

# Search Results

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## Summary

Searched for : **meditation**

In index(es) : **H:\KS\_Scan\_Library\MasterIndex.pdx**

Results : **63** document(s) with **430** instance(s)

Saved on : **7/11/2017 4:09:32 PM**

File : [1999-05\\_IntroKeylonticMorphogeneticScience\\_scan.pdf](#)

Title : Intro to Keylontic Morphogenetic Science - Handbook


Subject : Keylontic Science for Daily Living

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords :


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 Perspectives • MCEO **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations • Claim of


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Page: 4


 personal discretion. MCEO **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations As the MCEO

 solely as "**Meditations** for Spiritual Exploration", with the intention of assisting to serve

 using any MCEO **Meditations** for Spiritual Exploration techniques or technologies. Since introduction of MCEO


 introduction of MCEO **Meditations** for Spiritual Exploration techniques and technologies in 1999 many people

 of practicing MCEO **Meditations** for Spiritual Exploration techniques and technologies must, like the techniques

 Utilization of MCEO **Meditations** for Spiritual Exploration techniques and technologies presently remains within the


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 MCEO teachings or **Meditations** for Spiritual Exploration techniques and technologies. The responsibility for The

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 the individual. The **Meditations** for Spiritual Exploration techniques and technologies provided

within MCEO teachings

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 Consumption, Exercise, Health, **Meditation**, Sleep, Spirituality • Beginning Keylontic Technique: Imprinting/ Anchoring the D-

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 exercise, sleep and **meditation** habits will assist the body to hold greater quantities of  
 often and use **meditation**. Keylontic Science offers a myriad of health and healing applications.

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 Matrix identity, through **meditation**, spiritual development and learning to "Connect with your Higher


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File : [1999-07\\_AncientRightsPassage\\_Handbook\\_scan.pdf](#)  
Title : The Ancient Rites of Passage - Handbook  
Subject : Personal Healing Through Planetary Service  
Author : MCEO Freedom Teachings - Anna Hayes Gruber  
Keywords :

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 Perspectives • EOMC **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations • Claim of


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 EOMC **Meditations** for Spiritual Exploration. Medical and Psychiatric Considerations As the EOMC

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 the individual. The **Meditations** for Spiritual Exploration techniques and technologies provided within EOMC teachings

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 used. Begin this **meditation** either out of doors where you can have clear view


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 Self Sphere during **meditations** you will develop a conscious relationship with your Monad Identity.

 departure in your **meditations**, out-of-body journeys and prior to sleep. Imagine yourself

 or in undisturbed **meditation**. If used prior to sleep, train your mind to remember

---

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 waking state of **meditation** (to establish a link

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File : [1999-09\\_EvolutionaryPathClass\\_scan.pdf](#)

Title : Evolutionary Path Class

Subject : Questions and Answers





Author : MCEO Freedom Teachings

Keywords :

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-  created in the **meditation**? (b) What are the experiential attributes that can result
  -  practice of this **meditation** for 6 months to a year? • (a) Love
  -  of vibrational harmonization. The **meditation** establishes a state of harmonization of our consciousness with the
  -  practice of this **meditation** can give us the ability to bring into manifestation the
- 



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-  experienced in the **meditation** in terms of color, matter form, and manifestation capabilities. (
  -  to in the **meditation**? • (a) At HU-4 we can see shades
  -  Monad during the **meditation**? • (a) The Monad and the Monadic Imprint are
  -  b) In the **meditation**, the Monad is silver-blue. 3
- 


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-  vibrational harmonization. The **meditation** establishes a state of harmonization of our consciousness with the
  -  Source. In the **meditation**, the Monad is a silver-blue area of the Energy
- 


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-  respectively during the **meditation**? (a) Monad: gold and blue; HU-4: silver and
- 


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-  techniques and guided **meditations**. Ordinations also accelerate this process of healing. 3. What was
- 


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-  techniques and guided **meditations**. Ordinations also accelerate this process of healing. 3. What was
- 

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-  and running the **meditations**, if you happen to be of one of the pulses
- 

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 often leads the **meditations** that Ashayana has not learned yet. Azara is of the

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---

 and running the **meditations**, if you happen to be of one of the pulses

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 often leads the **meditations** that Ashayana has not learned yet. Azara is of the

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 Why does a **meditation** or technique still work for someone who cannot yet do

 steps of a **meditation** or technique before Ash speaks them out loud? • Ash


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File : [1999-12\\_Kathara1\\_scan.pdf](#)  
Title : Kathara 1 - Manual  
Subject : Introduction to Kathara Bio-regenesis technologies, Color, Symbol, Sound and Bio-regenesis  
Author : MCEO Freedom Teachings  
Keywords :

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 to explore in **meditation**. Bio-Regenesis technologies were taught as "Common Knowledge" within

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 the mind in **meditation**, the Ariea Khum Nar"A serves to stimulate consciousness expansion into

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 make an affirmation **meditation** out of them, and try to make them your way

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 make an affirmation **meditation** out of them, and try to make them your way

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 clear, protected "**meditation** space", free from interdimensional interference. Cue Zones are "keyed"


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File : [1999\\_TangibleStructure\\_scan.pdf](#)  
Title : Tangible Structure of the Soul - Handbook  
Subject : Multidimensional anatomy, ascension teachings, accelerated bio-spiritual evolution program  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 Perspectives • MCEO **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations • Claim of


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 MCEO teachings or **Meditations** for Spiritual Exploration techniques and technologies. The responsibility for decision

 the individual. The **Meditations** for Spiritual Exploration techniques and technologies provided within MCEO teachings

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 belief reprogramming, rebirthing, **meditation**, prayer, toning, etc. We urge anyone who actively participates in

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---

 daily, in active **meditation**. CD 3- Lecture 3: Anchoring the D-8 Monad- Geomancies,

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File : [1999\\_Voyagers1\\_Intro.pdf](#)  
Title : Voyagers I (Intro Section) - Book  
Subject : The Sleeping Abductees, Second Edition (Intro Section only, ruman numeral pages)  
Author : Ashayana Deane  
Keywords :

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 Local Events, Prayer-**Meditation** Services and Educational Resource Publications. Azurite Temple MC of Sarasota,


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File : [1999\\_Voyagers1\\_scan.pdf](#)  
Title : Voyagers I - Book  
Subject : The Sleeping Abductees, Second Edition  
Author : Ashayana Deane  
Keywords :

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 during practice of **meditation** or focused solitude are the most effective methods of communicating

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 when practicing certain **meditation** techniques. Often they will leave "pre-recorded" imprints, packages

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 each day for **meditation** or prayer (which ever idea you are most comfortable

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 times of directed **meditation**, and after centering in the energies of your soul matrix.

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 the Ranthia during **meditation** or prior to sleep. We are willing to assist those

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 various forms of **meditation**, creative visualization and projection of consciousness can help you to


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File : [2000-02\\_BeyondTheVeilsTranscript\\_scan.pdf](#)  
Title : Beyond the Veils (Transcript)  
Subject : Transcript for the Beyond the Veils workshop, includes session with AZara  
Author : MCEO Freedom Teachings  
Keywords :

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 comes through with **meditations**, and if you hear a little accent in my voice,

---

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 journeys or the **meditations**. This group is so big that we usually don't get

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 part of the **meditation**, take that frequency and place it directly at the place

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 NewYork City Post **Meditation** Discussion [02 C1 00:00] A"sha ... down into

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---

 whatever, through the **meditation**, whatever, you know you're going to get to this because

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---

 us a moment. **Meditation**: Entering the Harmonic [02 C3 0:29:33] Azara

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 on me in **meditation**. And you are already all sealed in your channeling processes,

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 it, doing a **meditation** on it a couple, you know, about two hours a


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File : [2000-02\\_BeyondTheVeils\\_scan.pdf](#)  
Title : Beyond the Veils - Handbook  
Subject : Embracing the Eternal Self  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 Perspectives • MCEO **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations • Claim of


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File : [2000-04\\_ArchLightSecretIndigoChild\\_scan.pdf](#)  
Title : Architects of Light, Secrets of the Indigo Children - Handbook  
Subject : Indigos and Race Heritage  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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  -  the individual. The **Meditations** for Spiritual Exploration techniques and technologies provided within MCEO teachings
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File : [2000-06\\_AngelicRealities\\_scan.pdf](#)  
Title : Angelic Realities - Book  
Subject : Survival Handbook  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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Local Events, Prayer-**Meditation** Services and Educational Resource Publications. Azurite  
Temple MC of Sarasota,

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File : [2001\\_MastersTemplarStewardshipFieldGuide\\_scan.pdf](#)

Title : Masters Templar Stewardship - Field Guide

Subject : Planetary Shields Clinic Field Guide




Author : MCEO Freedom Teachings - Ashayana Deane

Keywords :

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-  Perspectives • MCEO **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations • Claim of
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  -  the individual. The **Meditations** for Spiritual Exploration techniques and technologies provided within MCEO teachings
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-  clear, protected "**meditation** space" free from interdimensional interference. Cue Zones are "keyed"
-

File : [2001\\_MastersTemplarStewardshipManualintro-only\\_scan.pdf](#)  
Title : Masters Templar Stewardship - Manual (Intro section)  
Subject : (doc contains only the intro section -- first 18 pps of the manual -- scanned separately so the page numbers in the main content are accurate in searches)  
Author : MCEO Freedom Teachings  
Keywords :

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 through the popular **Meditation**, Stress-Reduction and Habit Control Self-Hypnosis Programs she created.

 a study-group **meditation**, Mac personally experienced a very distinct vision, with a clear

 Mac shared her **meditation** experience, telling A"sha what she thought it meant: that she

 "Great Pyramid" **meditation** experience of early 1999, Mac organized A"sha"s first Educational Travel

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File : [2001\\_MastersTemplarStewardshipManual\\_scan.pdf](#)  
Title : Masters Templar Stewardship - Manual  
Subject : Templar Stewardship (without roman numeral pages, so pg numbers should be correct or very close)  
Author : MCEO Freedom Teachings  
Keywords :

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 to explore in **meditation**. Bio-Regenesi technologies were taught as "Common Knowledge" within

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 the mind in **meditation**, the Ariea Khum Nar"A serves to stimulate consciousness expansion into

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 Energy Running and **Meditation** Techniques. • Aromatherapy. • Light use of Vitamins and Herbal


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File : [2002\\_DanceForCommonHandbook\\_scan.pdf](#)  
Title : Dance For Series - Handbook  
Subject : Common handbook for all ten associated Workshops (March "02 - Aug "03)  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 Perspectives • MCEO **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations • Claim of


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 make an affirmation **meditation** out of them, and try to make them your way

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 focused activities (**meditation**, prayer, yoga etc.) • Harmonizes personal & environmental energies. •

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 affirmation and spiritual **meditation** are the fastest and most effective methods of creating natural,

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or hybrid) Gentle **meditation** via gazing at the Capstone Crests can expedite communication with


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File : [2002\\_VoyagersII\\_scan.pdf](#)  
Title : Voyagers II - Secrets of Amenti  
Subject : Freedom Teachings  
Author : Ashayana Deane  
Keywords :

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 using focused group **meditation** to project high frequency D-4 - D-8 frequency

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 experience during a **meditation**. In this experience a being came to me in a

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File : [2003-08\\_DanceForJoy2Transcript\\_scan.pdf](#)  
Title : Dance for Joy 2 (workshop transcript)  
Subject : Transcript for Dance For Joy 2 Workshop (Andorra, First HeThaLOn peak)  
Author : MCEO Freedom Teachings  
Keywords :

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 kind of focusing **meditation**. I'll bring this in while it's available. I'm going to


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File : [2004-04\\_Kathara23-Manual\\_scan.pdf](#)  
Title : Kathara Levels 2 & 3 Foundations - Manual  
Subject : Awakening the Living Lotus, Healing Facilitation Through Crystal Body Alignment  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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File : [2004\\_APindex\\_scan.pdf](#)  
Title : Index of AP publications through 2003  
Subject : Index reference for early printed materials  
Author : MCEO Freedom Teachings  
Keywords :

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-  HB 3B 36 **Meditation** KS-HB 5 21 Meditation KS-HB 5 26 Meditation
  -  HB 5 21 **Meditation** KS-HB 5 26 Meditation CS-HB 4 14 Melchisedech
  -  HB 5 26 **Meditation** CS-HB 4 14 Melchisedech Cloister Emerald Order Teachings DFF-
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File : [2005-05\\_EthradonAwakeningDiary\\_scan.pdf](#)  
Title : Ethradon Awakening - Diary  
Subject : Morocco Workshop Diary  
Author : MCEO Freedom Teachings  
Keywords :

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lovely series of **meditations** where we induced an updated version of the ASha-Ra

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File : [2005-10\\_EngagingGodLanguages\\_scan.pdf](#)  
Title : Engaging the God Languages - Handbook  
Subject : Discover the languages of creation and how to use them to embody your God-Self  
Author : MCEO Freedom Teachings - Kathara Team  
Keywords :

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 clear, protected "**meditation** space" free from interdimensional interference. Cue Zones are "keyed"

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 mentally as a **meditation**. Once you've set the pattern in the body by doing


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File : [2006-10\\_SacredSexClass\\_scan.pdf](#)  
Title : Sacred Sex Class  
Subject : Questions and Answers  
Author : MCEO Freedom Teachings  
Keywords :

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 accomplished in the **meditation**/projection journey "Sowing the Vision Seed for Co-evolutionary

 4. In the **meditation**, what did the Magenta sphere contain? • All the beings

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File : [2007-04\\_KRYSTarAwakeningTranscript\\_scan.pdf](#)  
Title : KRYSTar Awakening (workshop transcript)  
Subject : Full transcript for April 2007 Workshop (right after the murder of SOL)  
Author : MCEO Freedom Teachings  
Keywords :

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 These aren't little **meditation** things -take a trip to the temple across the

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 hanging out doing **meditation**. They will have certain ones approach them and might appear

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 are a visual **meditation** journey. Imagine what they are like. You've got a rough

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 will give a **meditation** that will be put out on the internet for you,

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File : [2007-05\\_KRYSTHLRiverDanceDiary\\_scan.pdf](#)  
Title : KRYSTal River Dance - Diary  
Subject : The KRYSTal River Dance 1st Dance of the Cycle of the Last Stands -  
Workshop Diary  
Author : MCEO Freedom Teachings  
Keywords :

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 activates; Silent River **Meditation**: The train ride to Aguas Calientes was around 4 hours


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File : [2007-11\\_AmsterdamClass\\_scan.pdf](#)  
Title : Amsterdam Class  
Subject : Multiple Choice Questions and Answers  
Author : MCEO Freedom Teachings  
Keywords :

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 evolution. 8. Gliding: **Meditation** journeys that will allow you to take a portion of


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File : [2007-11\\_LegacyOfLostTranscript.pdf](#)  
Title : Legacy of the Lost (Amsterdam workshop transcript)  
Subject : Legacy of the Lost, Freedoms of the Found, the Milky Way Mysteries, Halls of Records and the Jesus Codes  
Author : MCEO Freedom Teachings  
Keywords :

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 will be a **meditation** journey run. We're not running late into the night so

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 we do journeys-**meditation** journeys-is a very simple word. These are projection journeys

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 they'd be like **meditations** for now, and you can meet what we call the

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 God" - Projection-**Meditation** SUNDAY, Nov 41h "07- Legends of the Lost 10.00AM-


 the Eiradonis" Healing **Meditation** Copyright A & A Deane 10/2007, ALL RIGHTS RESERVED;

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 going through the **meditation**, it was subtle, but very there. And there was 2

 there was 2 **meditations** and that's why I've, we've put them on, if they're

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 taking some wild **meditation** out there someplace. You'll know where the someplace is and

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 could get a **meditation** that would get you there, and keep you there, most

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 just get some **meditation** journeys out there, because it will do the same thing,




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File : [2007\\_12TribesVol1\\_scan.pdf](#)  
Title : 12 Tribes Vol 1 transcript  
Subject : scan of the 12 Tribes Volume 1 binder  
Author : MCEO Freedom Teachings  
Keywords :

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 is just a **meditation** tape. What it will be do for the people is  
 be a fun **meditation** to do, it will be more flowery and they have  
 who still like **meditations** tapes, that kind of thing. So, if they are drawn

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 fluff-headed little **meditations**, there is going to be a lovely step-down version

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 favorite places for **meditation** and what not are structured, you have to ignore that,  
 you enter into **meditation**, you would then-and I would suggest, but this is

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 in your own **meditation**. So, we will actually use the Command Tones in the

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 to use the **meditation** journey the most effective way possible. That's why we had

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 just some airheaded **meditation**, "oh, we'll float around in the clouds " And  
 " And the **meditations** that will come from these maps -there's going to  
 who just likes **meditation** tapes can use them, even if they don't know a

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 guys do this **meditation**. This journey itself takes an hour and 45 minutes. Az

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 can use these **meditations** at home, and go whenever you want, and ask your  
 you use the **meditation**. It will take you through the same thing. I just

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 atrium in these **meditations**, it is a physical place that is a pass-through.


 as set of **meditations** and a lecture on the other side. I believe we

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 at before the **meditation**- and it's literally turning into an Orb that looks very

 went into the **meditation**. Now instead of the stream of energy running down in

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 went into the **meditation**, because right now it is activating Right, the fire water

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 than just "**meditations**" where you are just going on "guided visualizations." It

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 tapes of the **meditations** go out where people can play with them as "

 as "guided **meditations**" Whatever, get them to Adashi cause if they can get

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 technique, with your **meditation** whatever your doing. In an ideal world you could probably

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File : [2007\\_12TribesVol2\\_scan.pdf](#)  
Title : 12 Tribes Volume 2 transcript  
Subject : 12 Tribes Volume 2 scan of the binder  
Author : MCEO Freedom Teachings  
Keywords :

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 CO"s, ya know, **meditation** CO"s that really, where you can use them at home

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 whether it"s for **meditation**, whether it"s, if you"re setting up a space in which

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 know, in the **meditations**, is the plain eternity figure 8-shaped. So you don"t

---

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---

 get through those **meditations**. What time is it? Aaaahh. Ok, I"m so glad you

---

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---


 ok, I know **meditation** is not going to fix this" and I will take

---

Page: 322

---

 in a conscious **meditation**. You may end up coming through with a meditation where

 through with a **meditation** where they show you what to do and you write

---

File : [2007\\_12TribesVol3\\_scan.pdf](#)  
Title : 12 Tribes Volume 3 transcript  
Subject : 12 Tribes Vol Binder scan  
Author : MCEO Freedom Teachings  
Keywords :

---

Page: 109


---

 them like a **meditation**, they're saying try to get where your kind of like

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---

 Oh, world peace **meditation**, let's go and do this, spin your Merkaba this way"-

---

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---

 by using these **meditations** if you haven't been in one of the live waves,



---

File : [2007\\_MCEOordinateSystem\\_scan.pdf](#)  
Title : The MCEO Ordinate System  
Subject : details related to MCEO ordinations  
Author : MCEO Freedom Teachings  
Keywords :

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---

 She does the **meditations**, especially the ones where it's like "Okay we're doing  
 we're doing a **meditation** now, but I don't know what it is. They haven't

---

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---

 and running the **meditations**. If you happen to be of one of the pulses

---

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---

 this as a **meditation** for a couple of weeks, before you really lean into


---

File : [2008-09\\_Sliders2\\_scan.pdf](#)  
Title : Sliders 2 - Handbook  
Subject : Reclaiming the Vessel - Preparing the Body for Slide, Introductory Telluric Body Training  
Author : MCEO Freedom Teachings  
Keywords :

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 Perspectives • MCEO **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations • Claim of


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 solely as "**Meditations** for Spiritual Exploration", with the intention of assisting to serve

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 the individual. The **Meditations** for Spiritual Exploration techniques and technologies provided within MCEO teachings

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 of "Action **Meditation**", a time when the Mind, Body and Spirit can come

---

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---

 and "Active-**Meditation** Regime", and should have progressed in stamina, strength and flexibility


---

File : [2008-11\\_Sliders3\\_Scan.pdf](#)  
Title : Sliders 3 - Handbook  
Subject : The Wind Beneath Your Wings - Engaging the Spirit for Slide, Introductory Atomic-Etheric, Rasha & Spirit Body Training  
Author : MCEO Freedom Teachings  
Keywords :

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Page: 4


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 Grail Group "**Meditation**" Events, through which the Median-Earth Grail Door opens and

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---

 and "Active-**Meditation** Regime", and should have progressed in stamina, strength and flexibility


---

File : [2008\\_AttitudesAndResponsibilitiesMastery\\_scan.pdf](#)  
Title : Attitudes & Responsibilities of Mastery - Handbook  
Subject : Mastering Enlightenment  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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---

 Ponder: Do a **meditation** at least three times a week that has nothing to

---

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---

 a walking, living **meditation** and prayer of Spirit. It puts you in a whole

---

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---

 and had a **meditation** one evening, and all of them expanded their shields out

---

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---

 of chants or **meditations** that plug you into a control matrix. That is not

---

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---

 as a weekly **meditation**. 9. Begin a physical exercise program geared toward increasing cardiovascular


---

File : [2008\\_SacredPERSONNInvocationsARofMastery\\_scan.pdf](#)  
Title : Sacred PERSONN Book  
Subject : PERSONNs Invocations and A&Rs  
Author : MCEO Freedom Teachings - A"shayana Deane  
Keywords :

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 make an affirmation **meditation** out of them, and try to make them your way

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 make an affirmation **meditation** out of them, and try to make them your way


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File : [2009-04\\_DrumsOfAquaferion\\_scan.pdf](#)  
Title : Drums of Aquaferion - Handbook  
Subject : Doorways Through Time and the Drums of Aquaferion Circle of Life Drum Circle Celebration  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 Perspectives • MCEO **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations • Claim of


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 The Sadhi Projection **Meditation**" Exercise ..... ..

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 "Sadhi Projection **Meditation**". EXERCISES to Enhance Visual ·Sensual Connection to the Aurora-


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 The Sadhi Projection **Meditation**" Exercise Once or twice a week, at a time of


 "Sadhi Projection **Meditation**". You will be more refreshed and energetic, and less tired,

 a "conscious **meditation**" placed well before your usual sleep-time, which can help



 Sad hi Projection **Meditation**". use the Technique-1 "7-Step Short-Run" Version


 or Sadhi Projection **Meditation** practice, to expedite and amplify transmutation of Probability-4 Sho-

 "Sadhi Projection **Meditation**". The MCEO Freedom Teachings® Series Presented by Adashi MCEO

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 "Sadhi Projection **Meditation** · Maintenance and Progression: Once the "33-Consecutive-Nights"


---

File : [2009-05\\_Sliders4Transcript\\_scan.pdf](#)  
Title : Sliders 4 (workshop transcript)  
Subject : Transcript for Sliders 4 Workshop  
Author : MCEO Freedom Teachings  
Keywords :

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---

 on Sadhi Projection **meditation** exercise as well. And finally, there is a whole schedule

---

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---

 a simple quick **meditation**, it's not like "going journeying off in the Universe"


---

File : [2009-05\\_Sliders4\\_scan.pdf](#)  
Title : Sliders 4 - Handbook  
Subject : The Call of Aurora Probability Alignments & The Adjugate Bond,  
Intermediate Atmic / Ah-VE"-yas Body Training  
Author : MCEO Freedom Teachings  
Keywords :

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Page: 37

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 "Sadhi Projection **Meditation**". EXERCISES to Enhance Visual -Sensual Connection to the Aurora-




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File : [2009-09\\_TalkTownRadio\\_scan.pdf](#)  
Title : Talk of the Town Radio Interview #1  
Subject : Radio Interview transcript  
Author : Ashayana Deane and Sarah Simmons  
Keywords :

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-  doing an outdoor **meditation** in this one place with about 200 people and all
  -  uses for the **meditation**- and somebody tried to take a picture after the meditation,
  -  picture after the **meditation**, you know, just of the group, of one of their
-

File : [2009-10\\_Sliders6Transcript\\_scan.pdf](#)

Title : Sliders 6 (workshop transcript)

Subject : Transcript for Sliders 6 workshop


Author : MCEO Freedom Teachings


Keywords :

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Page: 7

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 but interesting, Journey **meditation**. So we usually don't do those in the orientation but

 And in this **meditation**-I don't think it will last very long but I

---

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---


 of the energy **meditations** on the beach as the group-and somebody wanted to

 those in the **meditation** and sure enough there were more Orbs. And then when

---

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---

 do with the **meditation** that we are going to do. It's called the Blue

---

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 this Blue Krystal **Meditation**, this Blue Krystal is an Endoplasmic Krystal. It, itself is

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 1: Blue Krystal **Meditation** Introduction [Audio Track 2] A"sha ... very big and

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 forget about the **meditation**, you're eating or whatever and all of a sudden you

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---


 like a Journey **Meditation** of some sort that people who are old-timers, people

 do a Journey **Meditation**, where we can do grid work that way and link

---

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---

 this sort of **meditation**, for a simple word. After we do the meditation thing

 we do the **meditation** thing then we shift the Shield over. And as we

---

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---

 go and do **meditations** with this crystal, with the Crystal Lotus, just sitting in

---





File : [2009-10\\_TalkTownRadio\\_scan.pdf](#)  
Title : Talk of the Town Radio Interview #2  
Subject : Radio Show transcript  
Author : Ashayana Deane and Sarah Simmons  
Keywords :

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Page: 5

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-  do some energy **meditation** works - large groups of three hundred people, outside, in
  -  Where the energy **meditations** and ... in the first one, somebody just happened to
-

File : [2009\\_Summary2\\_scan.pdf](#)  
Title : Summary 2  
Subject : Introductory Topic Summary 2, Contemporary Origins and Evolution of the MCEO Teachings  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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your contemplations or **meditations**- ALONG WITH the "commonly used version"- and simply sincerely

---




File : [2010-08\\_Sliders8\\_scan.pdf](#)  
Title : Sliders 8 - Handbook  
Subject : Awake, Aware, and ALIVE in the Lands of Aah, The Sea of Ah-Yah, Eternal Stream of Ah-Yah-YA the Covenant of Ah-Yah-Rhu and Eternal Dream Fields of the ONE, Preparing the Body for Slide - Advanced Level  
Author : MCEO Freedom Teachings  
Keywords :

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 and Greet|| silent **meditation** (preceded by the Sacred Sentence) to welcome the 15


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File : [2010-10\\_Sliders9\\_scan.pdf](#)  
Title : Sliders 9 - Handbook  
Subject : The Flame of CosMAYah, Mayan Mother Matrix & Luminary Body  
Activation, Advanced Spiritual Body Training  
Author : MCEO Freedom Teachings  
Keywords :

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 Perspectives • MCEO **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations • Claim of


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File : [2011-04\\_ShA-DahL-UUN13Virtues\\_Codes\\_scan.pdf](#)  
Title : ShA-DhaL-UUN 13 Virtues Color Codes  
Subject : Laminated set of color Virtues  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 · Ta Contemplation, **Meditation**, Source Awareness, Self-awareness Eternal Nature in Time-Space 4


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File : [2011-04\\_ShA-DahL-UUN13Virtues\\_scan.pdf](#)  
Title : ShA-DhaL-UUN 13 Virtues - Handbook  
Subject : The ShA-DhaL-UUN Rite, 13 Virtues and the Shores of Ah-MA-ya-san,  
Planetary Mirror in the Sky Activation 1  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 respect) (contemplation, **meditation**, source awareness, self-awareness) (clarity, chastity, reverence, service) (

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 ("Zah") Contemplation, **Meditation**, Source Awareness, Self-awareness Eternal Nature in Space-Time 4-

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---

 make an affirmation **meditation** out of them, and try to make them your way

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 make an affirmation **meditation** out of them, and try to make them your way

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 Elements: Tone: Contemplation, **Meditation**, Source Awareness, Self-awareness Eternal Nature in Space-Time 4


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---


 &/or tactile **meditation**, in conjunction with toning of the Psonn of ShA-DhaL-

 One 12 minute **meditation** per day is sufficient to retain Cosma-gel Activation; if

 minute visual/toning **meditation** is missed for more than 7 consecutive days, re-induction

 Man-dha"-Lic **Meditation**- "Virtue 13" 1. Sit comfortably in a quiet area,


 "4-Point **Meditation**" (breath, visual, audio & tactile) for a full 12 minutes;

 this 4-Point **Meditation** for as long as you desire; it is not necessary

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 uun Elemental Virtues **Meditation** •• 5. Ether ShA-DhaL-uun Command Virtues 1-12


---

File : [2011-05\\_Sliders10\\_scan.pdf](#)  
Title : Sliders 10 - Handbook  
Subject : Return of the Sacred Butterfly, Te, Chi, & the DhA-Ya-Tei, Ultimate Desire, DhA-Ya-fication of the Vessel, Eternal Identity & the Adept Mind  
Author : MCEO Freedom Teachings  
Keywords :

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 Disciplines" - Moving **Meditations** 50 Technique 7 A & 7B: "Return of the

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 Oiscip/ines"-Moving **Meditations**-3-0M, 7-Ya, 11-TEi -"Sacred Butterfly" Affiliation:

 Eternal Nature-contemplation, **meditation**, Source-awareness, self-awareness/Pa-REi"-T alUm 8-Power-

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 Discip/ines"-Moving **Meditations** The "Disciplines" are specific, slowly rendered energy movements by

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File : [2011-08\\_Sliders11\\_scan.pdf](#)  
Title : Sliders 11 - Handbook  
Subject : Time Tan-Tri-A-Jha Doorways and the Silver Seed Temple, Pods of Creation, Sa-MA-ya Water Command and Mirror in the Sky Activation Level-3 (Physical Body Adept Training)  
Author : MCEO Freedom Teachings  
Keywords :

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 The Disciplines"-Moving **Meditations** The "Disciplines" are specific, slowly rendered energy movements by



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File : [2012-01\\_Sliders12Pt1\\_scan.pdf](#)  
Title : Sliders 12 Part 1 - Handbook  
Subject : Externalization of the KRYST, Secrets of the Tan-Tri-A"Jha, The 7 Suns of Cos-MA-yah, Keys of Aden, Budding of the Lotus Seed and Plasma Body Initiation  
Author : MCEO Freedom Teachings  
Keywords :

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-  Perspectives • MCEO **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations • Claim of
  -  personal discretion. MCEO **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations As the MCEO
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-  solely as "**Meditations** for Spiritual Exploration," with the intention of assisting to serve
  -  using any MCEO **Meditations** for Spiritual Exploration techniques or technologies. Since introduction of MCEO
  -  introduction of MCEO **Meditations** for Spiritual Exploration techniques and technologies in 1999 many people
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File : [2012-04\\_Sliders12Pt2\\_scan.pdf](#)  
Title : Sliders 12 Part 2 - Handbook  
Subject : Externalization of the KRYST, Secrets of the Tan-Tri-A"Jha, Dueling Plasmas, the 15th Bridge, Myotic Awakening, the 7 Stands of the KRYST-Host Fail Safe & Fail Safe Stand 2  
Author : MCEO Freedom Teachings  
Keywords :

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-  Theoretical Perspectives MCEO **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations Claim of Authenticity
  -  personal discretion. MCEO **Meditations** for Spiritual Exploration. Medical and Psychiatric Considerations As the MCEO
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File : [2012-12\\_13DaysOfKRYSTHLmass\\_scan.pdf](#)  
Title : 13 Days of KRYSTHLmass  
Subject : Details about FOL post-Dec 2012 workshop  
Author : ARhAyas Productions  
Keywords :

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 audio or video **meditation** on 1/3/2013 or 1/4/2013 (as


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File : [2012-12\\_AgeOfEnlightenment\\_scan.pdf](#)  
Title : Dawn of the Age of Enlightenment - Handbook  
Subject : The Dance of ARhAyas, RAI Talisman Codes, KRYSTHL Spire of AL-HumBhra & Aurora Ascension Earth - Stand 7  
Author : ARhAyas Productions - E"Asha Ashayana  
Keywords :

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File : [2012\\_MCEOarticles\\_scan.pdf](#)  
Title : MCEO Articles  
Subject : Compilation of Articles publically available from the MCEO  
Author : MCEO Freedom Teachings  
Keywords :

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-  of a guided **meditation**, to provide direct experience of some of the energies/ identity
  -  energy. • Guided **Meditation**: Inner Sanctum Meditation: your connection-to-the-Universe space. Lecture
  -  Meditation: Inner Sanctum **Meditation**: your connection-to-the-Universe space. Lecture 2: The Science
- 


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-  • Blue Flame **Meditation** preparing the Chakra system to receive energies from higher dimensions.
- 

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-  Energy Running and **Meditation** Techniques. · Aromatherapy. · Light use of Vitamins and Herbal
- 


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-  in terms of **meditations**, exercises, prayer and so on) "Do they (when
- 





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-  would resemble guided **meditations** involving the use of symbols, colors and sounds. Each Color
- 



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-  through the popular **Meditation**, Stress-Reduction and Habit Control Self-Hypnosis Programs she created.
  -  a study-group **meditation**, Mac personally experienced a very distinct vision, with a clear
  -  Mac shared her **meditation** experience, telling A"sha what she thought it meant: that she
  -  "Great Pyramid" **meditation** experience of early 1999, Mac organized A"sha"s first Educational Travel
- 

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-  the MCEO Technique-**Meditation** CD "s. And thanks to the Azurite Press Transcription
  -  dispensation and Technique-**Meditation** of the GA-MCEO-Krystal River Guardians" Freedom Teachings®
-



to explore in **meditation**. Bio-Regenesis technologies were taught as "Common Knowledge" within

---

File : [2013-05\\_WatersOfE-LAi-sa\\_scan.pdf](#)  
Title : The Waters of E-LAi-sa - Handbook  
Subject : Tan-Tri-A"ra Chismatic Self-Healing Level 2, The E-LAi-sian Seal and the 8-step E-LAi-sian Encoding Process  
Author : ARhAyas Productions, E"Asha Ashayana  
Keywords :

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 process of interactive **meditation** (featured in the Tan-Tri-Ahura Teachings-The Path

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 VNS via various **meditation**, breathing & yoga activities also shows promisng health benefits -

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 use of various **meditation**, breathings & yoga practices. Excerpt from "Waking Times" article

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 rn\_ ) and **meditation**) can be extremely effective at opening up this vital channel


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File : [2013-08\\_ShiftMasterHostMasterEarthCYNC\\_scan.pdf](#)  
Title : Introduction to ShiftMasters, HostMasters & the EarthCYNC Celebration - Handbook  
Subject :  
Author : ARhAyas Productions - E"Asha Ashayana  
Keywords :

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 Beach and Beach **Meditation** Event) (EarthCYNC™ Activation-1: Calling the E-LAi-

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 VNS via various **meditation**, breathing & yoga activities also shows promisng health benefits -



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File : [2013-12\\_SecretsOfEFFI\\_Itinerary\\_scan.pdf](#)  
Title : Secrets of EFFI workshop description and itinerary  
Subject : Dec 2013 Workshop description and itinerary  
Author : ARhAyas Productions  
Keywords :

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 ™ Celebration Beach **Meditation** Event, 12 New Techniques, 15 Chismatic Field Activations & 12

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  "" Celebration Beach **Meditation** Event- Planetary KarU"sa, Cloak of ARI-Yon"ah & KHY-Sites



  "" Celebration Beach **Meditation** Event • "Long Time Sun"\* Brevity Code encrypted song


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  Beach **Meditation** Event: Sunset- Saturday, December 21, 2013-Planetary Homecoming EarthCync"" Celebration

  EarthCync"" Celebration Beach **Meditation** Event • Techniques-10-12, Chismatic Activations 13-15 •

  EarthCync"" Celebration Beach **Meditation** Event- Planetary KarU"sa, Cloak of ARI-Yon"ah & KHY-Sites

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File : [2013\\_04\\_ELAiSaAwakening\\_Handbook\\_scan.pdf](#)  
Title : E-LAi-Sa Awakening - Handbook  
Subject : The Indelible KRYST Code & Chismatic Self-Healing Level 1  
Author : ARhAyas Productions - E"Asha Ashayana  
Keywords :

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 pineal induction," visual **meditation**, or tactile meditation as a "coloring mandala." ©4/  
 meditation, or tactile **meditation** as a "coloring mandala." ©4/2013 E"AshaAshayana,AII

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 pineal induction," visual **meditation**, or tactile meditation as a "coloring mandala." ®4/  
 meditation, or tactile **meditation** as a "coloring mandala." ®4/2013 E"Asha Ashayana,


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File : [2014-04\\_ShiftMasters1\\_scan.pdf](#)  
Title : Tan-Tri-Ahura Teachings™ ShiftMasters™ Course-1  
Subject :  
Author : (C)2014 E"Asha Ashayana  
Keywords :

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 LLC teachings or **Meditations** for Spiritual Exploration techniques and technologies. The responsibility for decision

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 The EFFIInflnitum Beach **Meditation** & Post-Dinner Seminar Session will include: (as well

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 VNS via various **meditation**, breathing & yoga activities also shows promisng health benefits -

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File : [2014-07\\_FactuallySpeaking.pdf](#)  
Title : Factually Speaking  
Subject : Details of the Divorce between Speaker 1 & Speaker 2  
Author : ARhAyas Productions  
Keywords :

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 -SYMBOL CODE **MEDITATION** CARDS - J ~10-card 511to1HighV~::~I ~-9r;


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File : [2014-12\\_KDDL1Announcement\\_scan.pdf](#)  
Title : KDDL 1 Announcement  
Subject : Details about KDDL 1  
Author : ARhAyas Productions  
Keywords :

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Page: 3

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 VoyageScapes" .. projectioo-**meditation** art, Keylonta"" Key Code Induction and Tan-Tri  
Wheel o/


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File : [2014-12\\_KDDL1ChartPack\\_scan.pdf](#)  
Title : Keylontic™ Discourses for Daily Living  
Subject :  
Author : (C)2015 E"Asha Ashayana  
Keywords :

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Page: 2


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 ARhAyas Productions LLC **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations • Claim of


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 ARhAyas Productions LLC **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations As the ARhAyas

 solely as "**Meditations** for Spiritual Exploration," with the intention of assisting to serve

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File : [2015-04\\_JourneytotheEff-i-yahState.pdf](#)  
Title : Journey to the EFF-i-yah State (with diagrams)  
Subject : Journey steps and diagrams  
Author : ARhAyas Productions  
Keywords :

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Page: 1


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 ARhAyas Productions LLC **Meditations** for Spiritual Exploration , Medical and Psychiatric Considerations Claim


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Page: 2


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File : [2016-03\\_KDDL2\\_scan.pdf](#)  
Title : Arhayas Productions KDDL2 Hand Book  
Subject :  
Author : (C)2015 E"Asha A. Arhayas  
Keywords :

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Page: 2


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 ARhAyas Productions LLC **Meditations** for Spiritual Exploration, Medical and Psychiatric Considerations • Claim of


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Page: 3


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 "11ONE THING" **Meditation**: The Endless Love Technique Keylontic™ Discourses for Daily living -

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 to explore in **meditation**. Bio-Regenesis technologies were taught as "Common Knowledge" within

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 Receiving the LUV" **Meditation** Keylontic™ Discourses for Daily living- KDDL™ Course Series - Presented

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 Receiving the LUV" **Meditation** Keylontic"M Discourses for Daily Living - KDDL"" Course Series


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 Receiving the LUV" **Meditation** Use any time after sequentially 1st Run of Session-2

 Receiving the LUV" **Meditation** Platform: 8. After the "1inl3 Charging Breaths" of the


 Receiving the LUV" **Meditation** Platform. Shift your attention from "Breathing Focus" to "

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 Receivfng the LUV" **Meditation** AMCC-MCEO-GA Theoretical Perspectives Engaging the "NOW-TIME


 once-daily short **meditation** "step into the Eternal Now LUV (Lowest unified

 Receiving the LUV" **Meditation** becomes actively imprint ed and "entrained" within TrhU"-ah

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 Receiving the LUV" **Meditation** Keylontic"M Discourses for Daily Living - KDDL"M Course Series ·

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 Receiving the LUV **Meditation"** Technique (KDDL-2 Session-2, Part-1: Technique-4)

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 201S with Audio **Meditation** "Journey to the £/f-1-yoh Stote-Triptec


 2-hour Audio **Meditation** initiated E/f-E"-Mo Crystal activation S/13/2015


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 2015 with Audio **Meditation** • Journey to the Ef/-1-yoh State- Triptec Power


 Receiving the LUV" **Meditation** Triptec Power Phase Deep-Journey Compound Technique-1: Journey to

 2-hour Audio **Meditation** initiated Effe"-Ma Crystal activation 5/13/2015 Keylontic"M Discourses

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 Receiving the LUV" **Meditation** Keylon tic"" Discourses for Daily living · KDDL"" Course Series-

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File : [KeylonticDictionary.pdf](#)  
Title : Keylontic Dictionary  
Subject : KS Dictionary  
Author : MCEO Freedom Teachings  
Keywords :

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 protected "meditation space" free from interdimensional interference. Cue Zones are

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