of this world, causing all kinds of chemical reactions in our body.

This is the first step to overcome these chemical processes inside us. This will lead into complete liberation of all our fears. We shall observe these chemical processes, live through these and finally we shall not be influenced by these anymore.

Our emotional actions and reactions will become different and will last very short. The inner-process is set in motion. We shall realise that emotions are just distracting us from the process into Wholeness, that is what is. Our dualistic feelings of emotion are transformed into feelings of what is that is and will lead, at the appropriate time into Wholeness. For some people this might look like apathy. Doing the Lightprayers everyday, these will be our silent deeds in action.

Lightprayers are silent deeds in action.

Sanctifying the hands, feet and tongue is an action teaching us that the Law of Interference (action = reaction) is ruling this world. We have to work on non-separatism in our daily life.

Do not become paranoia, fanatic or anything else. Living is a continuous process and being here is to serve and not to dominate. One living being is here to serve the other Human beings should learn to understand that they are not excluded of this process. Separatism, fanaticism and all other extreme forms of belief or convictions are to be avoided.

Doing the Lightprayers and leading a reasonable normal life, is certainly very possible. Some people will feel the difference in your radiation. This has changed and they welcome you or condemn you.

Doing this Lightprayer consciously will result into another look on life, deep down inside you.

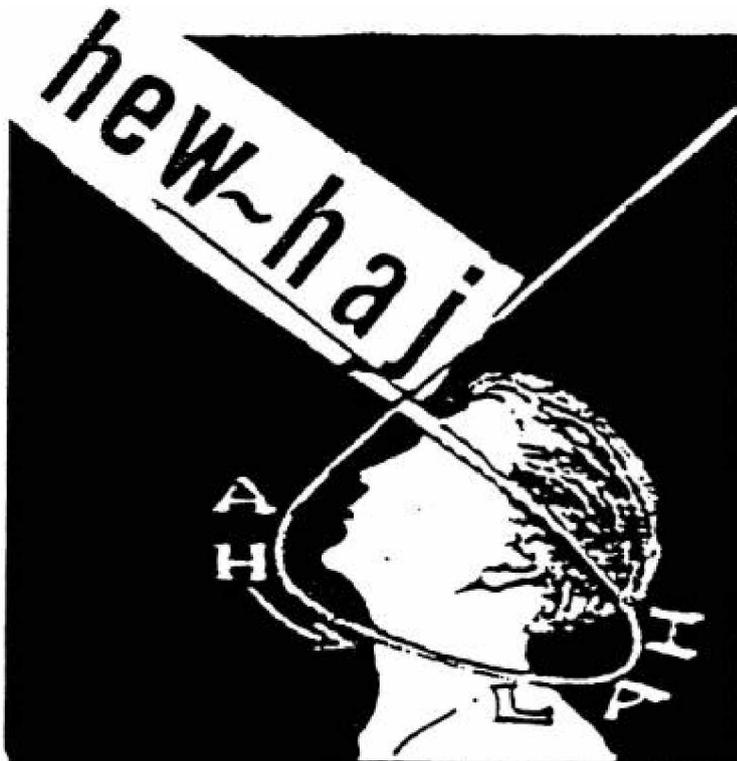
Lightprayer 18

ALLAH-JAHWEH

This Lightprayer might be done all day and preferably also in the evening before stepping into bed. Doing it, clears the head and will take care of a harmonious sleep resulting in waking up very relaxed.

Lightprayer, all day and in the evening

1. Raise your head diagonally upwards
2. Breath-in deeply on the sound of ALLAH. A ray of white light comes down from the Ultimate Source, piercing through the throat, through the neck, coming out on the back through the nape of the neck (see drawing). The white light bends 180 degrees and enters the rear of the head
3. Breath out now on the sound of YAHWEH and visualise (!) that this white light shoots through the head touching all kinds of "spots" and comes out of the middle of the brow going into the visualised radiation of the Christ or Buddhist Consciousness.



Explanation

This combination of sound and colour with the speed of Light will cause harmony in clarity and sharpness within us. That we shall experience the facts of life within the right proportions. These will very often be in contrast with the normal ruling interpretation.

Both Names are giving the proportional force to the Name of God, dating back to an almost forgotten era. A Godhead connected to discipline laid down in many rules how to behave. Rules of life of direct clarity how to live and act but mostly based upon male dominance.

A dominating role crossing the line of respect and even jeopardizing the rights of the other part of our Creation, the female.

It might not be meant like that in the pure sense of religious feelings. The male side having created this disharmony, has laid this down in writing and even in our present days, is refusing to let go fundamentally.

The Planetary Hierarchy (The Christ or Buddhist Consciousness) is working for Wholeness but desperately needs the collaboration of whole mankind. Through human manifestations both sides have approached each other somewhat.

Will this lead into a breakthrough and bring harmony?

If people would be able to understand that God is All-Embracing and His Creation indivisible, we would not be trapped any more within the various manifestations of religion.

All religions are the result of manifestations through the ages of the various Celestial Messengers embodied in human beings. These manifestations are interpreted on basis of the existing difference of culture and thinking patterns ruled by Zeitgeist.

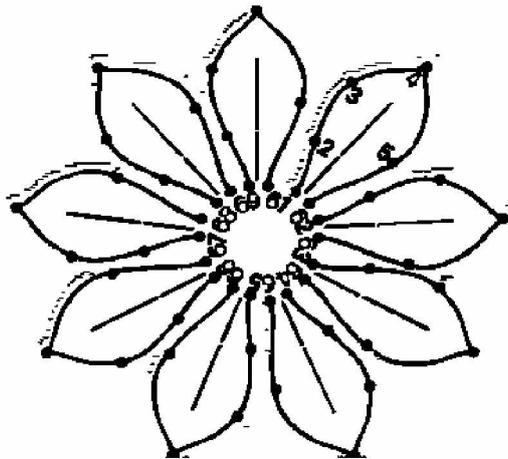
This Lightprayer will contribute to dissolving the influence of the mind (brain) maintaining these patterns. The Name of God makes a difference, but His Radiation should not be neglected.

The inner-feelings towards the Almighty is the sole criterion and giving Him different Names is just Maya. Our mind (brain) is responsible for this because in "shaping your own group", the possibility of might and domination is very much existing.

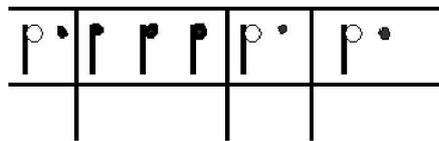
Lightprayer 19

THE THROAT

Doing this Lightprayer will result into a total revolution of your whole being. Up till this point you were doing Lightprayers connected to some form of "questioning". This Lightprayer is the preparation towards the confrontation every individual in his or her reincarnation-cycle has to meet, the literal application of "Not my will, but Thy Will prevails".



Rhythm of the Throat



Lightprayer, only once in the afternoon

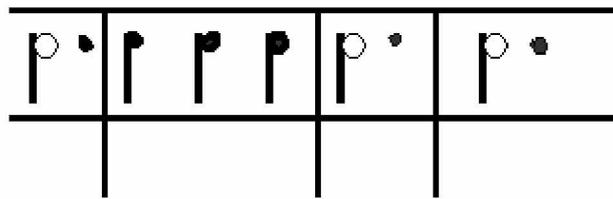
This Lightprayer should be continued until you have reached the Lightprayer HI-YOU-MER and this one will replace the Throat from then, onwards.

Like all Lightprayers, this Lightprayer can be done in all kinds of positions and situations, or visualising by thinking the various deeds.

1. Visualise (!) a white flower, leaves folded over the centre being ruby-coloured. This centre, the heart of this flower, is invisible, because the leaves are covering the sight
2. Start unfolding these leaves by drawing these one by one with your right forefinger, moistened with your saliva. The direction of unfolding is towards the left shoulder (clockwise). Moisten the forefinger every time before starting with a new leaf
3. Start in the centre of the flower and draw a line upwards and then downwards in the shape of a leaf
4. Draw on the rhythm of LONG-SHORT-SHORT-SHORT-LONG-LONG
5. Each leaf you have opened, will stay open, until all leaves are opened



Rhythm of the Throat



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Explanation

As already mentioned, doing this Lightprayer is a preparation towards doing another Lightprayer coming up later, HI-YOU-MER.

In doing this Lightprayer, the Divine Light-Sword with two cutting sides, will cut your body in two parts so that all hidden blockages within yourself can be reached.

Before you are able to handle this drastic move, there must be some time for preparation to increase the readiness and willingness to act accordingly and out of total free will.

The receptivity of the unconditional divine love needs to be enlarged and the gradual growth inside, you will make this deed possible.

Most people are still entangled in his or her "own" conditioned love. The love for this life has still the most respected attention and is considered delicate beyond proportions. This enslavement is causing fear in our life and is explained in, "who is afraid to loose his life, has no life and just spends his or her time fighting this fear of loosing".

This will not support the attitude that we have to be disrespectful of life.

God has given us life and man should respect this.

The breakthrough might be, mankind should start to realise that something more valuable is at stake, The Eternal Truth of Our Creation.

There is no denial about the fact that we do not have eternal life in this life on Planet Earth. The cycle of reincarnation gives us eternal life within this realm but not within the thinking patterns of this specific life. The cycle of reincarnation is not the "deeper meaning" why we are here.

This Lightprayer will start in us the development of an organism of receptivity that will lead us into eternal life.

Do this Lightprayer only once a day, in the afternoon, until you have reached Lightprayer HI-YOU-MER.

Lightprayer 20

THE EQUILIBRIUM OF THE NAME

This is a Lightprayer to do in the afternoon. The basic idea is to unite the radiations of Heaven and Earth into Wholeness. To unite Heaven (soul or lightbody) and Earth (physical body) into Oneness in His Name.

This standpoint is one of all ages. Almost all Celestial Messengers have brought this to the attention of their listeners. It is actually the message of the New Era to proceed into spirituality. The idea is not new, because all known Celestial Messengers have talked about it. Now is the time that mankind will start to understand this statement. The time is there and the energy is there.

Is the willingness there to let go all these old beliefs connected to a longer and happier life on Earth? Is it a target, a goal to reach and starting to work and being committed to this idea? We should not forget, mankind only plays an instrumental role.

Look at the various sculptures of the Great Messengers, where they have their right hand palm directed to Mother Earth and their left hand palm directed to the Heavens, calling for Wholeness (spiralling upwards).

Later on, these sculptures were more or less replaced by meditating postures, where the hands are closed into each other or folded. This means calling for the force of the mind (brain), the cycle of reincarnation (going in circles).

Lightprayer, only in the afternoon, once

1. Stretch out your arms in front of you, right hand palm downwards (receiving earthly radiation) and the left hand palm upwards (receiving radiation from the Source)
2. The sides of the hands touch each other, the little finger of the left hand touches the forefinger of the right hand and the thumb of the right hand is pointing downwards
3. Breath-in and then breath-out on the sound of DEAY AY AY and draw the blue triangle like in the Name. Move the left hand upwards and the right hand downwards and you have completed the blue triangle on the back of the head
4. Breath-in again on THU while drawing the blue Cup and receive all the white light in that Cup that you might receive. Bring both arms/hands back to the beginning position
5. Breath-out on the sound TH and slide the right hand slowly over the left hand, both fingertips and hand palms. The radiations you have received in both your hands, from The Source and Mother Earth are fused into Oneness
6. When this fusing is happening, from the blue Cup on your head, a shaft of white Light is shooting through your head and body and is radiating out from your left side (place of the spiritual spleen) spiralling into the world
7. Breath-in again, unfold the hands and bend your arms and place your elbows in your side, while your hand palms are shown to the world to see. This is the posture of surrender in our world

Explanation

This is a very, very universal Lightprayer and is the real reason why we are on Earth. To unite Radiations from Heaven and Earth into Wholeness through the receptivity of our physical body, in submission to The Ultimate Source, God, The Father and radiating out "All is One and One is All emphasizing so Above, so Below".

Mankind still thinks that in the after-life, according to the reincarnation cycle, everything is better and more harmonious than on Earth. In a way this is correct, because we have on that side no free will, because the Law of Universal Love (magnetism) will not allow any course or strategy conflicting the interest of Wholeness.

We learn on the other side what these interests of Totality are and the task is to implement these in our physical reincarnation on Mother Earth.

This Lightprayer is portraying this, being the essence of Creation.

Mankind has reached the top, going on the Path creating DNA (dualism) and should come to his senses – on Earth – that he has to be committed only to Wholeness.

This general interest is not his or her culture. It is the interest of everything that lives and grows, visible and invisible within the impulse of Creation.

We have no idea what this is all about. We have an obeying and serving position. We are guided by The Lightbeings of Oneness, The Planetary Hierarchy (The Christ or Buddhist Consciousness).

Lightprayer 21

SAH VAY

This is a Lightprayer to be done in the evening. The specific time of the day for some Lightprayers is necessary because the energy-frequency(vibration) of that specific Lightprayer involved, is only suitable for that part of the day.

Lightprayer, only in the evening

1. Be relaxed and visualise (!) a Golden Cup at the right side of the head and a Blue Cup standing between your feet.
2. Breath-in deeply and while breathing-out slowly on the sound of Sah, draw the Golden Cup downwards alongside your body till beside your feet, and the Blue Cup upwards through your body till standing on your head.
3. While doing this, from the left side is radiating a ray of white light into the world.
4. Breath-in on the sound of Vay, the Golden Cup filled with our vanities, is drawn up and the Blue Cup filled with white light is drawn down through our body and ends between our feet. The left side is closing.

Explanation

This Lightprayer needs some practice before you "master" it. This is the essence of the Law of Interference. We send our vanities up, like pride, selfishness, and many other of our personality aspects, in order to be able to receive in replacement the White Light of Wholeness.

One Cup going up, One Cup coming down. The colour of the Cup of Vanities is golden and stands for eternal Wisdom. Our Maker will judge what we have sent up and will send back this White Light of Wholeness straight through our body. Mankind has many vanities and denying this is the most striking one. The vanity to belong to a certain gender, nationality, race, and again and again emphasizing the importance of the uniqueness of the human race.

Doing this Lightprayer in the deepest of our inner world, we shall gradually start to realise that we are all children of one Creator. All humans are equal but not equal in creation.

This characteristic not being equal in creation, is the Path to be realised on Mother Earth and should be transformed into Wholeness. There is no importance whether we are important people in this life or not. The essence is we should be dealing respectfully with this life and other lives. and the possible happenings and encounters with other living creatures.

This is just as important for a king as a beggar and has the same importance in Wholeness.

To bring Wisdom to Mother Earth and send our vanities up is the basic transformation procedure. Do not underestimate the influences in doing these Lightprayers on your feelings deep down inside you.

Lightprayer 22

THE RHYTHM OF THE NAME

In our lives, there is an overwhelming need for protection and what could be better protection than security supplied by The Ultimate Source.

In the Lightprayer The Name, it is explained that this Name stands for the Key of Transformation of our DNA. Our karma has been laid down in DNA and with this we are connected with our other evolutionary developments.

This Lightprayer is a service towards others who in our opinion needs this protection. The main protection is our trust in His Policy.

This protection is not necessarily meeting our demands and could even be a contradiction.

To ask protection for yourself and other individuals (do not forget your enemies) and other living creatures like plants animals or invisible creatures. Do we really know what protection we need?

Lightprayer, can be done all day

For living beings

1. Visualise (!) a Silver Cup, big enough to contain a number of persons you want to protect. The Cup might be "endlessly" big and of a bright silvery colour, the symbol of contact and perfection.
2. The silver cup is as tall as your shoulder height and the silver light is enveloping all living beings you have put inside.
3. Breath-in deeply and breath-out slowly on the sound of Deay-Ay-Ay and build a blue triangle around the Silver Cup. On this sound a blue ray of light comes on the right side of the Cup, passes under the Cup and appears on the left side of the Cup going back to the Source.
4. The ray of Light comes from the Source and goes back to the Source and the Cup with the containing beings, is surrounded in a blue triangle without top. Bring this ray of blue light three times down.
5. Breath-in on the sound of Thu (8 seconds) like Thu-u-u-u-u-u-u-u and draw a ray of white light from the left of the Cup, over the Cup, to the right side entering Mother Earth.
6. Breath out on the sound of Thu (8 seconds) like Thu-u-u-u-u-u-u-u and visualise (!) the same, now starting from behind you over the Cup to the other side into Mother Earth.
7. Repeat 5 and 6 after each other, till the sound Thu-u-u-u-u-u-u-u is slowly "dying" away (generally after having done this for about 3 or 4 times). The Cup is now totally enveloped in white light in His Name and will provide the protection that is needed.
8. The sound TH is uttered in silence.

Do this Lightprayer at any time you want, but certainly in the morning.

For moving and/or non-moving objects

Protection for moving and/or non-moving objects, big or small, like cars, airplanes, ships etc.

Breath-in deeply and start breathing-out gradually on the sound of Deay-Ay-Ay and draw not a triangle but a blue line that is able to envelop the moving object with great speed.

This blue line comes down on the right side of the moving object, "digs" under it and is coming up on the left side going back to the Ultimate Source. Do this three times.

Act like the same way on basis of an breathing-in and breathing-out on the sound of Thu-u-u-u-u-u-u, first from right to left and the second from behind you over the object visualising the white arcs of protection. Do this 3 or 4 times until it stops.

The Th is uttered in silence.

For non-moving objects

visualise (!) yourself in front of the object

breath-in and breath-out gradually on the sound of Deay-Ay-Ay and while doing this draw the blue triangle around the object, like done before.

Breath-in on the sound of Thu-u-u-u-u-u-u for the white arcs of light and draw these from left to right and from behind you over the object disappearing into Mother Earth, like done before. Do this 3 or 4 times till the sound "dies" away.

Th is uttered in silence.

Explanation

To call for protection can be applied in two ways:

- out of your own will
- on basis of the principle, not my will, but Thy Will prevails.

In doing the Lightprayers, this last principle is always the only universal possibility for Wholeness.

Rituals, dogmas or other ways having certain patterns, we do recognise and might turn people into fanatics. Changes we mostly do not want, except the changes that are giving us apparent benefit or so we might think.

From time to time, incredible and shocking manifestations take place in the world, with unmatched force and so unexpected. We could not foresee these, so we think, but is this really true?

Change is the base of everything and even we might think otherwise, we cannot plan. We know that in our deeper self, and that is the reason why we always want protection. We want the "now" going on forever. This goes for people in our world experiencing the "good" side of the line of material welfare. They do not want to give up anything. Winning seems the only way to hold on to what they have.

From the point of view of our deepest feelings, winning is not so important. How do we handle the core of our inner truth towards our planet Mother Earth, and everything that is alive.

The great value of the Lightprayers, exclusively working in the interest of Wholeness, are not – in the original way they were meant to be used – subject to emotional thinking patterns guided by Mankind. Although it is basically impossible, emotional feelings should be excluded.

Lightprayers 23 and 24

HI YOU MER

The moment has come to stop the Lightprayer The Throat, done in the afternoon and to start using the Light-Sword.

Having reached this point, you have received enough receptivity of His Will. By now, you should be prepared enough to experience the truth about yourself. We are on Planet Earth to face these facts and not because of all the wonderful stories mankind is telling and weaving around and about him.

We are the "highest in range" of the ruling impulse governing DNA and should realise our responsibility towards Creation and All that lives and grows.

We should not place ourselves on a pedestal being a superior creature but should visualise (!) our real place in our Creation, a part of the world of Wholeness. We are fully subjective to the Immanence of God's Laws. These Laws are being broken or put aside through transcendent happenings and our behaviour, which our free will is causing.

Let us practice this Lightprayer in sequence of the Equilibrium of the Name.

Lightprayer, only in the afternoon

First part

1. Visualise(!) a ray of white light above your head being the Will of God in all component colours.
2. Visualise (!) still standing with hands up, palms forward, being in total submission.
3. Visualise (!) at some distance, straight in front of you, a razor-sharp subdued Golden Light, coming from the Source going into Mother Earth. You only can visualise (!) this razor-sharp edge.
4. Breath-in fast and draw this Golden Light towards you cutting you into two parts alongside your spinal column on the sound of Hi You. When saying Hi the light cuts into you and on You the total operation is done. Both sounds and movements are happening so fast that it seems everything happens simultaneously.
5. Breath-out on Mer and while doing this, the white ray of Light changes into an amethyst-coloured ray going into your head and body. This ray of amethyst being the transforming light can penetrate deeply into all your "hidden "areas of the spinal column. You have given your full consent, out of free will.

Do this three repetitive times.

Second part

1. Do the same actions as you did in 1 till 4 included, but on an out-breath something else will have to be visualised.
2. The first time (actually the 4th time) on breathing-out on Mer, your hands are stretched sideways, the white ray changes into amethyst light and penetrates into your spinal column.
3. At the same time a mat Golden Light is flowing along the arms and flowing out your hands and fingers, all over Mother Earth.

4. The same as under 1/3 of part B, but along the arms etc the Devine Breathing is flowing like a white mist all over Mother Earth
5. the same as under 1/3 of part B, but alongside the arms etc is flowing a mixture of Breath and mat Golden Light all over Mother Earth

You have now completed totally 6 actions of Hi You Mer.

Explanation

You might be able to understand your deepest inner-balance of certainty in order to be able to dare to perform such an action and show the world who you are.

You are starting voluntarily an intensified move towards the transformation process of being an instrument in God's Hands.

You might notice (not necessarily) after some time, another view on Creation will arise. We have chosen life on Mother Earth out of free will, to perform here what we have been taught in the 7-Spheres. We should never be forced to do anything. Do not forget that fear is also a force. You might be able to compare this to the following:

"we must eat on Earth, because we have a body, and you are doing this out of free will, but you have to eat".

The same applies for our breathing. You have to breathe otherwise you die. We cannot live without breathing.

In doing this Lightprayer the same concept applies for cutting you through and become an instrument in the Hands of God.

Lightprayer 25

THE CROSS OF BREATH

Lightprayer, for the whole day

1. Be relaxed and stretch out your arms sideways being a lively cross.
2. Be tuned into The Ultimate Source consciously. Empty yourself totally by breathing-out very thorough.
3. Breath-in deeply and thoroughly His All-Embracing Breath.
4. Draw this Breath of Unconditioned Love through the head and body filling you completely.
5. Breath-out fully and visualise (!) His Breath going all over the world through your hands and along your arms radiating out His Perfection.
6. You are able to receive again.
7. You might visualise (!) in His Radiation all your loved ones (do not forget your enemies) and they will receive this if this is in their interest and the interest of Wholeness (not my will, but Thy Will prevails).

Explanation

This is a simple but very effective Lightprayer and very well-known in this world. On various places on our planet, you will find Jesus standing like that. This is the basic idea of our Creation.

There is quite some misunderstanding about the interpretation that we are created according to the image of God. People think, God looks like us, but endlessly grander. An idea to think about is that God created us according to His Image meaning what we should be like in order to be able to fulfil our prophecy.

The first interpretation has had dramatic consequences for humanity. Mankind created a Godhead (Deity) with human emotional feelings. A great and important Personality, a perfect Man, with a long beard of wisdom, a white robe and a sceptre in His Hands. We cannot imagine the Godhead otherwise, because if we do not agree with this image, we reject a part of His Perfection.

The institutions have produced a Godhead with great restrictions fitting into the pattern of thinking of the followers. This has produced a lot of fear instead of respect. When something happens which we do not like or we cannot understand, we disengage believing in this created human Godhead. We are set back to our restrictive thinking.

After His Image means:

In Creation, a so-called highest being had to be created who was capable to receive and transmit the Force of God and to radiate this Almighty Force all over the planet. Our head is the antenna of entrance for these impulses coming directly from The Ultimate Source. The Force going alongside our spinal column into Mother Earth, and alongside our arms and hands all over the world.

In previous pages these aspects were extensively discussed.

Mankind is the walking cross on Mother Earth to spread out His Word (Radiation) into all directions. Evangelising is certainly not meant here. The way institutions are trying to promote their religion is mostly on basis of fear.

To be the intermediary of bringing God's Power to this Planet for everything that grows and lives and being the instrument of Transformation in the Hands of The Planetary Hierarchy (The Christ or Buddhist Consciousness) is the birth-intent and task of all individuals of the human race.

To pray for the Transformation-Force and help bringing this Force to Mother Earth for all living beings, visible and invisible should be the main interest we can and might have.

Lightprayer 26

AH MOO

Approaching the "final" stage of the first part of the Lightprayers should result into some considerations:

- Have you indeed integrated all the Lightprayers into you bio-system and are you indeed capable to do these within a time span of 10 to 15 minutes without shortcuts or forced behaviour? It might even go faster in the future.
- This means you are doing these Lightprayers everyday and you are specially aware of the fact that you do not create all kinds of pictures and have experiences like you would have if you do these Lightprayers in the paranormal or astral way. If you have these experiences, continue these Lightprayers until these happenings are gone and you have become a real instrument in the Hands of The Source.

Lightprayer, only in the morning

This Lightprayer might be done just once a day, concluding the Lightprayers of the first part in the morning.

1. Visualise (!) in front of you, the impressive radiation of the Image of One of the Celestial Messengers known in this world and to Whom you feel connected. This might be Jesus, Buddha, Pacal Votan, Krishna or Others.
2. Your hands are still filled with Light of the Lightprayer, Rhythm over the Head. Stretch out sideways your arms, hand palms to the front.
3. Breath-in on the sound of AH, visualise (!) coming out of the right hand a very bright white light flashing out into the radiation of the visualised Celestial Messenger. At the same time your hand is shooting forward pointing at this radiation.
4. Be now totally silent and motionless and concentrate in full submission on to this radiation.
5. Breath-out now slowly on the sound of MOO and the left hand shoots forward. The left pulse crosses over the right pulse and the hand palms are pointing downwards.
6. Turn both hands inward and then upward, so that the hand palms are positioned just in front of our face. Spread out both pulses and your hand palms stay just in front of your face.
7. You are standing there with bent arms like you are reading something in your hands. While your left hand shot forward, the radiation coming out of this palm is fusing with the white ray of Light coming from the right hand.

Now Be Alert. The Law of Action=Reaction in radiation will apply. There might be something happening to you – a deep inward feeling of the meaning of a word – like a message.

This will only happen not because you want this, but when the Planetary Hierarchy (The Christ or Buddhist Consciousness) conveys a message to you. Do not lose yourself in projections of your own making, but be submissive to God's Wisdom.

Explanation

This Lightprayer is the ultimate moment of inner-knowledge and might tell you in a flash a lot about yourself and may be whether you are already fit making the next step.

Do not be distracted because of ambition that you have to carry on, but feel deep inside whether you are ready and able to make the next step.

This Lightprayer is very, very old and was used in the old times by the priests to be led into the direction, God wanted them to go.

Hardly anything can be said about it, but when you do this Lightprayer you will experience, an experience beyond explanation of words.

This is the end of the first phase of Lightprayers.

Final Conclusion of the first Phase

In the Bible, the Fall or Original Sin of mankind is the main subject. In this first phase of the Lightprayers a lot of attention is spent on this. There are many interpretations of this event, and we could add another one.

With the Fall or Original Sin, it is not mainly meant that mankind has done a lot of misdeeds (and of course did), but mankind has chosen for his own way and because of this choice committed all these sins that are conflicting with the Wholeness of Creation. Mankind chose to go his own way, contrary to his birth-intent.

Before incarnation, the one to be born into this world chooses his parents who are fit to supply him the necessary DNA. The birth-intent is a sacred vow and should play the main role during lifetime on Mother Earth.

The soul is entering into the required body, works through all the stages of becoming adolescent. Because of the influence of the free will, this birth-intent will change gradually and the view on life on Mother Earth is adapted.

Mankind keeps his connection with The Ultimate Source, God, The Father, but judges personally about the situation of the "deeds" good or bad. These interpretations are very much connected to Zeitgeist. Mankind gets another view what life is all about and is striving mainly for happiness. In this striving, mankind will not very easily do or act something that is conflicting his personal interest of becoming happy. Even if it would be excellent for The Wholeness of Creation.

The direct influence of The Ultimate Source entering through the Fonticulus(Fontanel) is disconnected. The individual disconnects himself of the main interest of the living Creature that gave him life, Mother Earth. The feet will also be disconnected from the Ley lines of Mother Earth and mankind has become an individual unit.

That is the actual position of mankind at this present moment. The first Lightprayer is the start of the way back and in itself a choice of immense importance. Very gradually the Forces of The Ultimate Source will guide this individual back to realise Wholeness again. He will become connector of Heaven and Earth creating an interference of the Law being "So Above, so Below".

In reading the book of introduction, you might have understood what the distractions are and how turbulent this Path might become.

The Second Phase; so Above, so Below

We are starting to exercise now the Universal or Cosmic Lightprayers.

To do the Universal Lightprayers is a way to start to understand what praying for the needs of this Creation means. We have no idea what these needs really are. We become active instruments in the Hands of The Planetary Hierarchy (The Christ or Buddhist Consciousness). Our body will be an acupuncture-needle. We train our body. Our body is "used" by The Planetary Hierarchy through these Lightprayers for bringing His Force to this world, in an effective way.

- The following questions might be asked:

- Did I fully absorb the Lightprayers of the first phase into my body?
- Do I still believe doing the Lightprayers is an essential thing of my being?
- Did I notice some definite change within my pattern of thinking?
- Am I really prepared to continue The Path?
- Do I sincerely want to be an instrument in the Hands of The Planetary Hierarchy (The Christ or Buddhist Consciousness) and do I want to be committed as an acupuncture-needle?

It is of great importance that these questions are sincerely answered and cleared inside you. Do not be too hard on yourself. Every individual has doubts, that is very human. To continue the Path is a sign of being prepared to empty the Cup.

Will you decide whether you will commit yourself towards Wholeness or going your own way.

It is clear that you will continue the Lightprayers of the first phase *and* add the new ones of the second phase everyday.

Think of a plane on an altitude of 10.000 meters, it cannot stop his engines and stay in the air.

There will be an added factor in guidance. Up till now you were connected to The Figure of Light of Wholeness but from now on also directly with the Cosmic Christ/Buddha that will support and use us directly from "Heaven" (Lightbeings of Wholeness, The Planetary Hierarchy).

The universal or cosmic Lightprayers have a great power. You can handle these because your body has been prepared in phase one by The Figure of Light.

Your subconsciousness will start to shift into a different thinking pattern. Thinking on an earthly "realm-basis" will be transferred into a much wider perspective towards universal "reality".

You will gradually start to realise that "life and death" is just a shifting pattern ruled by The Law of Interference.

It is time to start the Universal or Cosmic Lightprayers.

Lightprayer 27

COSMIC BREATHING

Lightprayer, for the whole day.

1. Visualise (!) The Heart of the Cosmic Christ like a grand Wheel, turning to the right with great speed and radiating out an intense ruby-coloured light.
2. Visualise (!) your heart like a small wheel turning to the right with similar speed and rhythm, also radiating out ruby-coloured light
3. Breath-in and visualise (!) how this in-breath goes into the Figure of Light of Wholeness at your feet and draw back this inhalation back into your heart
4. Breath-out now and visualise (!) this exhalation going diagonally into the still spinning around Heart of the Christ. Send at the same time all people selected by you within His Care. This might be family, friends, do not exclude your enemies and other living creatures like animals.

Remarks

There are two remarks to make:

The spinning around Heart of The Christ is to be considered a field of energy of harmony in Wholeness in His Name. Jesus represented this, whilst being on Planet Earth.

This Lightprayer is a service to humanity in Wholeness and *cannot be done for yourself*.

You might hope and pray somebody is doing it for you, giving you in His Care in this way.

This Lightprayer like all Lightprayers might be done for all God's Creations, so not alone for mankind, but also for animals, plants and all that lives and grows, visible and invisible.

Explanation

It is of great importance that we subconsciously accept that we are all God's children, irrelevant of which race, gender, colour or culture we belong to.

This is not applying only for people. We also have to respect all other living beings, visible and invisible.

Our view on life should change realising that one is there to serve the other. This includes mankind who should not place them above this Law of the Universe.

Lightprayer 28

THE LINING OF GOLD

Lightprayer, can be done all day

Lightprayer can be done during the day, but preferably in the morning

1. Stand or sit with arms stretched up over the head, hand palms pointing towards each other
2. In a flash the two top of the two little fingers are lightened up by a tiny bulb of golden light.
3. Breath-in and visualise (!) the Golden Light is flashing up your arms crossing at the nape of the neck, and flashes into the head on ear level
4. Runs around in the inside of the head spinning around contrary towards each other and making 11 circles each(in total they cross each other 23 times)
5. Before completing the 12th circle (24th time crossing), both rays are fusing into each other and become one ray leaving the top of the head back to The Ultimate Source
6. This breathing-in lasts until the two rays become one and leave the top of the head while breathing-out.

Explanation

The head is lined with the Golden Light of Wisdom on the inner side of the head. This is needed because our head has two brain halves being in interference with each other and all the time creating a certain frequency or vibration in the brain.

The result is that messengers(neurotransmitters) are sent inside our body causing a certain chemical action or reaction. This action or reaction has great consequences for our emotional status. Amongst the results are some of the most famous chemicals like dopamine, serotonin, melatonin and many others, bringing us into a certain state of mind. Do not underestimate this process because all our emotional reactions are a result of these. The lining in gold takes care of it. Stabilisation in wisdom is the result.

There will be another attitude on life when doing this Lightprayer in combination with all the others. A change of view on life that might hardly be understood by other people, will be the result. It will only happen when you are actually doing these Lightprayers every day.

Lightprayer 29

THE GOLDEN PYRAMID, PI-YU

Lightprayer for morning and afternoon, not at night

1. Visualise (!) a pyramid of Golden Light having a triangle foundation and is located totally inside your head. The base of the triangle has three points, one at each temple and the third in the middle of the head. The apex of this solid triangle is at the top of the brow.
2. Breath-in on the sound of Pi-Yu and draw the pyramid through the head until the back point of the base is at the back of the skull, and the apex is at the Fonticulus(Fontanel), the egoic centre or antenna of receptivity. This covers the crown of the head. The pyramid is still inside the head.
3. Breath out on the sound of OO (OOOOOOOOOOOOO) and send the triangle up out of the head.
4. As it ascends the point drops through the base and is earthed into the universal heart. Still breathing-out on this sound, the base is still ascending, put on this base all your emotions like fear, jealousy, self pity, resentment etc. and let it ascend to the Father, The Ultimate Source.
5. As it reaches Him, He is transforming these feelings and sends His gifts down the cone like courage, compassion, understanding, gentleness and others. You are continuing your out-breath on the sound OOOO. Everything will be transformed and returned to you through the cone.



Explanation

The pyramid is the ideal transport vehicle of energy, and in this case the pyramid with triangle sides(standing for Trinity), is used.

Our life is ruled by emotions. Although emotions belong to human life and is as essential as breathing, it is important to understand that emotions are just reactions of the brain. These are our reactions towards earth conditions and have actually nothing to do with eternal life.

Our emotions need to be transformed into feelings for Wholeness. We are starting the process through the Lightprayers. We cannot suppress our emotions. It would result that tension inside us would just mount up and finally detonate and tearing us apart inside. We should not cry out our emotions. These are energies and we would pollute Mother Earth. These energies will regroup somewhere and radiate out to the surroundings (spiritual pollution).

If we remove something from our inside, something else has to be restored back.

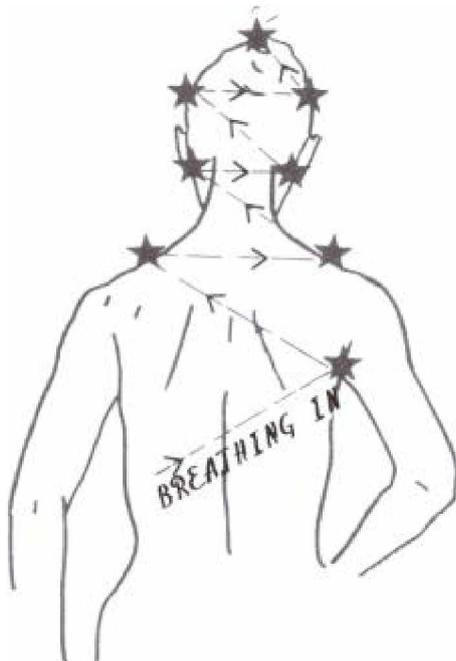
Otherwise we create a vacuum.

Transformation is the solution. Fear is transformed into Trust. This is the essential meaning of this Lightprayer. The way it is done, is your individual process ruled by your DNA, under Guidance of The Lightbeings of Wholeness.



Lightprayer for the whole day

1. Stand straight or visualise (!) and breath-in deeply.
2. Do the Lightprayer The Name (no16) up till the sound of Thu (u-u-u-u-u-u-u), but when the white light is to spiral out from your spleen (left side), you draw the white light again into your body.
3. Breath-in on the sound of Th (silently) and see how the white light flashes to a point on the right side immediately under the right arm, then to the top of the left shoulder and next to a similar top on the right shoulder.
4. To the left ear, through the head to the right ear, to a point on the inside of the head, halfway between the left ear and the top of the head and then to a similar point on the right side.
5. All is done, still breathing-in and the white light was all the time inside the head.
6. Breath out now through the Fonticulus(Fontanel) and see how the flash of white light is spiralling back to The Ultimate Source.



Explanation

This is the Lightprayer of Forgiveness and this means a lot more than we think. In our daily world we say so often: "I have forgiven you", but we forget to mention and to realise that this is only for that moment. In most cases of forgiveness, when there is anger or any other type of turbulence, the old "pain" is dug up again.

We cannot forgive and forget, these emotional feelings are staying in our "life-system" and from time to time, we are expressing these memories. "Love your enemies" so Jesus says and the church is preaching it. An attentive listener and spectator knows however that this is impossible in the practice of daily life. That is why the world is like it is. It is our system. This thinking and acting pattern is connected to the frequency(vibration or realm) of our life on Mother Earth.

The concept of this Lightprayer is, to bring this meaning into our subconsciousness. Our dedication to want to meet this demand is of direct influence on our karma. The possibility is, to be able to transform this karma with the Help of The Planetary Hierarchy (The Christ or Buddhist Consciousness).

In our Lightprayers we can meet these terms only by doing these in full submission to His Name.

The result will be that the polarities - positive and negative - will gradually vanish and the various different manifestations will be seen in the real perspective.

Only saying this without supporting this in silent action has no meaning and can be labelled hypocritical.

Lightprayer 31

THE GOLDEN CORD OF TRUTH

Lightprayer for the whole day

This Lightprayer is for yourself, not for others.

1. Stand relaxed or visualise (!) being relaxed.
2. Breath-in on the sound of Fa and visualise a Golden Cord straight above you, coming down entering your head at the Fonticulus(Fontanel) and flashing down the spinal column.
3. Breath-out on the sound of Ther and various rays of coloured light are coming out from different points of your body, rhythmically moving forwards and backwards from inside the body to the world outside.
4. The various points the coloured light is coming from are:
 - the throat, radiating a ruby-coloured ray of light
 - the universal heart is filled with crystal white Light in all silence, no movement at all
 - the Solar plexus is radiating out an emerald ray
 - the lower part of the body is radiating a bluebell coloured ray

Explanation

What is Truth? No man is able to answer in words or any type of wording. Only through radiation on the physical level, it might be expressed, but human beings cannot perform this on command. Jesus could not answer the question of Pilate because Truth is Wholeness.

In our world, everybody has his own truth and that is why the world is, what it is. There is only but one Truth like there is only one Path. Everybody has got it laid down (written) in his own body through His DNA. Expressing this might only be done by total submission in His Name. A submission that might be full of loving care, but also could be causing pain to face facts about yourself.

This Lightprayer is done with colours, no so-called chakra colours, but colours of The Devas, The Hierarchy whom we should live in Symbiosis and Eternal Silence. A silence so often misinterpreted by people hearing "no sound", but a silence being Harmony in Wholeness that also might be "heard" and experienced in a hectic place like a football stadium.

Lightprayers 32 and 33

THE GOLDEN CONE OF CONFIDENCE AND THE RAY OF ABUNDANCE

Lightprayer, in the morning

1. Visualise (!) a cone inside your body, composed of solid golden light, embedded in the left side (between the pelvis and the centre of the body), the receiving end facing outwards and the point deeply positioned inside the body. The opening is just below the skin.
2. Breath-in deeply on the sound of Fa and visualise (!) a ray of brilliant hyacinth blue light coming straight from the Father into the cone, completely filling it.
3. Visualise (!) at the same time a ray of the colour of damson juice and draw this inside your right pelvic area.
4. Breath out now on the sound of Ther and visualise (!) how the head and body is filled with a mixture of these rays and God's Breath.

Explanation

These two Lightprayers have to be done simultaneously.

Through receiving trust, abundance will be yours to have. This should not be considered in the range of fulfilling a human need. It is acceptance of the Guidance of our Celestial Beings of Wholeness Who knows what we should be and receive?

Mankind knows almost nothing about his real needs. These could only be realised through our sincere submission to His Almighty Will.

Trust is transformation of fear. This transformation is a higher frequency(vibration) brought to us only on our honest and sincere request for Wholeness by The Planetary Hierarchy (The Christ or Buddhist Consciousness).

To exorcise fear is impossible. It would create emptiness, a vacuum. It will be put behind a closed door through human control. This goes also for what mankind calls, evil. In the past ages, it could not be transformed because the time and the power of energy was not there.

Through the intermediary of the Lightprayers and the present power-availability under Guidance, it could be done. Eternal Truth in His Name could be established on Planet Earth.

The Universal Heart (Point 0) is filled with silence. This is the receptive point of the Cross that we are. The point where our emotional feelings are to be transformed in feelings of Wholeness and where human turbulence will be transformed. This Lightprayer is not the result but the Path. The Path leading into Truth when this present life will be ended.

Lightprayer 34

THE RHYTHM OF THE BLOOD

Lightprayer. For the whole day

This Lightprayer might be done all day at any time and is the radiating energy of the Blood of The Cosmic Christ.

1. Breath-in and while breathing-out, draw the blue triangle on the back of the head like in the Name on the sound of Deay-ay-ay. Do this three times.
2. Breath-in again and draw from left to right over your head while breathing-out on the sound of Thu-u-u-u-u-u-u-u, a wide arc of white light.
3. Breath-in again and from behind to your front, over the head, while breathing-out on the sound of Thu-u-u-u-u-u-u-u a similar wide arc of white light. Do this four times. These preparations are extra-emphasizing His Care.
4. Visualise (!) AN ARROW of white light coming from The Ultimate Source penetrating into the skull in the Fonticulus (Fontanel).
5. Breath-in deeply when this arrow enters the head and visualise (!), how a Golden Spiral of Light flashes through the trunk of the body to the base - no further - in twelve golden spirals.
6. The twelfth golden spiral explodes while you are breathing-out and the golden particles will be splashed into your blood circulation.

Explanation

Everything is resonance and thus rhythm. Our total being is ruled through rhythm. To get a new rhythm, an explosion is inevitably necessary. Repeating this explosion everyday is absolutely necessary, because humans very quickly fall back into their old pattern of rhythm. The blood is the decisive factor what we are. That is why it is needed that the rhythm of the blood must be changed to harmonize into the new world of Wholeness. The red blood cells (lowest chakra – Earth) and the white blood cells (upper chakra – Heaven) will be united through the Light of Wholeness.

This is the Realm where harmonized Light of Wholeness of which Dark and White Light is an integrated part (and open to us all), welcomes us. When the MerKaBa unites Ka (Kingdom of the Dead) and Ba (the 7-Spheres, the world of the soul) it has become such a powerful Force in our blood. It will be the transporting vehicle on the borderline of Life and Death and will bring us through the blockages of the reincarnation cycle, into the world of Wholeness.

Only when the time is "right", His Divine Love will draw us (like a magnet is attracting a nail) out of this world of polarities, into the Loving Care of the Father. The WHITE ARROW is the Thunderbolt of Wholeness that will start a new life in us, like a Comet brings new life on another planet, according to astronomy.

Lightprayer 35

THE PHYA-NAY

Lightprayer, for the whole day

1. Breath-in and then breath-out on the sound of Phya while visualising a flash of white light (white mixed with blue tints) coming in diagonally from right above.
2. Still breathing-in on the sound of Phya, this flash enters the head through the Fonticulus(Fontanel), going alongside the spinal column. The light is splitting up in both legs and flows through the feet into Mother Earth.
3. Visualise (!) how this light reaches the waters deep inside Mother Earth, still breathing-out.
4. Breath-in on the sound of Nay and visualise (!) a tiny little bubble of pure energy sparkling up with great speed out of the water, shooting up through Mother Earth into your feet, into the legs, through the body into the head, leaving through the Fonticulus(Fontanel), back to The Ultimate Source.

Explanation

The human being is the connector of Heaven and Earth like outlined in our blood. So Above, so Below, but not like, we might think, in equality but in a difference of frequency(vibration). The basic foundation is the same but with a "different dressing". The application of the Staff of Hermes is laid down fundamentally according to this principal. We are getting to understand gradually a different insight on the Law of Interference that will bring us into a different realm.

Mother Earth needs us to receive spiritual energy. When more people would be ready to be prepared to work like this, less crop-circles would appear and finally would totally disappear. The Force with which we should do this Lightprayer is equal to the Force to stand up for our birth-intent that brought us to this Planet.

There will be the time that this Force will draw us through all the 7-Spheres and completion and liberation will be there. The start of a new beginning in Wholeness will be a new quest for us to experience. The Guides of Wholeness will lead us through this process in this realm on Earth, but our free will should and must not be enslaved. We shall have a choice of our own, every day, during our existence on this Planet. Some human "spiritual" leaders are forgetting this – for their own well-being(and their dominance and might?). This is absolutely unforgivable and in direct conflict with The Will of Our Creator.

Lightprayer 36

THE SHROUD

Lightprayer, for the whole day

1. Breath-in and visualise (!) while breathing-out that a white light is flowing on the back of your head down, till the tailbone (coccygeal vertebra).
2. Still breathing-out the white light flows on from the tailbone over the back till the knees and following the curve of the body.
3. From the knees down the legs passing under the feet soles and up to the front of the ankles.
4. Breath-in now and visualise (!) the white light going up to the knees, following the curve of the body to the throat, along the face and brow.
5. The white light is closing in on the "incoming" white light, where it started, the crown of the head.
6. You can do this Lightprayer as much as wanted. When done for the last time that day it will be sent to The Ultimate Source.

Explanation

Out of our total free will, we put at the disposal of The Planetary Hierarchy (The Christ or Buddhist Consciousness) our "imprint in light" being our radiation and showing the (for us) unknown result what our intentions really are. Only these Celestial Beings of Wholeness are allowed to guide us on that basis in His Name. There is no way of knowing how far we have advanced on the Path.

This question will never be answered by these Beings. Walking The Path, there is no progress. Just dedication and submission!

Lightprayer 37

SIDEWAYS BREATHING

Lightprayer, for the whole day

1. Visualise (!) , sit, stand or lie with your arms along your body and be relaxed.
2. Breath-in deeply through the top of your head and this breath spreads all inside your body, along the skeleton till the feet.
3. Breath out sideways, simultaneously through head, trunk and feet.
4. This Lightprayer might be done as many times as you want, but once at least six times at a row.

Explanation

This is a step further on developing spiritual breathing, still based upon dualism, breathing-in and breathing-out.

This spiritual breathing will develop into a “mono-respiration”, but this will take place when we have left the frequency(vibration) of Mother Earth to another realm (only God knows which one).

Lightprayer 38

THE EGG OF BREATH

Lightprayer, for the whole day

1. Breath-in and visualise (!) a "mist or haze" being God's Breath coming down from the top of the head, curving down the back of the body, running through the Figure of Light and flashing back over the breast, to the top of the head and closing in at the start.
2. Breath out now and see how your breath fills the gap between your body and the "eggshell" your built around your body.
3. Do this in total 6 times (1 and 2) and this gap is now filled with your energy.
4. Do now the Cosmic Breath for all living beings, friends and enemies. When you are breathing back into the spinning around Heart of the Cosmic Christ.
5. You use the built up energy in the gap, like an energiser.
6. This energiser is the "outburst" of the deepest thoughts in your heart.

Remark

You might also be able to do this Lightprayer as follows:

Draw the outline(eggshell) in running through the Figure of Light of Wholeness of Light, around the whole of Mother Earth and coming back on the other side flashing over your feet, legs, breast, and back to the top of the head.

In that way you committed yourself to be one with Mother Earth and filling the "gap" with your breath.

Explanation

The Cosmic Egg is a very well known symbol, all over the world. The egg is the base of new life and preparation of something new to come. At a certain moment the Force has been built up and through an explosion, a new beginning might start, like a breakthrough, a kind of quantum leap.

Bear in mind that you are only taking the initiative but the Guidance is in the Hands of The Planetary Hierarchy (The Christ or Buddhist Consciousness).

Lightprayer 39

THE SCREW

Lightprayer, for the whole day

1. Breath-in deeply and visualise (!) a glistening steel-coloured cap fitting on the top of your head. This is the top of a screw that will spiral upwards to the Ultimate Source fitting exactly inside the "Body of God".
2. Know that the energy is spiralling up and down along the now visible screw, through the trunk of your body at the same time.
3. Breath out fully and visualise (!) that the cap of the screw returns to the head and when it touches the head, the energy is pouring again through the body and is leaving you through the feet.
4. While this happens, the left side opens up like a tunnel radiating out green light of enjoyment and then closes again.
5. The flame of compassion flashes from the left foot and a ray of purpose, coloured indigo-blue, comes out of the right foot.
6. Be now very quiet and silent and you might become aware of the point of the screw emerging from the body between your legs, dropping a seed into Mother Earth, between the heels.

Explanation

This Lightprayer brings more "space" into our life, because our consciousness is widened. The dogmas that are ruling our existence will be punctured and will explode like a balloon, one by one. We shall experience that holding on to human virtues is dominating this Creation and we should transform these. This does not mean at all that everybody might just do what he or she wants, on the contrary. It will place our human virtues in a wider perspective. Our present virtues like culture, race, gender and others are just dualistic principles.

This phenomenon we also see happen in nature, through hurricanes, tornados and other vortexes of energy. The principle of a drilling machine penetrating through the toughest layers and causing a kind of residue. It will drill through the deepest layers of blockades deep inside us and the new beginning will be dawning.

Our new beginning must start on Mother Earth and planting the seed is the symbol.

This seed will start growing when we have made up our mind and actively and determinedly shall walk the Path. The sign will be that doing the Lightprayers will not be a burden anymore to meet every day, but a joy.

A natural intuitive wish belonging to the very essential fact of our life(birth-intent) on this Planet.

Lightprayer 40

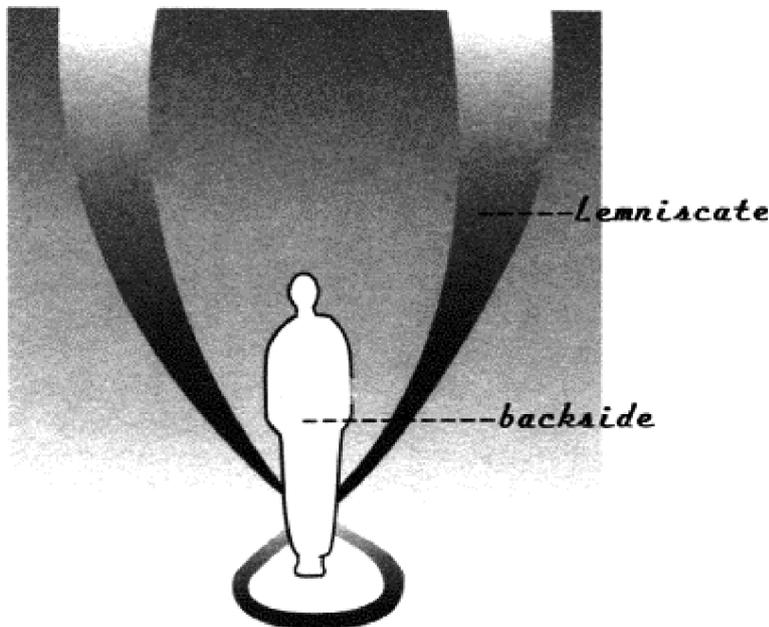
THE ENDLESS EIGHT (THE LEMNISCATE)

Lightprayer, only for the afternoon

Lightprayer might only be done in the middle of the day.

1. Be relaxed, arms alongside the body.
2. Breath-in deeply and visualise (!) a ray of white light coming down from The Ultimate Source, in a curve from the left side touching Mother earth just beside your right foot
3. Breath out now and visualise (!) that the white light circles from that point behind your feet to a point just beside your left foot.
4. Breath-in now and send the white light up to the right side upwards, back to The Ultimate Source crossing the ray of white light coming down.
5. Breath-out now and visualise (!) the ray of white light making an arc into the endlessness of the Source around Heaven.

You have made now the Heavenly Arc, So Above, So Below, presented through the sign of the Lemniscate.



Explanation

One of the biggest misconceptions of mankind is, whilst on Planet Earth, that Heaven as they call it, is the better place.

In this case, Heaven might be the 7-Spheres where our soul(Ba) is residing while trained for the next incarnation. More likely however, people think the Kingdom of the Dead(Ka) is where you might meet all your relatives, friends and all your enemies again (!!!??). In both places we shall become aware – within another consciousness - that we again

missed our chance to enter the World of Wholeness, to be liberated from the eternal reincarnation cycle.

The circumstances in both places are different and cannot be compared to living on Mother Earth. In a sense of speaking, the feeling will not be so different. We have followed our free choice which was most of the time not in harmony with what we should have done on Mother Earth. In both these places, the Law of Obedience has to be followed laid down in the Law of Radiation.

- A. There is forced submissive "behaviour" through magnetism.
- B. The same is asked of us on Mother Earth, but now of our own free will.
- C. The secret of a happy life on Mother Earth is being fully devoted and submissive how senseless or painful this might seem. Being devoted to our birth-intent and work freely in silence without any fanaticism for the Totality of Creation.

In our present life, the lemniscate seems to be a powerful sign for Christians. Some of the traditional or fundamental Christians are using a lemniscate as a fish and hold this for the Sign of Christ. To their thinking the idea of Mother Earth being under the sign of

Pisces going into Aquarius is considered diabolic. The institute they have joined or belong to tells them.

Jesus Christ talked a lot symbolical about fish and bread, and He nurtured thousands of people. People still think that He literally fed these people with fish and bread. He really did feed them spiritually with The Light He radiated. He came under the Sign of Pisces (Fish) and His Radiation was their Daily Bread. Thousands more could be fed, because His Light was Overwhelming and in Abundance.

Leaving this world – Mother Earth – we should not consider this a solution. It might be putting an end to suffering or it might be the opposite. The last possibility would be totally incomprehensible and unacceptable for people in general.

It has a certain similarity with The Law of Karma. Karma has been laid down in our DNA on Mother Earth and becomes visible through radiation. Our only possibility to break the cycle of reincarnation is to be submissive and obey while executing our birth-intent through working for The Wholeness of Creation.

The Third Phase; The Magnet

Have you absorbed Phase one and two?

Lightprayer 41

THE BULBS OF LIGHT

Lightprayer, for the whole day

1. Breath-in and visualise (!) under each arm, and in the pelvic cavities of the hips, a bulb of ivory coloured light.
2. Breath out and visualise (!) these four light centres glow and they energise both the areas concerned and suffuse the chest and the abdominal cavities of the body.

Explanation

To visualise these aspects has to do with neutralising the gravitational pull of Planet Earth. It will not happen that we are to take to the air or anything like that. We shall feel less influenced by the thought that our soul is imprisoned in our body on Mother Earth. That is based upon the "old pattern of thinking" in the old days. Spiritual people thought that the soul was more important than the reincarnation itself. It was just significant to feed and protect the soul. Earthly behaviour like enjoying life was not the way. In present days we should realise that body and soul are both part of Creation, and that either one is no better. We should become conscious that in our birth-intent we might only work for Wholeness in which both body and soul are an integrated part.

Lightprayer 42

THE PEACOCK LIGHT ---I

Lightprayer, for the whole day

1. Stand or lie down and visualise (!) both hand palms up, the fingers facing inwards, at about ear level.
2. Visualise (!) while breathing-in a deep blue light (like the colour of the peacocks throat) moving as follows:
3. from the little toe of the left foot, running rapidly over the 5 toes,
4. to the big toe of the right foot, and over these 5 toes to
5. the little finger of the right hand, and over the other fingers to the right thumb, to
6. right ear and through the head, leaving the left ear to the left thumb and over the rest of the left hand fingers, to the right temple
7. visualise (!) the peacock light going around the nose and eyes, every time back to the right temple.
8. Do this 3 or 4 times at your own pace.
9. Visualise (!) while breathing-out how the peacock blue light is returning to The Ultimate Source and visualise (!) how it makes contact.

Explanation

This peacock blue light is a very exceptional light. It is not known what exactly is the meaning of this colour. You find this colour in lots of religious buildings all over the world, especially in the various stained-glass windows of churches, temples and mosques and other religious buildings.

This type of colouring dates back to the old ages, the times of the Pharaohs and was called Lapis Azul. Religious jewellery was very often made in this colour. After the Crucifixion of Christ, it was used very intensely, both in the Middle East and European holy buildings. You find – even within the religious culture of native people- this colour. Indians painted very often a mask on their face like this Lightprayer, and in a similar colour.

When you are doing this Lightprayer, you will notice you are totally embraced by this special spiritual light. One of the aspects is definitely the vibration of Divine Love, a kind of Love that is still not very much known on Planet Earth. A Universal Love having all the aspects mentioned in the Lightprayer called The Necklace, we shall see somewhat later.

Lightprayer 43

THE SOLAR PLEXUS DISCS

Lightprayer, for the whole day

Visualise (!) (while breathing-in) and draw through yourself, horizontally, at solar plexus level, a sequence of coloured discs, moving from sun – at the front of your body – to moon – at the spinal column. This is inside the body.

The sequence is as follows:

Breathing-in:

from front to spine: Sun – peacock – ruby – emerald – amethyst – Moon

Breathing-out:

from spine to front: Moon – peacock – ruby – emerald – amethyst – Sun

This Lightprayer is most of all a spiritual experience of being silent and watching the beautiful colours. In nature you might see sometimes the same happening, especially when there is a lot of mist or haze in the air.

Explanation

The Law of Interference is working between Sun and Moon. In lots of spiritual places you will find these indications, especially with the Mayas and other 'Nature People'. In South America you find this in lots of places like Chichen Itza and many others: *The Temples of The Sun and The Moon*

But this is certainly not restricted to Latin America, also in many other places in the world, the same concept is or was worshipped.

The essential meaning of this concept is:

a certain frequency(vibration) of spirituality is ruling this believe being worshipping the astral or paranormal realm, where ancestors, passed family and elemental "gods" are worshipped. This belief is based upon the world of Ka, "The Kingdom of the Dead".

The known world religions – especially those established after the Crucifixion of Christ – consider this type of worshipping diabolic or occultism, as they call it.

There is no denial about the fact that the Influences of Sun and Moon is working and noticeable in life on Planet Earth.

The frequency(vibration) of this type of life belongs to the reincarnation-cycle. Our birth-intent is transformation of this cycle. The difficulties are to do so and resist these influences of Sun and Moon(maya).

We have to submit ourselves to Celestial Guidance of Wholeness. It is not an easy task to stick to "The Path" being on Planet Earth and transform body and soul into Wholeness.

This can only be done in total submissive devotion to The Ultimate Source.

None of the world religions ruled by the present existing doctrines and governed by the respective clerical authorities will be able:

a. neither to complete this task

b. nor change anything for the “better” on Planet Earth.

The Force needed for this transformation into Wholeness is lacking because of the political role the religions are playing in this world. They just offer their followers an emotional picture caused and put into reality by the meditative methods of praying.

The force of a transporting vehicle needed to meet and transform the conditions of our reincarnation-cycle is now available – through the Lightprayers – within reach for everybody to do and to have:

- a. This will be without any institutional guidance.
- b. Not through self-realisation.
- c. Only through experience in total submission, when the time is there.

If you are prepared to accept this, you might realise that the New(Old) Age methods and thoughts are just delaying this process, simply because they are old and ineffective. Mankind is nostalgic and for that reason holding on to these delaying procedures of The Old Days.

Lightprayer 44

THE FINGER DISCS

Lightprayer, for the whole day

1. Up the middle fingers of both hands horizontally, with fingertips facing one another, but not touching.
2. While breathing-in, visualise (!) discs of colours as follows: moving from tip of the right middle finger to the base of this finger Sun – Peacock – Ruby – Emerald - Amethyst
3. when the amethyst appears at the base of the right finger
4. visualise (!) at the same time immediately how the whole of the left finger is suffused with moon coloured light
5. While breathing-out, visualise (!) discs of colours as follows: moving from the base of the middle finger of the right hand to the top Sun – Peacock – Ruby – Emerald – Amethyst
6. when the amethyst appears at the tip of the left finger
7. visualise (!) at the same time immediately how the whole of the left finger is suffused with moon coloured light.

Explanation

This Lightprayer has a similar meaning as The Solar Plexus Discs Lightprayer.

In nature, this Lightprayer is very often to see especially when it is very sunny and hazy at the same time.

The more often you will exercise this Lightprayer, the more you will experience deep inside the real meaning of what life is all about.

Lightprayer 45

THE PEACOCK LIGHT----II

Lightprayer, for the whole day

This Lightprayer consists of four parts, like follows:

In the spine

1. While breathing-in, visualise (!) a flash of white light within the head from the throat area to the front of the forehead.
2. From here the flash pours out of the forehead as an arc of white light and flashes down into the base of the spinal column.
3. When entering the base of the spine, the white light becomes peacock light blue and travels up the spinal column to the point within the head, where it started

On external surfaces

1. While breathing-out and the peacock blue light has returned to the head area, where it started
2. Visualise (!) a wave of peacock light flows from the forehead, turns back over the head, and completely envelops the whole surface of the body, leaving only the face uncovered.

In nose and throat

1. While breathing-in, visualise (!) a peacock light inside the head, at the base of the throat
2. While breathing-out, visualise (!) the light spreading fanwise behind the skin into the whole face area, especially at the back of the throat and behind the ears and eyes.

Inside the body

1. Visualise (!) a peacock blue light within the body, right under the skin at hip level.
2. While breathing-in, the light is spiralling round and up like a lasso from the left to the right (counter-clockwise), just beneath the skin. When the light reaches the level of the ribs it becomes a very small and intensely vibrant vortex, which very rapidly is spiralling straight up the chest, throat and head and is coming out of the top of the head, while breathing-out.

Explanation

The peacock blue light is encircling all our inside and outside and especially the energy-centre on our spinal column, the chakras are activated and then the tornado like Force is spiralling up, back to The Ultimate Source. The meaning of this Lightprayer is far beyond our present status of understanding. Very little can be said about it.

Lightprayers 46 and 47

THE GOLDEN BREATH AND THE RUBY TONGUE

The Golden Breath

Lightprayer, for the whole day

Exercise this Lightprayer especially in the morning

1. Visualise (!) while breathing-in that the forehead is filled with His Golden Breath, like a mist.
2. Draw this breath throughout the whole head and visualise (!) how this breath fills the whole of the top area of your head and breath-out.

The Ruby Tongue

This Lightprayer has to be done in combination with The Golden Breath

1. Visualise (!) while breathing-in a tiny ruby tongue or torpedo with two covering wings of energy, the colour of a filament, and watch this tongue penetrate the forehead at the level of the root of the nose.
2. It flies horizontally beneath the lower surface of where The Golden Breath is.
3. Visualise (!) while breathing-out, it touches the pituitary gland.
4. When it does, the wings drop off and their tips contact the inner sensitive membranes of the ears.

Explanation

We first enlighten both our brain sides with the Divine Golden Breath-inside the top of our head. Our brain-frequency(vibration) will be changing and the messages (neurotransmitters) will be sent through our body. It will cause different chemical reactions in our body and especially in our blood. When this change is happening, a ruby tongue spinning around like a torpedo penetrates into our head through the third eye (implant of the nose).

The two wings drop off and melt with the membranes of the ears. This is when you will start changing in listening to people speaking. Whether they are telling the truth or anything like that. The inner-hearing will be developing up to the level of clair-hearing. There might be created a very important side-effect.

You will feel the tone of the sound and will already react on that. You will react to the subconscious meaning more than to the so obvious clear reality of word-meaning. People might start to not understanding your answers since the answers are based upon a different reality, another realm.

Common people will not appreciate this since it might be very confronting for them. It might work on their deep hidden fears. It is of importance that it happens with you. Do

not start to see it as something very extraordinary. Being clairvoyant, clair-hearing and clair-feeling is nothing special. Everybody can learn that. It just belongs to another realm within our reincarnation-cycle. It should not be admired. It is more a setback, than anything else.

Lightprayer 48

THE ROD OF UPRIGHTNESS

Lightprayer, for the whole day

1. Visualise (!) while breathing-in, energy flowing along the outer sides of the lower jaw, magnetising in its course all the conditions of mouth and throat.
2. This energy passes to the back of the head and a rod of energy is formed outside the body, parallel with the course of the spine. It is not rigid, but supple, made of unbreakable but flexible energy.
3. While breathing-out, visualise (!) from shoulder level, energy streams out on each side, like wings with an upward lift.
4. This rod is the spine of the Soul Body, and is like a harness for the physical spine, acting as a magnet to keep it upright and has an upward "pull".
5. This energy rod has "no colour" as the usual ones, but it might be described as an electric filament, like what you see in an unlit electric bulb, *smoke grey*.

Explanation

If we want to break through a barrier both physically and spiritually, we have to tighten our spine, but with certain flexibility. A suppleness that will be able to cope with eventual resistance without any damage.

The so often seen Jesus hanging with His Head Down is an interpretation based upon human reality that "man wants to live and not to die".

The Resurrection showing Jesus with straightened Back and Head up going to His Father, is a more realistic perception, but does not fit in with the pattern of thinking of mankind considering dying a loss and not a new beginning.

When shall this change into the understanding that dying is also a new beginning?

It would transform an enormous quantity of phobias(mankind is possessed with) into trust. It would change the sense and responsibility of our present life entirely.

We should be more alert on the fact that "deeds and misdeeds" are the result of the Law of Interference. It should not have the result fearing punishment in a later life. The driving and inspiring factor should be to take responsibility for everything that lives and grows, in harmony with The Wholeness of Creation.

Lightprayer 49

THE AXE BLADES

Lightprayer, for the whole day

1. Visualise (!) while breathing-in a thick rod of energy coming inside vertically through the head, in front of the spine up till the navel.
2. Visualise (!) while slowly breathing-out that the rod widens to become two deep blades of thin steel-coloured light, crossing each other at right angles. One is as big as "side to side", the other one as big as "front to back".
3. Finish the breathing-out with a short push of final breathing and visualise (!) that the two steel blades simultaneously are cutting the body downwards, right through the pelvis area. The cutting might be compared to what an "onion-chopper" (used in housekeeping) is doing.

Explanation

This Lightprayer is dealing with our world of sexuality.

Sex is an absolute must in our world otherwise there would be no possibility of reincarnation. The soul that has to live up and transform karma on Planet Earth needs a body. Our world is created on this principle. The receiving part is laid down in the female body and the giving part is laid down in the male body. When these two fuse together, the new body for an incarnating soul is starting to grow. Only this principle is valid in this cycle. Other accepted facts in our society of today are just based upon emotional facts. What the axe blades are doing is bringing sexual freedom and ending sexual slavery. Proceeding with this Lightprayer will end slowly the bondage of sexual appetite.

Lightprayer 50

LIVING WATER

Lightprayer, for the whole day

1. Visualise (!) holding up the left hand with palm facing outwards.
2. Spread out the fingers as follows:
3. Little finger extended upright
4. Third finger bent and vibrating
5. Second and first fingers – touching one another upright
6. Immobile thumb extended. The top of the thumb lights up with a little 12-pointed star
7. Still visualising this position, take an in-breath and see the living water, like clear crystal, coming in through the moon disc in the spine (level of the Solar Plexus).
8. Repeat this in-breath three times and each time the living water is coming in a little further
9. The water is quite still and motionless all the time, like the water in a cave deep in the earth, where water is never touched by any sound or imbalance
10. Visualise (!) at the centre of this pool, a small shining diamond of light.

Explanation

The living water in silence and harmony that comes alive through our actions for Wholeness. The human being is the connector of Heaven and Earth. Through actively doing the Lightprayers, Wholeness is energised in our dualistic society. All living creatures are to be activated, not because of some human goal, but in Universal Devotion to Wholeness in His Name.

In this Lightprayer, the sun and the moon are playing an important role on basis of the Law of Interference.

The way the hand is positioned is of real importance because of the radiation and such hand positions you see very often in the “spiritual history” of mankind.

Lightprayer 51

THE NECKLACE

Lightprayer, for the whole day

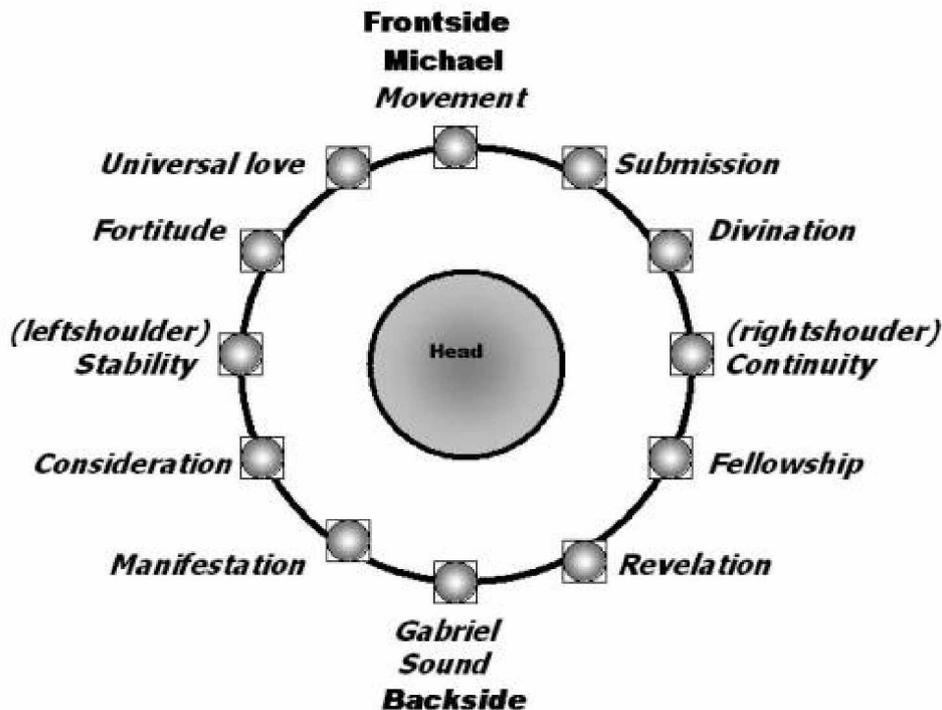
This Lightprayer is done preferably in the morning so that all characteristics will be with us for the time of the day.

This Lightprayer can be done also in the evening before going to sleep, so that all qualities of the various cubes can be absorbed by us slowly and we might make contact with the various Members of The Planetary Hierarchy (The Christ or Buddhist Consciousness).

1. Exercise the Lightprayer The Name.
2. Visualise (!) around the neck a necklace of twelve cubes of clear crystal. Inside every cube, there is a brilliant circle of sapphire blue revolving in its centre.
3. Breath-in and start mentioning the qualities one by one as given on the drawing, starting with: Michael-Submission-Divination-Continuity-Fellowship-Revelation-Gabriel-Manifestation-Tolerance-Stability-Fortitude-Universal Love and breath-out.

The necklace runs from Michael, right on the Universal Heart (Point 0) over the right shoulder, down the back over the point between the shoulder blades (Gabriel) and further on over the left shoulder closing in on the starting point.

It is possible to do your own arrangement.



Explanation

The necklace is playing an important part in our daily life. Think of all the authorities that are wearing the various necklaces around their neck as token of the authority. Every crystal cube being part of such a necklace represents a certain resonance.

Our head, to be precise our brain or mind, is the steering-mechanism of our body and thus our deeds. It is surrounded and influenced by the qualities we give in sincerity to these cubes. The radiation of the cubes is directed to our head and our deeds will be influenced, if we are sincere. If we are not, we shall know intuitively.

It would be a real human interpretation (paranormal or astral) to interpret the various qualities and what effect they have or might have. The major importance is the effect of the Law of Interference between Michael and Gabriel (movement and sound, causing transformation).

Movement in itself means nothing, but through the help of sound (both movement and sound are vibrations), there will be change. Sound or vibrations are creating the Force to be able to transform one frequency(vibration) into another. When we had ears to listen, we might be able to hear silence.

There is no silence meaning no sound, because silence is a vibration(sound) creating harmony in The Universal Creation of Wholeness.

With these ears we could understand what harmony is all about, not on basis of the known sounds in our restrictive world, but the deep vibrating sound of Creation. Between these two poles of development according to the Law of Action/Reaction, evolution will take place and the mentioned qualities will be an integrated part of the Universal Love making this all, possible.

The so often admired human emotional love – very often mostly self-interest – is not playing a decisive role. The Universal Love recognising “not my will, but Thy Will prevails”, which might be even sometimes very painful, is the coherent factor.

We shall gradually start to understand more about Wholeness and this insight will create a different attitude. A different look on life. A view that will not be restricted by Death, but will be surpassing our human understanding of the world of Eternity.

You will have an inner-truth realising you are part of the Wholeness of Creation and you will accept also that responsibility. Not through a shining armour but through inner-action in His Name.

A decisiveness that will be fed through dedication for the spiritual needs of all Living Creatures. To found an institution is the human way of dualism. Such an action should be based upon the Organism of our Creation, The DNA and can be performed through doing the Lightprayers under Guidance of The Planetary Hierarchy (The Christ or Buddhist Consciousness).

Lightprayer 52

THE SOLAR PLEXUS BREATHING

Lightprayer, just in the morning

This Lightprayer should be done only once in the morning, immediately after the Necklace.

1. Visualise (!) at a point just below the ribs, a pool of glowing brown light, like luminous, chest-nut-coloured earth, going right through the backbone. It does not move or expand, it is just completely still.
2. Breath-in 5 times in succession and each in-breath passes through the pool to the backbone and the returning out-breath is absorbed in the stillness of the pool.
3. Breath-in three times through the Universal Heart (Point 0) between the breasts:
4. the first one goes right through the back, and breath-out sideways at the back.
5. the second one goes halfway, and breath-out sideways in the middle.
6. the third one goes just under the skin, and breath-out sideways at the front.

Explanation

This breathing is a part of the development of spiritual breathing.

It is a perspective on the way to Wholeness.

These spiritual breathing-methods might be of value in the "after-death life". You are exercising this in this life everyday, it will be noticeable. Your radiation or vibration will be changing.

Lightprayer 53

THE THREEFOLD BREATHING

Lightprayer, for the whole day

1. While breathing-in, visualise (!) a ray of amethyst or transmuting Light coming diagonally to a spot in the spine between the should blades. You feel this spot to be entirely glowing.
2. Still breathing-in from this spot, draw this ray through the chest coming out through the Universal Heart (Point 0) in the chest in three rays.
3. Breath out now and see how these rays are pointing out into the world coming out of this Point 0.
 - on the left side (emotional heart) is for Love and bluish
 - in the centre is for Power and is white
 - on the right is for Wisdom and golden

Explanation

The Templers did this very powerful breathing. They were the spiritual militia of Christ and had a red cross on their back and chest, exactly placed at the spots this Lightprayer is indicating. The spot of Point 0 of the Cross was exactly on the two spots (Point 0) on the back and the chest. They, indeed, radiated out this Power in His Name over Mother Earth. Their foundation in Jerusalem was building a composition of resonance-lines all over Israel. It is still very noticeable.

At first a respectable, spiritual organisation, it became soon a centre-point of human force of power and might. Whether this was for "right or wrongdoing", everybody must make their own conclusion.

It is always the same thing and the pitfall of mankind. If you force "gooddoing" on people, it will, after some time, be transformed into "harmdoing".

We are created having a free will to say "no" or "yes". All religious movements on our Planet Earth should respect this.

Lightprayer 54

STILLNESS

Lightprayer, for the whole day

The frequency or vibration of silence on Planet Earth is made of a light and intensely dynamic substance. It is coming in from outside ourselves and is like a very strong luminous concrete and/or "plastic". It is the Law being realised on Mother Earth:

"Be still and know that I am God"

1. While breathing-in, visualise (!) this Light coming into through the top of the head filling completely your body from skull till the base of the trunk
2. It is moulded throughout our heart and organs and frees the mind of the isolating powers being mostly emotions of fear, hate and many others.
3. We shall be stabilised in His Name like Jesus Christ, Buddha, Krishna and many others were. This silence is His Support and all the knowledge we need, and is represented by the saying:

"I am that I am"

Explanation

This is a Lightprayer to do and to experience. There is no need for explanation.

Final conclusion of Phase 3

You have completed doing 54 Lightprayers and these should be done everyday. This will probably not be difficult for you, because you are still very enthusiastic, otherwise you would not have come this far.

Doing these Lightprayers will be on a repetitive basis. You might have accepted to do these on a daily routine-base.

Although there is "no goal", being human we do have goals, so the inevitable question will arise in due time: "Did practicing these Lightprayers daily, meet your human expectations? Will you continue doing them forever"?

A clear and practical human answer is not possible within the context of Wholeness. We do not know what Wholeness is and cannot grasp the wideness and variety of this concept.

You will have, however, an inner feeling. That personal feeling will be the only decisive factor whether these Lightprayers are integrated within your being and your possible continuation.

Lightprayer 55

THE SILVER RAY OF INITIATION

Lightprayer, for the whole day

1. Breath-in on the sound U (OOOOO) and visualise (!) a silver ray above your head, covering your head completely and penetrating into your head and your body.
2. Breath out on the sound of Mer and visualise (!) that this silver light is covering your bones like honey frost. It is penetrating the whole of your bone structure and lubricating all our joints.

Explanation

Silver is the metal of contacting like verbal communication. It connects mankind with his surroundings. There is a saying: "Speech is silver and silence is golden". Here it looks like speaking is less valuable than being silent. This judgement is based upon the human form of worth in value, like money. Spiritually the meaning is different. Silver and Gold have the same value. The usage is different. Sometimes we have to speak and sometimes we have to be silent. This silver ray is penetrating deeply into our system and the result will be, when the time is there, 100%.

Lightprayer 56

DUALITY (POSITIVE AND NEGATIVE)

Lightprayer, the whole day

1. Breath-in and visualise (!) from both upper sides of your head (left and right), there are coming two rays. From the left it is coloured deep blue and from the right it is coloured light blue.
2. Breath out now and visualise (!) how these two rays are meeting each other on the top of your head and shape up a helmet of light. Send this helmet of light back to The Ultimate Source still breathing-out.

Explanation

This Lightprayer shows us that duality of our brain pattern has to be transformed and must become Wholeness.

Through the Law of Action/Reaction, our brain halves are shaped up into a certain frequency(vibration) and this vibration is rooted in the astral or paranormal world. Just complete Submission to what is, that is and praying in silent action for Wholeness is the Salvation.

The rules of our world are dualistic and everything is dealt with on this basis. That is the reason why nothing is changing in the pattern of this world, only the wrapping, the outside presentation, is different, the result will always be similar.

Good versus Bad. The problem is, what is good and what is bad?

The Zeitgeist, influenced by time-consciousness, human-religion and many other aspects, rules the interpretation. Only praying in silent action for Wholeness for everything that lives and grows can break this circle of imprisonment.

Lightprayer 57

THE LIGHTFIGURE OF ENERGY

Lightprayer, for the whole day

1. While breathing-in on the sound of Fa, visualise (!) in the centre of the Solar Plexus a little disc of Light in the colour of elephantine-grey.
2. Visualise (!) at the same time a diagonal line running from your Solar Plexus to the Lightfigure of Energy. This Lightfigure of Energy is located at right angles to the Head of the Figure of Light of Wholeness.
3. Still breathing-in, visualise (!) a flash of Light – elephant-grey – coming from the Solar Plexus of the Lightfigure of Energy to your Solar Plexus.
4. While breathing-out, visualise (!) on the sound of Ther how this ray of energy penetrates inside your body and revitalises all your organs with new and refreshing life-energy.

Explanation

This is the reconstruction of your body to hold on to the Path you have freely chosen. Not for proving your rightness, because this might only be done in Total Submission.

As long as The Planetary Hierarchy (The Christ or Buddhist Consciousness) has contacts on Planet Earth out of their own free will, there will remain "openings" in the layer of the morphogenetic field of dogmatism.

Unstoppable, there will be radiated religious energy into our world, uncontrolled by institutional religion. We should not only think of institutions being the known and recognised institutional world religions. Also the fast developing sects and cults, where some charismatic leader with some exotic name is in charge, belong to this institutional dogmatism.

Lightprayer 58

THE CHEST AND SOLAR PLEXUS BREATHING

Lightprayer, for the whole day

Put both your hand palms on each other on the Solar Plexus and visualise (!) this chakra (energy-field) is spinning around in great speed.

1. Visualise (!) in the centre of the chest (on the breastbone, between the left and right breast, point 0) a spot of liquid light, stretching out inside your body up till your spinal column and having the shape of two fingernails.
2. This is an energy-field of total silence and is radiating a mix of known and unknown colours.
3. While breathing-in on the sound of Fa, visualise (!) a golden ray of light, entering your body through your hands on the Solar Plexus up till your spinal column.
4. While breathing-out on the sound of Ther, visualise (!) this golden ray is coming back from the spinal column and is leaving your body through your Solar Plexus (and through your hands).
5. Do this 5 times.
6. While breathing-in on the sound of Fa through the Point 0, visualise (!) this golden light entering your body up till the spinal column.
7. While breathing-out on the sound of Ther, visualise (!) this golden light at the side of your body.

Do this three times as follows:

- a. the first time, the golden light leaves the body-side close to your back
- b. the second time, the middle of your side
- c. the third time, the side close to the front.

Explanation

The Golden Light enters through the point of emotion (Solar Plexus), the spot where our emotional feelings are centred (turbulence).

The golden ray will pierce the Universal Heart, The Point of Silence, and the spot of Eternal Life in Harmony, when the time has come.

Lightprayer 59

MICHAEL'S LIGHT

Lightprayer, the whole day

1. While breathing-in, visualise (!) a ray of Light Light yellow like mimosa, entering your feet and filling up your complete body.
2. While breathing-out, visualise (!) this mimosa light is intensifying and in particular within your joints and neck.
3. Breath-in again on the sound of MI and visualise (!) the backside of your neck is opening up and a ray of lemon light (the same substance you see when having pressed a lemon into a glass, containing all kinds of pieces of fruit flesh) is entering into your neck.
4. While breathing-out on the sound of CHAEL visualise (!) this light spreading out inside your whole body and radiating outside into the world.

Explanation

The Name Michael stands for Change and Transformation. This ray of a very softly toned yellow colour has an incredible power. Only doing this Lightprayer makes you understand how powerful this is. It cannot be understood by the brain but only through a deep inner feeling of Wholeness, that is and always will be.

Lightprayer 60

THE CROWN OF CORONATION

Lightprayer, for the whole day

1. Visualise (!) yourself being a cross, arms spread out sideways, feet closed together, muscles of legs and knees relaxed (dangling).
2. While breathing-in on the sound of Fa, visualise (!) a ray of Light (elephantine-grey) piercing through your hands and feet.
3. While breathing-out on the sound of Ther, visualise (!) a Crown of Thorns on your head, spinning around with great speed and radiating out bright white Light. All of these numerous little dots of white light are shooting out making contact with The Ultimate Source.

Explanation

You do not need to have a lot of imagination to understand, this is the Crucifixion of Christ. Thousands of books are written about this subject, but always the suffering was the central point of attention. Mankind is tied to the cross of his own belief and rightness. This Lightprayer is a trial to change this dogmatic pattern and getting to know the real purpose and background of our being here on Mother Earth.

Lightprayer 61

THE UNICORN

Lightprayer, for the whole day

1. Put your finger tops of the left hand against those of the right hand and while making a quite shrill tone of voice, flutter your tongue in your mouth as quickly as possible, like the wings of a bird. Watch the nightingale when singing. The tongue is fluttering very quickly.
2. While breathing-in, visualise (!) a ray of Light entering your mouth, coloured ivory white and changes into the colour of the holy golden maize tasting very sweet. This Light fills your mouth and throat completely.
3. Visualise (!), still breathing-in, a white light is rising upwards with great speed (like a hurricane) inside your body and is leaving your brow. This white light is radiating many brilliant colours, known and unknown.
4. Visualise (!) while breathing-out how a unicorn spinning around is shaped on your brow and consequently flashes back to The Ultimate Source.
5. The brow is closing but right under the skin a sign as big as a penny, is formed like a burning fire, radiating out both inwards and outwards of your head.

Explanation

The Unicorn is a phenomenon of unprecedented purity in fairy tales. A kind of idyllic purity and apparently unreachable within our world. It must, however, be possible to establish this kind of purity also in the realm we are living in now.

Do not look for the Unicorn outside you, but inside you. Hope you will be the manifestation of that Unicorn one day on Planet Earth. It will not be an easy task, because according to human expectations, this life would mean "happy living on forever". The contrary might be very possible, because it will attract a lot of jealousy, aggression and other very human characteristics. To become a Unicorn is hardly possible in the dualistic world we live in. Being a Unicorn is total submissive dedication and devotion to Wholeness.

The fluttering of the tongue is tuning in into the frequency(vibration) of the Unicorn and tasting the holy maize is the nourishment for this development.

Lightprayer 62

AMEN

Lightprayer, for the whole day

1. Stick up your left hand, palm towards you, fingers closed and thumb stretched out.
2. Put your right forefinger in front of your left hand palm, just in the centre of the place where the fingers are embedded, but do not touch this palm.
3. Make 29 circles with this right forefinger without touching your left hand.
4. Breath-in now on the sound of A and touch with the nail of your right forefinger the centre of your hand palm.
5. Still breathing-in on the sound of A, you join left and right hand palm together, while thumbs touching each other and are kept stretched out.
6. You absorb the radiations of both hands and are joining Earth (right) and Heaven (left) together.
7. While breathing-out on the sound of Men , stretch out your arms and join the hands above your head. Still breathing-out on the sound of Men, bring the hands in "praying position" in front of your chest, where Point O, the Universal Heart is located.
8. Stay motionless for some time while your elbows are against the side of the body like "little folded wings" and radiating out light.

Explanation

You might have no problem to recognise the Universal Prayer. Many forms of praying done in various religions in various cultures are originating from this Lightprayer. It just will lead to nothing to try to explain this Lightprayer. Only doing it will start to give you insight and you will finally become the prayer itself.

Lightprayer 63

SILENCE

Lightprayer, for the whole day

1. While breathing-in, visualise (!) in your ears a network of tiny white lights radiating out and being a force field.
2. While breathing-out, visualise (!) how all these tiny white lights are connected with The Ultimate Source.
3. While breathing-in again, visualise (!) in your right eye a light blue coloured light and in your left eye a deep dark blue coloured light.
4. While breathing-out, visualise (!) both your eyes are directed at the point of your nose. Start "withdrawing" this look by following the nose line to the point where the nose is embedded in the head.
5. Visualise (!) a white cross entering from above inside your head radiating out completely throughout head and ears.
6. Be motionless for some moments after completion.

Explanation

A book might be written about this Lightprayer, but if so, it would be only a restrictive human story. The silence here, is not the silence "hearing no sound" but the harmony of soul and body deep down inside you.

This type of harmony has little to do with "no sound". If we had ears to hear, we could hear that "human silence" does not exist. This is the harmonizing factor not to be distracted of the real sense while we are on this Planet.

Doing this Lightprayer is a very old ritual and depicted on many old paintings of Nature People when they look cross-eyed. They are doing the "Maya-Look", looking into other previous lives (the third eye). In this case, we take the steps that these impressions, which are still in our mind, are to be transformed into harmony of Wholeness.

You might be aware that this life is the sum of all previous lives. Separation of this sum only leads to maya or illusive reality.

Lightprayer 64

THE RESURRECTION

Lightprayer, for the whole day

1. Visualise (!) in your brow, throat and solar plexus a bright white light radiating out intensely like three embedded diamonds. These spots are making a very forceful and stable but flexible energy-field around the upper part of your body, both in and outside.
2. Do the Lightprayer "The Name" .
3. Visualise (!) the necklace as follows:
 - a. Front – Michael Right shoulder – Continuity (Determinedness)
 - b. Back – Gabriel Left shoulder – Stability (Harmony)
4. While breathing-in on the sound of Fa visualise (!) in these cubicle spinning around crystals a sapphire blue light, spiralling upwards and uniting above your head building a blue helmet of sapphire blue light, inseparable from the head.
5. Still breathing-in, this helmet is radiating out 8 rays of light that are shaped into blades like those of a helicopter. These blades are spinning around a ruby-coloured centre in great speed and are consisting of all kinds of colours of Light, known and unknown, radiating out into the world.
6. While breathing-out on the sound of Ther, visualise (!) how these blades increase in speed, your body is filling with golden light and you are lifted off this Planet

and

A New Beginning On The Spiral Of Evolution Will Begin

Explanation

This is the "final" Lightprayer – the closing stone – that will be effectively starting a new life under a New Covenant. You might be realising that The Universal Love of Wholeness is represented in these blades. The Law of Universal Love will attract us through the barriers and blockages of the reincarnation-cycle and we shall be liberated of this cycle.

We have become Wholeness, a total different reality.

Final Conclusion

When you have reached this page, you might have read all the Lightprayers and the given explanations.

Do not think, however, that merely by reading, you have either absorbed all the Lightprayers into your subconsciousness or in your biorhythm.

The idea is - without any force or goal through simple daily exercise - to bring these Lightprayers into your cell memory banks.

To do these 64 Lightprayers every day seems to be an enormous task, but it is an every day's new experience.

Do not think you can control these Lightprayers, because that would be a great mistake. The Celestial Messengers, The Beings of Light of Wholeness, will guide you every day in a unique way.

This is the necessary belief that cannot be imposed. It should be given freely by every individual who made this commitment.

Doing the Lightprayers Groupwise

The Lightprayers might be done individually at any place where you are. A group, no matter how many people are participating, might also do them simultaneously. The last group "option" causes a total different energy-stream. An intensity of energy you will never achieve doing the Lightprayers individually. Groupforce in Wholeness is the Force that intensifies the Force of Transformation. There are, however, a number of essential differences.

Breathing

When you do the Lightprayers individually, you might achieve a harmonious going together between the physical and the spiritual breathing and visualising the movement, colour and sound as given.

This might take time and will take some exercising-practice and it will result into harmony.

Doing these Lightprayers groupwise, there is quite a difference.

The number of people does not matter so much. We have to consider that everybody has his own breathing and biorhythm. Every one starts in a group on his or her own rhythm. Then, finally the rhythm is changing into a group rhythm.

No one can describe how this could be, because this can be different for every group and it just happens.

At starting point, everybody starts and when doing the Lightprayers, the speed might change. The group will – out of free will - adapt their rhythm to the group rhythm and speed. If not, it will be not harmoniously.

The big question:

are we prepared to surrender to the group who are doing these prayers in the Name of Wholeness under Guidance of The Planetary Hierarchy (The Christ or Buddhist Consciousness).

There might arise a difficulty that breathing-in takes longer than doing the whole Lightprayer groupwise. If you try to follow the individual speed and rhythm, you might be starting hyperventilation. That is not the intention.

Instead, you should harmonize the breathing-in and out with the group and just let yourself float along with the group by just thinking the Lightprayer and not physically doing it.

You will notice, when all people are willing and knowing, a very well and pleasant feeling of harmony will be the result. The inhaling and exhaling functions are of a very different category compared to the same procedures in methods of the old days, like Yoga, Tai-Chi and others.

Doing the Lightprayers

When doing these Lightprayers individually, you might visualise (!) these with the speed at your own pace. Visualise (!) means : I think this way, so it happens this way, I have full trust in the Guidance of the Celestial Beings of Wholeness.

You might just think all the movements, sounds, colours and breathing and it happens in His Name.

When doing the Lightprayers in a group, a group speed will be the result as described above. This speed might be much faster than you are used to.

The solution is to increase the speed of your thinking pattern and adjust yourself to the groups breathing.

It might take some experience in doing but with good will, it is very quickly to realise.

The group is taking care of the speed. It develops automatically.

Not all the Lightprayers are easy in the beginning to do in a group, but after some time, there should be no difficulty. Especially an experienced group will be able to do all the Lightprayers in this group rhythm.

Some Lightprayers which could be started with are:

ELOHIM, TRANSMUTING LIGHT, ALLAH-JAHWEH, THE GOLDEN CORD OF TRUTH, PHYA NAY AND OTHERS.

The way to perform

1. Sit or stay in a circle, left hand –palm upwards - holding the right hand of the person next to you (receiving) and the right hand –palm downwards – holding the left hand of the person next to you (giving).
2. Somebody is telling what Lightprayer is going to be performed and how many times.
3. In practice it works like follows:
 - a. First of all, everybody has to do The Ritual Light to be connected to Wholeness.
 - b. It is a closed circle, hands joined together like stated.
 - c. The one that is starting mentions the Lightprayer and says how many times it should be done.
 - d. Start to hum on the sound of OHM
 - e. The starter mentions the Lightprayer again and says how many times it should be done, e.g. three times.
 - f. The starter performs and everybody in the group joins in. When the starter has done the Lightprayer three times, he squeezes with his right hand the left hand of the person next to him or her.
 - g. This "next" person does the Lightprayer three times and everybody of the group is joining in. When finished squeezes the left hand of the next person and so on.
 - h. When all of the group has had a turn, the starter says, "One More Time", the whole group joins in and then all join in humming "OHM", till this stops.
 - i. Then the next Lightprayer might be mentioned and so on, and so on.

Remarks

There might be done as many Lightprayers as wanted, by as many people as wanted in the group.

Of course, the whole thing might be visualised as written but it will take some time before it might be done harmoniously in a group that way.
With some Lightprayers, the speed increases formidably, especially The ELOHIM.

The ELOHIM is a "barrier-breaking" Lightprayer and develops great Force.
All Light prayers might be done in a group. One takes sometimes more practice than others.

In a group, there is no sequence necessary, but the Ritual Light has to be performed always at the beginning of a session. Everybody, doing or not doing the Lightprayers might be joining in and give their best by just following the group, doing these Lightprayers in Wholeness.

The end is always in doing the sound of OHM. It takes as long as it takes and be quiet for some time after having completed.

To do these Lightprayers outside in nature, is wonderful, but please take care not to disturb other people. This means, in practice, you can only do these Lightprayers outside when nobody else is there. If you do the actual performance, also restrict your sound not to disturb the neighbours.

Very gradually, by doing these Lightprayers, your thinking pattern is changing.

You probably will hardly notice, but your surroundings will.

By sending energy to any place, give some human motivation like:

Giving the best for Mother Earth, God, The Father and everything that lives and grows, visible and invisible.

Variations

When you are in the surroundings of a Monument or Holy Place, where lots of people might be, you might perform as follows:

1. Do not hold hands, but visualise (!) everything.
2. Do the Lightprayer in a visualised circle, when one person finished, just touch the next left person.
3. Or, just agree to do One Particular Lightprayer for some time, until the starter says one more time, and then finishes it with OHM in silence.
4. The same thing you also might do inside the house. The starter says one more time and concludes with the sound of OHM in silence and everybody joins in, in silence.

Please, understand that groups are energising much more power(square) than individuals, but only when the tuning-in, is in agreement with conviction and determinedness according to the terms of the World of Wholeness.

*End of the Old Way
and
the Beginning of the New Way*