

A Meditation Can Help Heal The World



And All of Us

Reverend Mike Wanner
Siddhartha Neupane

-

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“Healing Presents” Tab
(Cancer Days 1-5, 11-15, 21-25 at Healing Presents Tab)
<http://www.AngelRaphaelSpeaks.com>
Optional “Prison Presents” Tab

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Acknowledgments

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&

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<https://pranichealingdesigns.blogspot.com>

1 - Meditation On Twin Hearts

The Meditation is called the Meditation on Twin Hearts. It's called that because it is designed to open the Heart Chakra (The Center of the Emotional Heart) and the Crown Chakra (The Center of the Spiritual Heart.) The "Twin Hearts" help meditators feel more love towards themselves, their families, communities, the whole world, and the Divine.

As it does this, Meditation on Twin Hearts provides both physical and emotional benefits and blesses the Earth with peace, love, light, and joy.

It is correctly described as:

"... provides the strength the body needs to fight off infections, as well as helping practitioners learn to control their emotions and feel less anger, anxiety, and irritation, reduce stress and improve concentration."

Before experiencing this unique Meditation, I imagined it as being like many I have learned. When I attended a little demo session during an Open House at The Awaken Center for Human Evolution (AwakenCHE.org), I was immediately impressed with the energy shift that I felt right after closing my eyes.

I scheduled another experience to see if it was a one-off or if there was more for me to feel. Again, I was immediately

impressed and amazed as I experienced a whole-body energetic envelopment, like a full body hug that felt great.

In the past Meditation for me had been something that I struggled to do but this was more like a being experience where I was receptive automatically and grateful immediately.

I later learned that Receptivity and Gratitude are two of the most helpful things for meditators to embrace as each is helpful but together there seems to be an acceleration.

2 - What is Meditation On Twin Hearts?

“The Meditation on Twin Hearts technique was developed by Master Choa Kok Sui, ...” as “a technique to achieve illumination or "Universal Consciousness." It is also a form of world service that helps to bring harmony by blessing the Earth with loving-kindness, peace, joy, and goodwill. It does not follow any specific religious belief or guru (teacher), and doing the Meditation involves blessing the Earth with peace, love, light, and joy.

The Meditation on Twin Hearts brings a tremendous amount of spiritual peace, love, prosperity, and happiness into the practitioner’s life. It is a noble tool that raises one's vibrations toward higher states of awareness and expanded levels of consciousness.”¹

The Meditation allows positive Energy to flow through your body, which releases negative or unwanted Energy. Scientific testing has shown that people who practice this Meditation are healthier and more at peace mentally than others.

A section of the Meditation includes active focus on sending Energy to the world itself. The awareness of the world needing Energy can help condition humanity to be more aware of and subsequently more considerate of the environment's needs and the impact of everything humans do or don’t do.

¹ Quotes from www.thepranichealers.com.



The Meditation is enhanced when preceded by exercises that prepare the body to receive the Energy smoothly and efficiently and then followed by a smaller set of efforts to pack the Energy into optimal places for integration wholistically.

If you find the opportunity to participate in the Meditation On Twin Hearts, I encourage you to give it a go in person, online, or by yourself.

3 - Meditation Process Summary

1. Gentle and subtle body movements light Exercise
Before Meditation to open the Energy Channels
(If comfortable)
2. Invocation before Meditation
(Inviting the Divine)
3. Guided Meditation by Master Choa Kok Sui,
the Founder of Pranic Healing and Arhatic Yoga
or other masters.
4. The Prayer of St. Francis
("Let Me Be an Instrument of Thy Peace")
{Service for the Greater Good}
5. Meditators are invited to Focus Energy
on Healing the Physical World
6. Exercise After Meditation to Pack In the Energy
(If comfortable)
7. Residue of Divine Connectivity, Brevity,
Efficiency and Repeatability Manifest in your life.
{Connection to All That Is}
8. Personal Peacefulness

4 - Intelligence & Awareness

Powerful Words

“An intelligent person is not closed-minded. He does not behave like an ostrich burying his head in the ground, trying to avoid new ideas and developments.

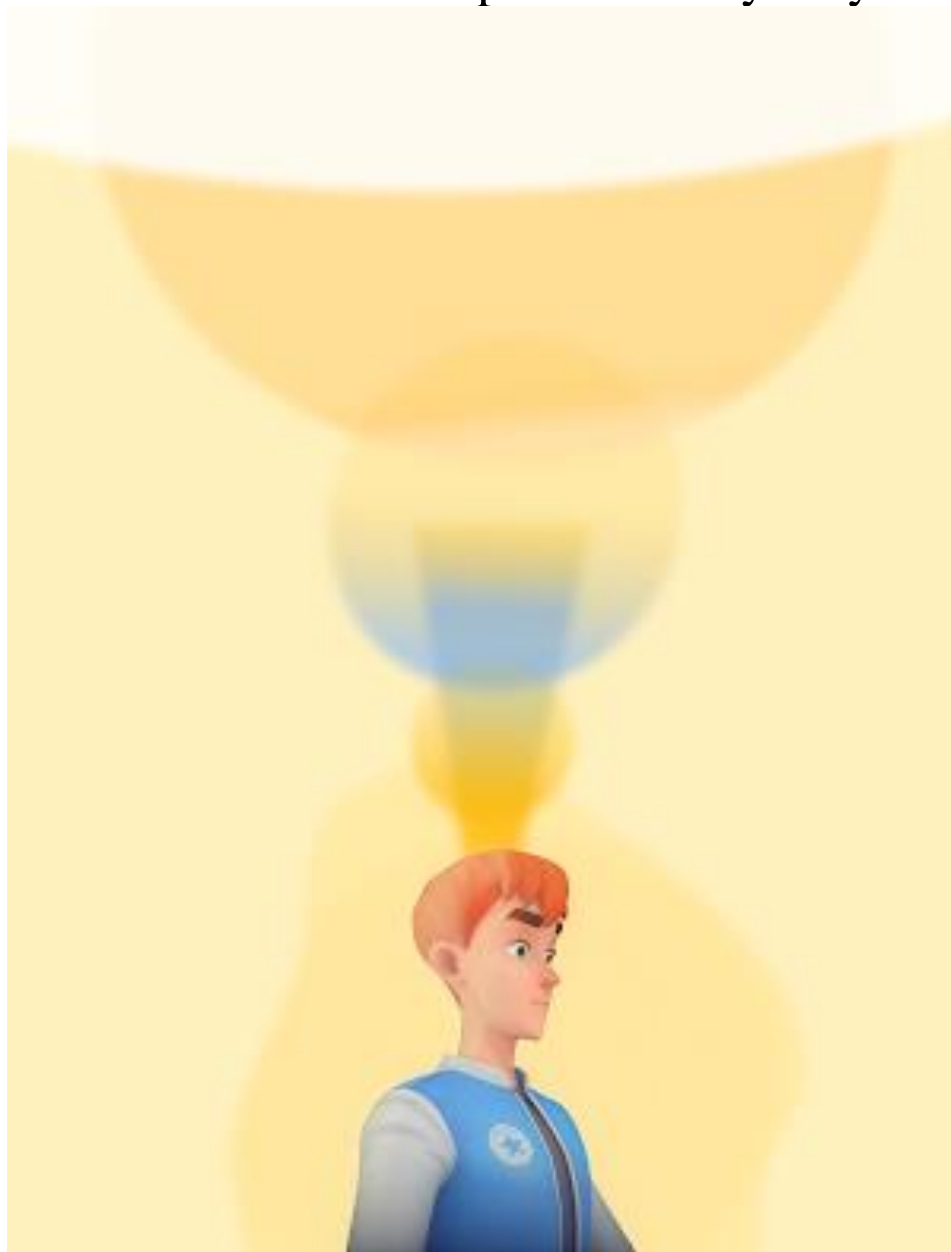
An intelligent person is not gullible. He does not accept ideas blindly.

He studies and digests them thoroughly, then evaluates them against his reason: he tests these new ideas and developments through experiments and his experiences.

An intelligent person studies these ideas with a clear, objective mind.”

*~ Grandmaster Choa Kok Sui,
Founder of Pranic Healing*

5 - Meditations Open To Everybody



Global Meditation with Master Glenn



New Link

@PranicHealingUSA

GLOBAL MEDITATION *with* **MASTER GLENN**

Weekly Meditation for World Healing

Wednesdays at 8:00 PM New York Time

LINK TO CONNECT:

<http://bit.ly/NewWedGM> // Password: MCKS2021

Meditation on Twin Hearts with Master Stephen Co



Master Stephen Co conducts online meditation sessions three times a week and on special occasions at the time of writing. They are free to participate in.

Website: <https://www.masterco.org/anchor-the-light>

Facebook: <https://www.facebook.com/MasterStephenCo/>

YouTube:

https://www.youtube.com/channel/UCa6M_MhZv_NEyXDffvnKikQ

Pranic Healing Bucks County Meetups

<https://www.meetup.com/Pranic-Healing-Bucks-County-Meetup/>



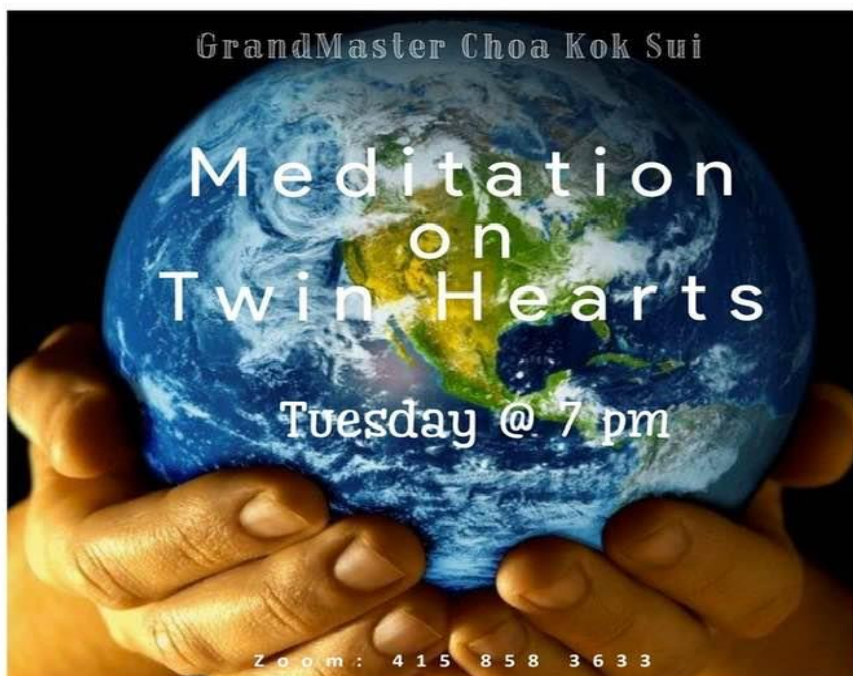
Pranic Healing Bucks County



Online events, healings & classes

Anne Palumbo's Meditation On Twin Hearts

<https://us02web.zoom.us/j/4158583633>



Join us for a 20-minute guided meditation.

Meditation on Twin Hearts is known to improve ones mental, emotional, and physical state of mind. Greatly reduce stress, anxiety, and depression. Meditation helps increase mental clarity, focus, and awareness and producing results of inner peace, happiness, and joy.

Take a break from the stress of your day and bask in the energy of inner peace, joy, and stillness.

Ask about a free Pranic Healing consultation. All healings are done remotely in the privacy of your own home.

If you have questions please contact me at: amppranichealing@gmail.com

Peace & Love, Anne Palumbo

More Info - Meditation on Twin Hearts

Google Meditation on Twin Hearts

Prominent Sites that Come Up

<https://pranichealingusa.com/getting-started/meditation/>
<https://www.thepranichealers.com/pages/en/our-system/twin-hearts>

<https://www.atlpranichealing.com/mth>
<https://pranichealing.com/content/meditation-twin-hearts>



YouTube.com & ZOOM

Master Glenn Mendoza on Twin Hearts Meditation

<https://www.youtube.com/watch?v=pNLIHu0CQjA>

Master Stephen Co On Twin Hearts Meditation

<https://www.youtube.com/watch?v=aNWcUvVWPo4>

Master Glenn Mendoza on Twin Hearts Meditation

<https://www.youtube.com/watch?v=zB2Ty8SgHHk>

Master Stephen Co Meditation on Twin Hearts

<https://www.youtube.com/watch?v=N884jNJJpGc&list=PLBrz5JF8uqlYp31HvgWRFauhsAc6j4EEv>

6 - Personal Stories

About Meditation on Twin Hearts

Personal Story 1

I am so grateful for Meditation on Twin Hearts. Before doing the Meditation, I had panic attacks many times, and since then, I am calmer, and I feel divine protection.

When I have a hard day, my husband sends me to meditate because he likes to experience me becoming nicer and kinder. When I first did it, I started feeling tingling on my crown chakra.

One time I had shoulder pain, and after the Meditation, it was healed. I noticed, when I heal after Meditation, I can scan better and become a better healer.

Meditation is becoming a lifestyle for me; It's like a spiritual shower every morning. It's my medication for life, and I choose to keep doing it.

I like to have to feel inner peace, which I never experienced before.

Thank you, Master Cho Kok Sui, for your teaching and guidance.

Originator's name withheld by request.

Personal Story 2

My Personal Experience With Twin Hearts Meditation

I did my first Twin Hearts Meditation in 2017. That year was a rough year for me! My mental noise was loud. Sadly, there were no volume controls in my head.

Therefore, I had to listen and converse with unnecessary and irrelevant thoughts. The first time I tried Meditation on Twin Hearts, my experience was not as magical as I thought it would be. I couldn't sit patiently for even 22 minutes. I used to find the exercises funny, and I'd chuckle. I tried a few times after that before gradually discontinuing it.

Again two years later, I continued with Pranic Healing and my meditations. This time I regularly visited my meditation center. I would spend time with my instructors, ask questions, do the meditations, etc.

Gradually, the meditation began to make more sense. I could somewhat understand what the words from the teacher meant. Meditations now felt uplifting. I remember one full moon day I was meditating with my two instructors and afterwards as I was returning home, I couldn't help but smile!

There was no reason required! In the bus, I felt great love from within. I remember constantly telling myself, "everyone is my friend, everyone is my friend..." I sought the experience again the next day but it didn't happen. Meditations now gradually made more sense, and I usually feel great! Not every time, but

usually. The magic of Twin Hearts Meditation is that even if you don't totally feel the difference, the meditation has done its work, and gradually you are transformed.

A few months later, the act of giving blessings became magical. Sometimes even tears would flow from my eyes! Oh, how much love have I gained! It has also been like a switch of my mood. I remember one day, my emotions were all over the place. Due to some reason, I decided to meditate and, well, you know what happened. I smiled! I felt happy! I felt great!

If there's anyone who'd like to try the meditation, I would say a couple of things. First, stick to it for some time! Maybe 15 days or one month.

If you have a friend, instructor, or partner who does the meditation, ask and do it together. Second, for some people, the results may not be visible. Stick to it. Keep going. Third, take time to read the transcript of the meditation. It took me some months to fully understand the words and contents of the meditation music.

And fourth, come to terms that some days you are going to feel phenomenal, while on others, you're going to feel just normal. Do not seek to be blissed out every time. It ignites anger and hurt if you don't find the same bliss repeating. Just do your part of blessing others.

Siddhartha Neupane

Personal Story 3

I didn't start meditation by choice, but by faith. I was a runner and I couldn't sit for long. Getting close to 50, I noticed my joints in my knee and wrist start to hurt. The Dr told me stop running because the pain is coming with my age.

That's when I found Pranic Healing and started the Twin hearts meditation. Saying the words is a beautiful prayer where we practice opening up our heart and crown chakras. After I while, I start to see bright lights and beautiful purple light, that I never experienced before.

I did the self-healing and chakra-healing Meditation on Twin Hearts and I noticed my pain was gone. It felt the light just healed me. During the meditation, we bless the Earth including all the people and every living thing. We become what we meditate on. My friends noticed that I become more positive. I felt that I become more peaceful and more sensitive.

I didn't want to watch movies any more where they hurt each other. I try and work every day to be a better person than I was yesterday. This meditation is for my life as I have to keep doing it to have all the benefits. The energy is much bigger if we do it with a group. And, I am healed enough to be back to running and plan to meditate to keep doing it. Love and blessings to all.

Originator's name withheld by request

Personal Story 4

I asked before the Meditation yesterday to have Spirit heal my pelvis, left leg, knee and feet. During the meditation the energy came into my head and flowed to various areas of my pelvis, mainly my sacrum and coccyx. I also felt the energy in my knees and feet (very flat feet with no arches and no tendons attached in the long inside arch of the foot.) The energy permeated me all night long in waves until about 11 pm. It felt like a band of energy coming in the top of my head and going where the 'hurt spots' were as described above.

This morning I can walk without pain in my leg or left knee. It is as if I never had all the pain I have had for years. We'll see how this rolls out. I have given lots of thanks to Spirit and Master Sui for the healing.

Hope this little written expose helps your project. You are free to edit this as you need to. Glad to help.

Best, C M-M

Personal Story 5

May 24, 2021

It was in February, probably the second to last week in that month when I began to feel a twitching in my left eyelid. At first it started out happening once or twice a day, maybe three days a week. And I must admit I didn't have any pain or blurriness, just this annoying twitch behind my left eyelid. Soon though it increased in frequency. Until it just became an everyday annoyance. I spoke to my daughter about the twitching and her reply was "It's stress. When you find another job, it will go away." Her response seemed plausible, yet I didn't think I was that stressed. How could I be? I was too busy to be stressed. I worked Monday through Friday 8 am till 6 pm, and for three hours on Sunday. I was doing online evening meditations Mondays, Wednesdays, and Fridays. Sometimes, I did two on Fridays. I was also a part of the Bucks County Pranic Healing group. I did Tuesday evening meditations, and when time permitted, I joined them on Sundays. The twitching I hoped would just go away.

Then one evening in April, while attending a Tuesday night meditation with Bucks County Pranic Healing, Alison the group's coordinator started talking about the upcoming full moon. It was a Wesak Moon she said and if anyone was interested, they could join in the meditation being done later that night. Alison stressed that the meditation was very powerful, and if you had any unresolved issues needing work, to wait until next year to do it. Several other members of the group echoed the same thing when they told stories of their first-time experiences. But because I had been doing a lot of

inner work on myself, I felt I was in the clear. Boy was I wrong!

The mediation lasted about two hours, and twice I felt myself falling asleep. Struggling to stay awake and focused, I finally laid down on my bed to finish it. When I woke up the next morning, I had such a migraine. It was so bad, I walked to the bathroom with my eyes closed. I didn't know whether to sit or stand once I got there. Around both my eyes were what felt like a "burning ring of fire". I kid you not, I felt so hot and around both eyes it just burned. I called my job and told them I would be in late. Then taking two Motrin, went back to bed. When my alarm went off again two hours later, my head and eyes were still hurting, and I was shivering. Taking one more Motrin, I headed to work. It wasn't until midafternoon that everything went away. From some of the stories I had heard the night before, I had gotten off pretty easy. Over the next few days, I began to wonder what the significance behind the burning I felt around my eyes was. I had many answers, but none made any real sense. It wasn't until two weeks later that I realized, the twitching I had in my left eyelid was gone. Completely gone. I guess you could say the answer was right in front of my eyes.

Laura

7 - Meditation on Twin Hearts is Important in Today's World!

Everything in this world today wants our attention. Our regular day involves our family, kids, TV shows, companies, projects, etc. As beings with finite energy, at some point, we lose our balance.

Our decisions become irrational, we lose our calm, gather stress, and feel drained by the evening. Sadly, this is daily life for some people.

It seems that we need to be centered in our lives. Just like a tree with strong roots can resist the storm, we can deal with life better when we are strongly rooted.

With this balance, our relationships with our family and colleagues improve. We think clearer, we love more, and we perform better. Our finances grow. Our spirituality becomes clearer. And we become better parents, partners, employees, leaders, and teachers.

Achieving this balance is one of the purposes of meditation. A regular practitioner of meditation should be able to demonstrate the positive changes expected after practicing it.

Among several meditations, Meditation on Twin Hearts is an excellent meditation to improve our life as a whole. The meditation, among other things, helps us be centered in our lives by making us calmer, loving, and focused.

{Siddhartha Neupane is a Meditator and Pranic Healer in Nepal.}
{He is also the Creator of the Meditation on Twin Hearts
Images that are featured in this book.}

8 - Wrap Up

You Can Do Meditation On Twin Hearts To
Bless The Earth Like A Kiss From You to All!

Giving and Receiving are Reciprocal

Like a Boomerang,
Healing and Being Healed Can Also Be!



What Goes Around, Comes Around Again.
Send Your Best.

*You Can Do Meditation On Twin Hearts To Bless
The Earth Like A Kiss From You to All!*

The Kiss Principle

Author Unknown

Keep It Simple, Sweetheart



What Goes Around, Comes Around Again.
Send Your Best.

9 - Reverend Mike Wanner

Reverend Mike Wanner started his metaphysical and ministerial studies with Reiki in 1993, and he has studied seven Reiki styles in the US, Japan, Canada, Denmark, and Australia. He is certified to teach.

He became certified to teach Integrated Energy Therapy® in 1999 and co-taught the new millennium's first IET® class. Mike began dowsing in 2001.

Ordained as an Interfaith Minister of the Circle of Miracles Ministry and a Metaphysical Minister of the International Metaphysical Ministry, Rev. Mike practices and teaches spiritual energy therapies in the Philadelphia Area.

He was a faculty member of the Medical Mission Sister's Center for Human Integration's School of Integrated Body/Mind Therapies in Fox Chase, Philadelphia, PA, for twelve years.

For a complete Biography, please visit
<http://ReverendMikeWanner.com/Bio>

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Free Cancer Books

<https://angelraphaelspeaks.com/free-cancer-books/>

Free Prison Books

<https://angelraphaelspeaks.com/christmas/>



10 - Siddhartha Neupane



"Siddhartha Neupane's curiosity from his younger years led him towards the spiritual path. At the time of writing, he practices Arhatic Yoga. He believes that the world needs smart, gentle and powerful people to lead those urgent endeavors that make the greatest difference.

He is the author of 'Trident Of Wealth'. Professionally he does product design for clients. At the moment of writing, you can contact him through siddharthaneu@gmail.com "

Appendix 1- God Bless Mother Earth

*From the Point of Light within the Mind of God,
Let Light Stream forth into the Minds of all People!*

Let Light descend throughout the Whole Earth!

*From the Point of Love within the Heart of God,
Let Love stream forth into the Hearts of all People!*

Let Love descend throughout the Whole Earth!

From the Centre where the Will of God is known,

Let Purpose Guide the Wills of all People!

*Let Goodwill and the Will to do Good descend throughout the
Whole Earth!*

*Let Light, Love and Power descend
throughout the Whole Earth!*

*Let the Entire Earth be Blessed with Peace, Harmony,
Progress, Prosperity and Spirituality!*

God Bless Mother Earth!

With Thanks and In Full Faith! So be it!

- by Maha Atma Choa Kok Sui,
Founder of Modern Pranic Healing

Appendix 2 - *The Planetary Meditation for Peace*

Authority to Reprint

The Planetary Meditation for Peace
(also known as *Meditation on Twin Hearts*)
is a VERY POWERFUL TOOL
IN BRINGING ABOUT WORLD PEACE.

Therefore,

THIS MEDITATIONAL TECHNIQUE SHOULD BE DISSEMINATED.

**The Author hereby
GRANTS PERMISSION TO ALL INTERESTED PERSONS
TO REPRINT, RECOPY, AND REPRODUCE THIS CHAPTER
PROVIDED PROPER ACKNOWLEDGMENT IS MADE**

(Signed) Choa Kok Sui

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

1. Cleansing the Etheric Body through Physical Exercise. Do Physical Exercise ^[SEP]for about five minutes to clean and energize your Etheric Body. Light greyish matter or used-up Prana is expelled from the Etheric Body with Exercise. Physical Exercises also minimize possible *Energy Congestion* since *Meditation on Twin Hearts* generates a lot of Subtle Energies in the Etheric Body.

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

*Father, I humbly Invoke Thy divine Blessing!
For Protection, Guidance, Help and Illumination
With Thanks and in Full Faith!*

Invoking the Blessing of Divine Providence or one's Spiritual Guides is very important. Every serious spiritual aspirant usually has Spiritual Guide(s) whether he is consciously aware of them or not. The Invocation is required for one's Protection, Help and Guidance. Without the Invocation, the Practice of any Advanced Meditational Technique can be dangerous.

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

Blessing the Earth with Loving Kindness

From the Heart of God

Let the entire Earth be Blessed with Loving Kindness

Let the entire Earth be Blessed with great Joy, Happiness and Divine Peace. Let the entire Earth be Blessed with Understanding, Harmony, Goodwill

and the Will to do Good. So be it!

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

Let the Hearts of all Sentient Beings

Be filled with Great Joy, Happiness and Divine Peace.

Let the Hearts of all Sentient Beings

Be filled with Understanding, Harmony, Goodwill and Will to do Good With Thanks ... So Be It!

For beginners, this Blessing is done only once or twice. Do not overdo this Blessing at the start. Some may even feel a slight *Energy Congestion* around the Heart Area. This is because your etheric body is not sufficiently clean.

Apply Cleansing to remove the congestion. This Blessing should not be

done mechanically. You should feel and fully appreciate the implications in each phrase. You may also use Visualization.

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

5. Achieving Illumination—Meditation on the Light, on the Aum or Amen, and the Interval between the Two Aums or Amens. To achieve Illumination (expansion of consciousness), visualize a point of dazzling white light on top of your head and simultaneously chant mentally the word Aum (Ah — omm —) or Amen (Ah — men —) and concentrate on the intervals (moments of silence) between the two Aums (or Amens), while maintaining the point of light. Do this Meditation for 10 to 15 minutes. When you can fully concentrate simultaneously on the Point of Light and on the intervals between the two Aums, you will experience an "Inner Explosion of Light" Your entire being will be filled with light! You will have your first glimpse of Illumination and first experience of Divine Ecstasy. To experience Buddhist Consciousness or Illumination is to experience and understand what Jesus meant when He said: "If thine eye be single, thy whole body shall be full of light* (Luke 11:34). "For behold, the kingdom of heaven is within you" (Luke 17:21).

6. Releasing the excess Energy. After Meditation, it is important that the excess Energy should be released by Blessing the Earth with Light, Loving Kindness, ^[SEP]Peace and Prosperity for several minutes until you feel your body is ^[SEP]normalized. Otherwise, the Etheric Body will become congested and the Meditator will experience headaches and chest pains. The visible body will deteriorate in the long run because of too much energy. Other Esoteric Schools release the Excess Energy by visualizing

the Chakras projecting out the excess Energy and the Chakras becoming smaller and dimmer, but this approach does not utilize the excess Energy into constructive use.

7. Giving Thanks. After Meditation, always Give Thanks to the Divine Providence and to your Spiritual Guides for Divine Blessing.

8. Further Release of Excess Energy and Strengthening the Body through Massage and More Physical Exercise. After Meditating, massage your body and do Physical Exercise for about five minutes to expel more used-up prana from the body and, thus, to further release, clean and strengthen the visible body. This will also facilitate the assimilation of the Spiritual Energies, thereby enhancing the beauty and health of the Practitioner. Massaging and exercising after Meditation also reduce the possibility of *Energy Congestion* in certain parts of the body which may lead to illness. You can also gradually cure yourself of some ailments by doing exercises after doing *The Meditation on Twin Hearts*. It is very important to exercise after Meditation; otherwise, the visible physical body will inevitably weaken. Although the Etheric Body will become very bright and strong, the visible physical body will become weak because it will not be able to withstand the leftover energy generated by the Meditation in the long run. You have to experience it yourself to fully appreciate this. Some have the tendency not to do Physical Exercises after Meditation but to continue savoring the blissful state. This tendency should be overcome; otherwise, one's physical health will deteriorate in the long run.

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

There are many degrees of Illumination. The art of "Intuiting" or "Direct Synthetic Knowing" requires constant Meditation for a long duration of time. Blessing the Earth with Loving Kindness can be done in groups as a

form of World Service. When done in groups for this purpose, first Bless the Earth with Loving Kindness through the Heart Chakra, then the Crown Chakra and, finally, through both Chakras. Release the excess Energy after the end of the Meditation. The other parts of the Meditation are omitted. The Blessing can be directed not only to the entire Earth but also to a specific nation or group of nations. The potency of the Blessing is increased many times when done in a group rather than individually. Another way of Blessing the Earth with Loving Kindness in a group is through daily radio broadcast at an appropriate time with some or most of the listeners participating.

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

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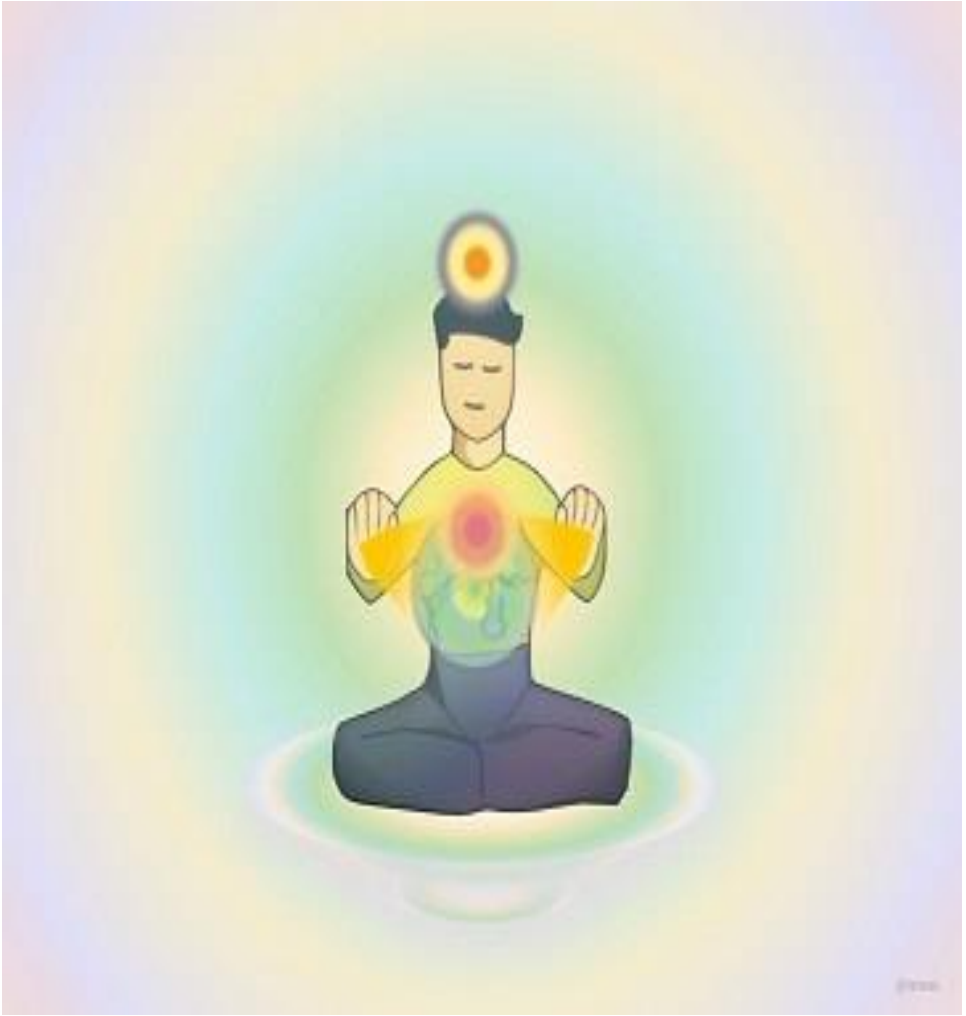
Appendix 3 - Meditation Images & Poses

Introduction

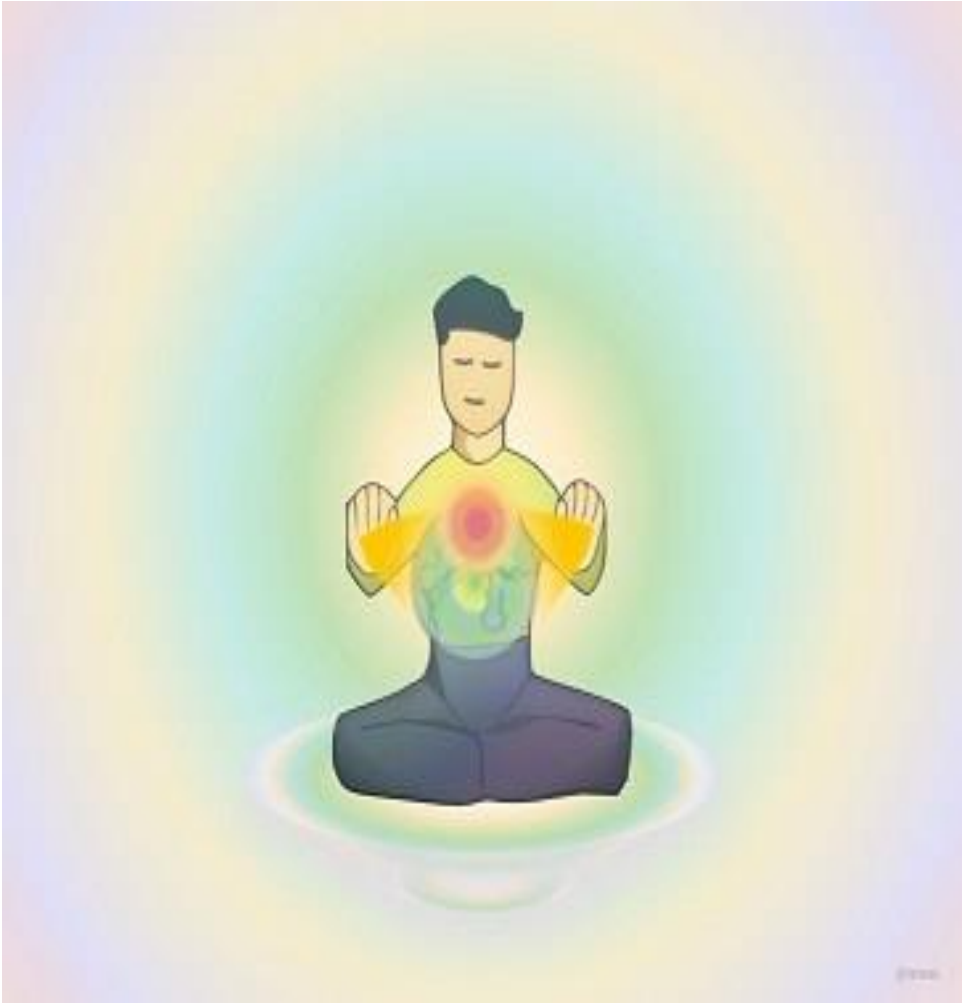
These are some images to guide visualization while doing Twin Hearts Meditation. They are made by Siddhartha Neupane, a volunteer and are not official meditation visualization illustrations. They are listed below to help understanding of the meditation experience



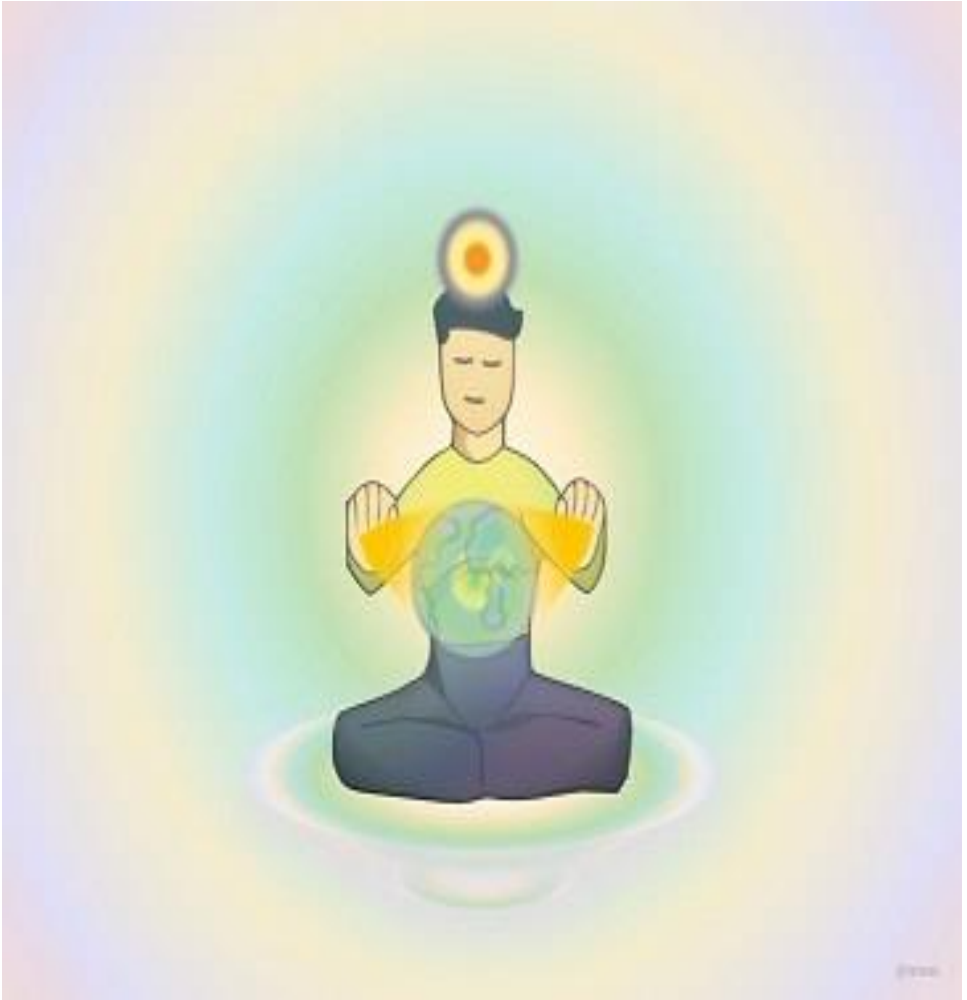
Meditation Image 1: A posture of a person sitting in a chair doing Twin Hearts Meditation



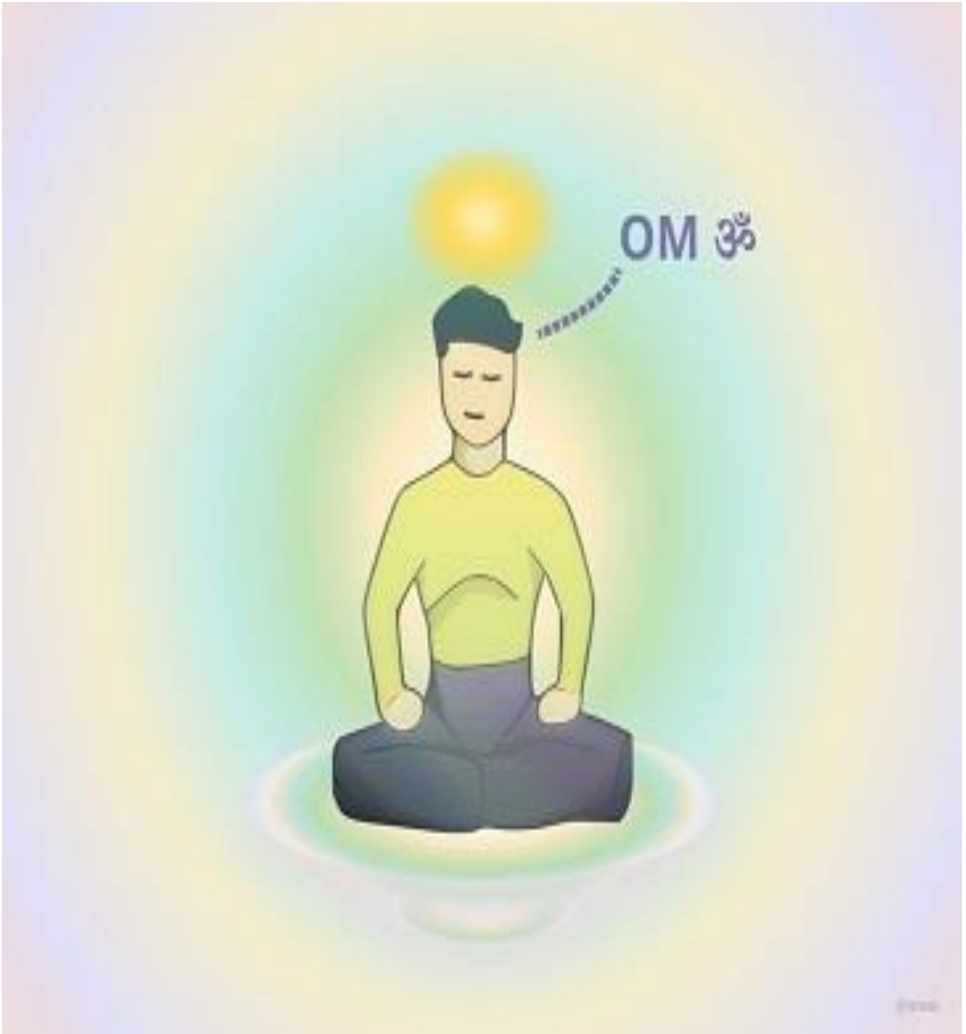
Meditation 2: A posture of a person doing Twin Hearts
Meditation in the half-lotus posture



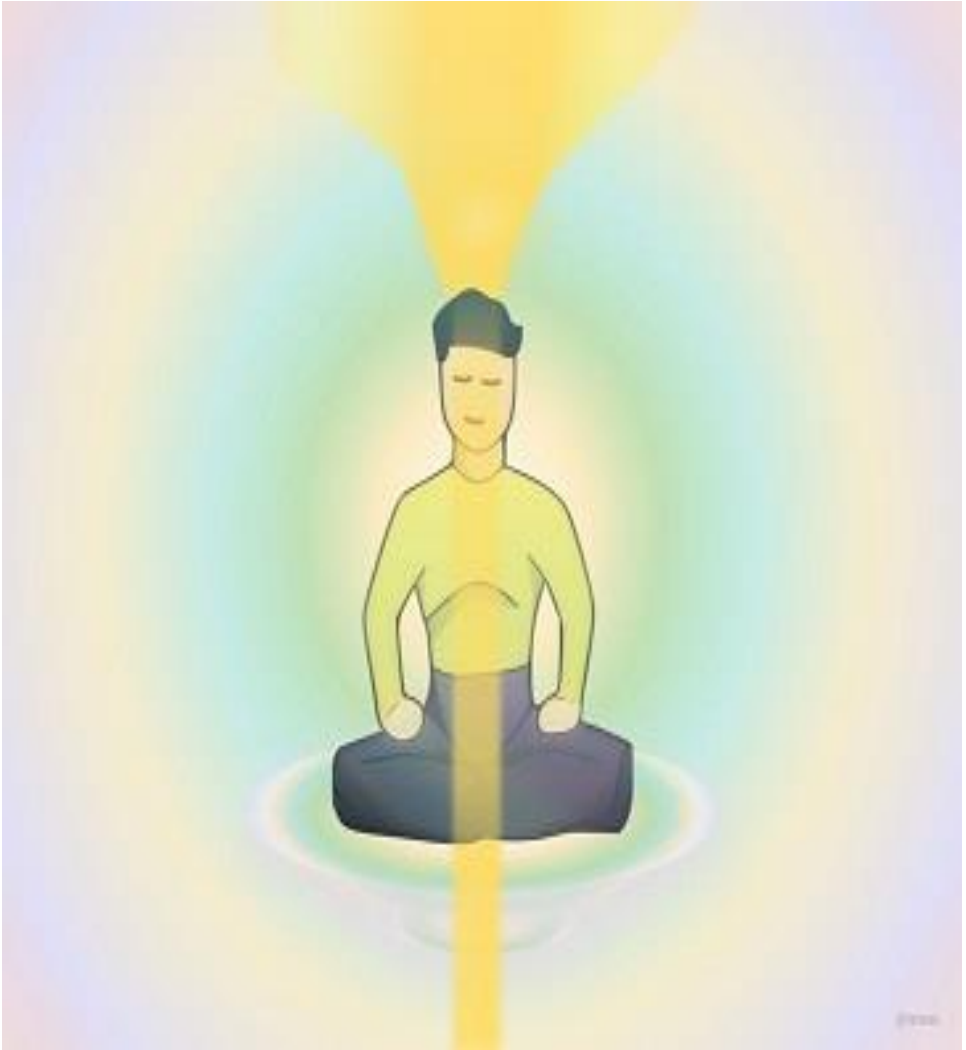
Meditation 3: A person blessing the Earth
with an activated heart



Meditation 4: A person blessing the Earth with an activated Crown



Meditation 5: A person imagining a star in their crown and chanting OM



Meditation 6: A person imagining light going from the base of their spine to mother Earth