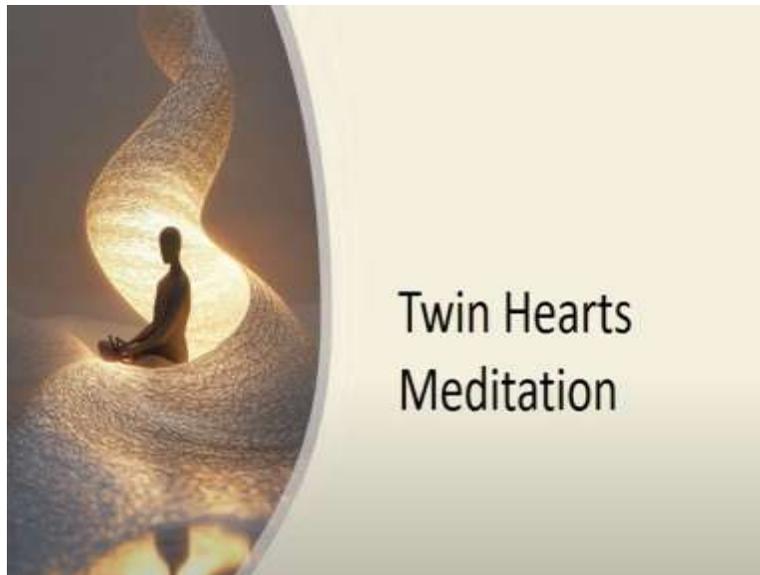


**Certificate in Integrative Palliative Care – 3**  
**Dr. Geeta Joshi**  
**Dr. Piyush Gupta**  
**Dr. Col. Yashavant Joshi**  
**International Institute of Distance Learning**  
**Indian Institute of Technology, Kanpur**

**Week-04**  
**Lecture 36: Twin Heart Meditation**

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Namaste. Today we are going to talk about the Twin Heart Meditation. Before we are going to discuss about what is Twin Heart Meditation, we should know the benefits of doing this meditation. So everybody want to know the benefits before doing the meditation. There is a reason first we are discussing about it and then we will elaborately discuss about the procedure, the process, how we are going to do this.

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So, the first benefit is universal peace through this meditation you are becoming a messenger of peace why because in this meditation we are going to bless mother earth the entire universe with positive affirmations, with positive energy.

So, when we are blessing the earth with peace, definitely the peace will prevail in the entire universe. Through this meditation we can bless the country, we can bless the city, we can bless the group of the people. Suppose in your area some people who are doing illegal things, you can bless them so that their mind will change, the transformation will take place. So, here through this meditation you are becoming a messenger of peace for the entire universe.

So, that is the first benefit. Next benefit is elevation of consciousness. Normally our consciousness is in the body level. Suppose somebody asked you who are you? You will tell your name, you will tell your profession, you will tell your family background, your parents and your ancestors you talk about. But these are all connected with this physical body.

But what is your identity? Identity is, you are the soul. For this life you have taken this body. So the consciousness when it is in the soul level, you say that I am the soul. You will not say that I am so and so. So that elevation is possible by doing the meditation.

Gradually your consciousness is uplifted. Third benefit is, it is harmonizing the functioning of chakras. So in the previous lecture, we have discussed about the functioning of the chakras. Here in this meditation, we will talk about the two chakras. One is the heart chakra and another one is the crown chakra.

So it not only harmonizes and balances the heart and crown but the remaining chakras are also working and they will be in a harmonized way so that our body will function smoothly, we will be disease free. So this meditation will definitely help. Through this meditation, the stress, anxiety and depression also reduce because with this meditation we are always in the higher emotions. When we are in the unconditional love, when we are in the peace, when we are in the happiness, there is no space for stress and anxiety. Next, this meditation, the unconditional love and happiness, I already told you that will definitely increase in your personality, you will see a sea change, a transformational change.

You will always be in happier mode. You will always cool and relax. You will always have that empathy and compassion for the entire humanity that you will observe when you do this meditation continuously for a longer period of time. It also helps in develop intuition. Intuition means direct knowledge.

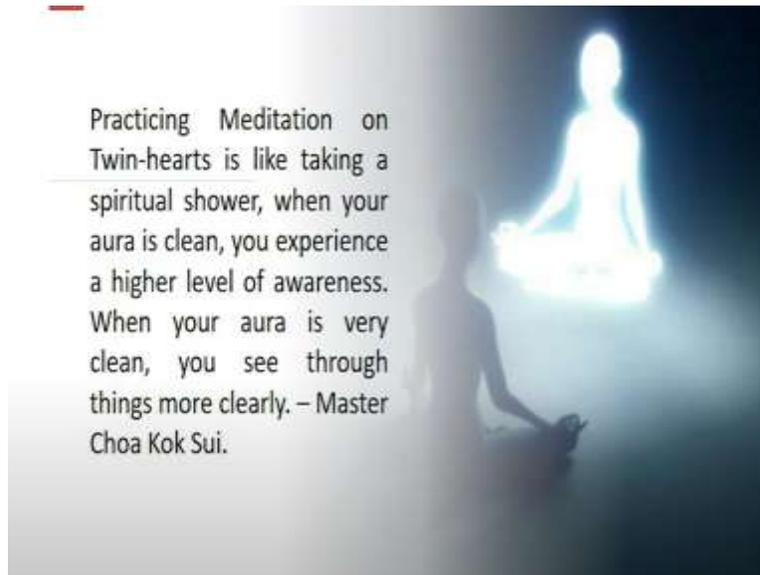
without reading the books, without listening, without seeing the knowledge that is transmitting directly. So when the crown chakra activates, this intuition will develop in the person. By doing the twin heart meditation, the crown chakra and the inner petals of the crown chakra, outer petals both are opened and the crown chakra is just like a golden lotus. It is completely activated. So the intuition by the activation of this crown chakra, intuition develops.

It is a wish fulfilling meditation. So by doing this meditation you can bless your wishes and these wishes will manifest. But one important thing you have to take into consideration is the wishes which are good for you, that will only manifest. The desire which is good for you, good for your life, that only manifests. The wish which is not at all, you are not at all eligible for this, that will not manifest.

So we have to first understand this thing. Suppose I think I wish to go to moon. Is it possible for me? Even though I wish after meditation I bless my wish and I just visualize that my wish is fulfilled. Then it will not manifest because I should have the competency, I should have the minimum eligibility criteria, I should have the experience. So lot of things are coming to place.

We have to think in a rational way, we have to think in a practical manner. So, we have discussed about the benefits of doing the Twin Heart Meditation.

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So, one more important benefit that was told by Master Choa Kok Sui, who has given this meditation to the entire universe. According to him, practicing the meditation on Twin Hearts is like taking a spiritual shower. When your aura is clean, you experience higher level of awareness.

When your aura is very clean, you see through things more clearly. So when you do the Twin Heart meditation, what happens is the aura completely gets cleansed. All the unwanted energy, negative energy, bad energy, diseased energy, that is completely flushed out from your system. And you will experience higher level of awareness. And when your Aara is clean, you see the things in a very accurate way.

So there is no misconceptions, there is no ambiguity. Everything is crystal clear. Just like if you see the water, you can see through the water, what was lying inside the water, you can see. Suppose you go to the Ganges, especially in times of December and January, then what is crystal clear? You can see through the water, you can see the fish, you can see the stones, everything. So that is the benefit of doing this meditation.

So before going to the steps of Twin Heart Meditation, the process of Twin Heart Meditation, how we are supposed to do, we should know what is Twin Heart Meditation. So twin heart meditation, there are three words. One is twin, second one is heart, third one is meditation. Twin, you already know two. Heart, you know the heart.

Meditation, that means dhyana. So normally we all know we are having only one heart. Why master here is talking about the two hearts? So here, it is not the literal meaning. He

is denoting, he is expressing about the two chakras. One is the heart chakra and other one is the crown chakra.

So this is the meditation about these two chakras. So twin hearts, the last one is meditation. According to Choa Kok Sui he has given the definition of meditation is, prolonged awareness is meditation. Awareness for a continuous period of time is called meditation. Here before meditation the two words come that is twin hearts.

So it is the prolonged awareness, it is the continuous awareness for the two chakras that is the heart and the crown chakra. So this is about the meditation of the heart and crown chakras. So before going further why we are supposed to do meditation only on the heart and crown chakra? We should understand the functioning of the heart and crown chakra. Then we will understand this meditation's importance. Why the master is specifying, why the master is giving emphasis on prolonged awareness of these two chakras only.

Heart chakra, it is center for higher emotions. It is center for human love. Loving kindness, empathy, sympathy, forgiveness, compassion, mercy, generosity. These are all the emotions, these are all the feelings we express to convey our positive attitude towards other people. We are expressing our love, our emotions for the other people.

It is center for human love. Heart chakra is the center for human love. Loving, kindness, empathy, compassion, forgiveness, generosity, mercy. These are all the emotions which we express to others. This heart chakra also controls the heart, the physical organs, the circulatory system, the thymus gland and the lungs. So, when the heart is activated, our feelings for the entire humanity, just like the Vasudhaiva Kutumbakam, the whole universe is our family.

That feeling will generate by the activation of the heart chakra. And heart chakra, according to our Hindu mythology, is the center for Lord Vishnu. If you want to be prosperous in your life, heart chakra should be activated. Because where Lord Vishnu resides, Maa Lakshmi also. If you want to be prosperous, If you want to be healthy, your heart chakra should be functioning properly because the thymus gland controls the immunity and defense system.

So when the heart chakra activates, our immunity levels also enhances, boosts. We will be always healthy and energetic. And this heart chakra when activates your relationships also very harmonious and good. Nowadays people are suffering from relationship issues, wife and husband, brothers and brothers, sisters and sisters, mother and father, we and the neighbours, boss and the subordinate. So wherever the relation is there are certain issues, there are certain conflicting situations.

So whenever heart chakra is activated, we understand the people as they are. We will not expect, we will not assume. We see them as they are. So then there will be no conflict. Next we will talk about the functioning of the crown chakra.

The crown chakra is center for divine love, blessings, intuition, messages. These are all coming from the Masters, the God, the Guru and the higher beings through this chakra. Already we have discussed about the intuition. The intuition also develops by the activation of the crown chakra. So this is about the functioning of the crown chakra.

In the physical level, the crown chakra also controls the brain and the pineal gland. So this heart and crown chakras, when they function in harmoniously, all the chakras are also balanced. So the twin heart meditation when you do these two chakras and all the other chakras get activated and they are functioning harmoniously and make the person healthy and happy and his holistic well-being depending upon these two chakras. So, but in today's context our heart chakra is not activated.

We want to please the God. We worship the God. We are offering lot of things to God. And we feel that the God will be pleased by our worshipping, by our puja, by our sadhana, by our meditation. And they bestow all the blessings to us.

They fulfill all the desires. That is our field. But what God is wishing? He wishes to open the heart. He wishes to develop the humanity. We should have the feeling of brotherhood.

That's what God is desiring. So instead of opening the heart, we want to please the God. So the first and foremost important thing is that we have to be activate the heart, we should have the fellow feeling, we should consider other people as they are also human beings. In the present scenario, people's mind is so active, people are so much involved in abstract and concrete thinking. The concrete mind and the abstract mind both are very very active.

They become more selfish. They are using mind all the time. They are not using the heart. The emotional part, the feeling part that is missing. That's the reason we are seeing lot of consequences, lot of certain heinous crimes which we can't even expect in older days.

That is happening. No. this is the time, the need of the hour to practice this meditation so that we should develop the humanity the fellow feeling and we should be kind and generous for the entire world for all the living beings on this earth that's the reason today lot of people are talking about sustainable growth for our development we are destroying the nature we are destroying other animal kingdom. So that is not advisable. Live and let live. Along with us we have to think about the other creatures and all the plant, mineral

and animal kingdom also. So this meditation definitely helps to bring the harmony in the entire universe.

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**Steps  
of  
Twin Hearts  
Meditation**

- Cleansing the etheric body through physical exercises
- Invocation for divine blessing
- Activating the heart chakra by blessing the entire earth with loving-kindness
- Activating the crown chakra by blessing the earth with loving-kindness
- Meditating and blessing the earth with loving-kindness through the heart and crown chakras simultaneously.

Now let us go to the steps of Twin Heart Meditation. First of all, before going to the Twin Heart Meditation, we have to cleanse the etheric body through the physical exercises. So here we are talking about the physical exercises. What physical exercises we are supposed to do? Subtle exercises, Sukshma Vyayama, that was taught in Yoga, in the Pavanamuktasana series. Simple, simple exercises like eye rotation, neck movements, hand movements, hip rotation, slightly bending the knee, and knee movement, knee rotation also we can do, and ankle rotation, ankle up and down, hand movements, and up and front movement and back movements of the hands.

You can also do Surya Namaskara, sun salutations also. In sun salutations, all exercises will come up. According to your convenience, according to your health, according to your age, you just decide which exercises you are supposed to do. But it is mandatory to do the physical exercises before doing the penultimate exercise. And then the second step is we have to do the invocation for divine blessings.

The invocation that is very very important. Here in the invocation we are asking the blessings of the gods, the masters, higher beings and the deities to give their to shower their blessings to us so that we can lead a happy and harmonious life. We can become an instrument for the divine. And now the third step is we are activating the heart chakra by blessing the entire earth with loving kindness. So before going to this third step, we should understand while I am talking about the benefits of twin heart meditation the first

benefit i told you it is the meditation that is helpful for the universal we are blessing the entire universe with loving kindness. So, here i am asking you in order to bless the entire universe with loving kindness and peace how our emotion should be.

When we are already in stress, tension and anxiety, how can we bless the earth? Whatever we are having, we are giving to the entire earth. We are only giving the stress and tension and anxiety. So before doing this meditation, our emotions should be harmonious. We should be in a peaceful, happy and loving state.

Here, one more question will arise. When we are happy? When we are peaceful? So if I ask a layman, when you are happy, he will answer me that if my desire, if my wish was fulfilled, I will be happy. But here one more question will arise. Is it possible in real life, in day to day situation to fulfill our desires? It is not possible. So what we are supposed to do then? We should not be happy.

We should not be peaceful. That is not possible. Here, master has given very very simple technique to make us happy and peaceful. So, what is the technique. That is, you have to remember you have to visualize one happy moment in your life. So, any happy moment you just go and revisit.

Probably your birthday, probably you have achieved something. So which day, which moment you feel to yourself that I am more happy, I am the happiest person in the entire world. So just visualize that happy moment. Once again, then you will feel that happiness. If you go to that memory, again that happiness comes to you.

That good feeling. You will be in the higher emotions. So in the higher emotion, the higher emotion state, you bless. Just think of one happy moment in your life. Automatically when you think of happy moment, the smile will come. Gently smile and bless the earth with loving kindness. Then the fourth step is activating the crown chakra by blessing the earth with loving kindness.

Here master says, again, think of one more happy moment in your life again the smile will come you will be in the higher emotions with the positive feelings you bless the entire year with loving kindness. So, afterwards by being aware of the heart and crown chakra you bless the entire year with loving kindness. This is the fifth step and then afterwards you have to visualize a brilliant white light, a brilliant star above the crown chakra. This is the crown chakra. Above the crown chakra you visualize a brilliant ball of white light or brilliant star.

And then you chant the mantra Om nine times. Mentally. There is a gap between one Om and another Om. In the gap, you have to meditate on the brilliant white light which you have visualized above the crown chakra. After some time, again come back to the

body consciousness and we bless the earth with loving kindness. We bless all the people with good health, happiness, prosperity and spirituality.

And then we bless three wishes. One wish for the entire society what you are wishing, one wish for the family if you are any of your family members are having any issue you just bless them that their problem is resolved you give any tentative date also for this, and the last wish for yourself you just bless the wish as if it is already manifested as if already it is fulfilled. So this is the next step and then afterwards you release the excess energy because by doing the twin heart meditation tremendous amount of divine energy is coming into your system. So while blessing the entire universe, you are distributing the energy but still certain energy is still lying inside your system. You just bless the earth in this way, keeping the hands in this way and releasing all the excess energy towards mother earth.

And then lastly thanksgiving prayer. In the initial process, in the starting phase, before doing the meditation, we are seeking the blessings of the God and the higher beings and the Masters. In the last also we have to say thanks to the God and the Masters. And then after doing the thanksgiving prayer, we will do the physical exercises which we have done before starting the meditation.

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Things to avoid before practicing Twin Hearts Meditation

- Eating pork, eel and/or catfish
- Smoking
- Excessive consumption of alcoholic drinks
- Addictive and hallucinogenic drugs



So this is the process of doing the Twin Heart Meditation. So we should know what are the things that has to be avoided before practicing Twin Heart Meditation.

So the person who are eating pork, eel and catfish, they are supposed to avoid them if they wish to practice this meditation. The person who are smoking, having addiction of smoking, chain smoking like this, they have to completely avoid them. So one more

important thing is that all the alcohol containing drinks completely avoid. Addictive and hallucinogenic drugs also completely the person has to avoid, if he wishes to practice the twin heart meditation.

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- Persons below 18 years old should not practice the Meditation on Twin Hearts since their bodies cannot withstand too much subtle energies.
- Persons with heart ailment, hypertension or glaucoma should also not practice meditation on twin hearts since it may worsen their condition.

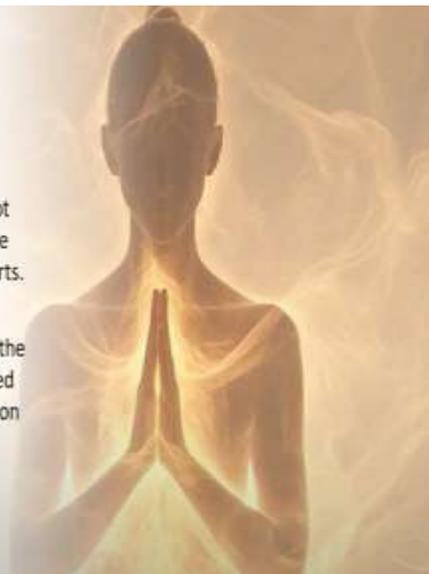


And persons below 18 years old, they are not supposed to practice twin heart meditation because their bodies cannot withhold too much subtle energies.

And persons with heart ailment, hypertension, glaucoma should not also practice this meditation because it may worsen their condition having adverse effect in their bodies.

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- Pregnant women are not supposed to practice the meditation on twin hearts.
- During menstrual cycle the women are not supposed to practice the meditation on twin hearts.



Pregnant women are not supposed to do this meditation because the unborn baby represents the fetus that cannot withhold this higher energies. And during menstrual cycle, the woman should not be supposed to do this practice. So these are all the preconditions before practicing this meditation.

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Research paper titled "Mitigation of perceived stress and enhancement of quality life among female adolescents using meditation on twin hearts", by Snikant, Mouly & d'souza published in the Indian journal of Public Health Research and development in the year 2017. 163 female adolescents were taken as a sample for the present study. Out of which 79 was considered as experimental and the remaining 84 were in the control group. After 4 weeks of practicing twin hearts meditation the experimental group felt the significant decrease in the perceived stress levels and significant increase in the various domains of quality of life compared to the control group.



Now we should try to understand some research findings associated with this meditation.

There are various research papers you can think in the internet. The google, through the google only i have gone through all these papers and I have given i'm giving you some brief summary of these papers so there is one this is paper titled twin heart meditation a simple way to control the present stress by Vishal and Dr. RK Jaiswal as well it was published in sangrahan and showed the international period journey in 2022 so in this paper the researchers highlighted the importance of twin heart meditation in alleviating the stress and balance the thoughts and emotions and which also helps in balancing the thoughts and emotions and this meditation also induce peace of mind. This meditation is also an effective tool in addressing the emotional issues like fearfulness, anxiety, feeling of loneliness etc. That is the finding.

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Research paper titled " Nursing student's experience of Twin hearts meditation during eight weeks practice: a qualitative content analysis by Meena et al. published in the Sage open nursing volume, International journal in the year 2021. 22 nursing students were taken as a sample for the present study. After 8 weeks of practicing twin hearts meditation the students experience positive feelings, concentration and focus in their studies, able to feel the energy, overall well-being and good health. The students are able to see the effect of twin hearts meditation on the five bodies i.e physical, etheric, mental, emotional and spiritual bodies.

One more paper titled nursing students experience of twin heart meditation during eight weeks practice.

A qualitative content analysis by Meena and others published in the SAGE Open Nursing volume, International Journal in the year 2021. So for this study, 22 nursing students were taken as a sample for this. After 8 weeks of practice in Green Heart Meditation, the nursing students experience positive feelings, concentration and focus in their studies, able to feel the energy, overall well-being and good health. The students are also able to see the effects of Green Heart Meditation on the five bodies i.e. physical, etheric, mental, emotional and spiritual.

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### Research Papers on Meditation of Twin Hearts



Research paper titled "Twin hearts meditation a simple way to control the present day stress by Vishal and Dr. R. K. Jaiswal published in the Sangyahan Shodh, International peer reviewed journal in the year 2022. In this paper the researchers highlighted the importance of twin hearts meditation in alleviating the stress and balance the thoughts and emotions which induce peace of mind. This meditation is an effective tool in addressing the emotional issues like fearfulness, anxiety, feeling of loneliness etc.

One more paper titled Mitigation of Perceived Stress and Enhancement of Quality of Life Among Female Adolescents Using Meditation on Twin Hearts by Srikant Moulya & d'souza. It was published in the Indian Journal of Public Health Research and Development in the year 2017. For this study, 163 female adolescents were taken as a sample, out of which 17 in was considered as experimental group, and remaining 84 girls in the control group. After 4 weeks of practice in twin heart meditation, the experimental group felt significant increase in the perceived stress levels and significant increase in the various remains of quality of life compared to the control group.

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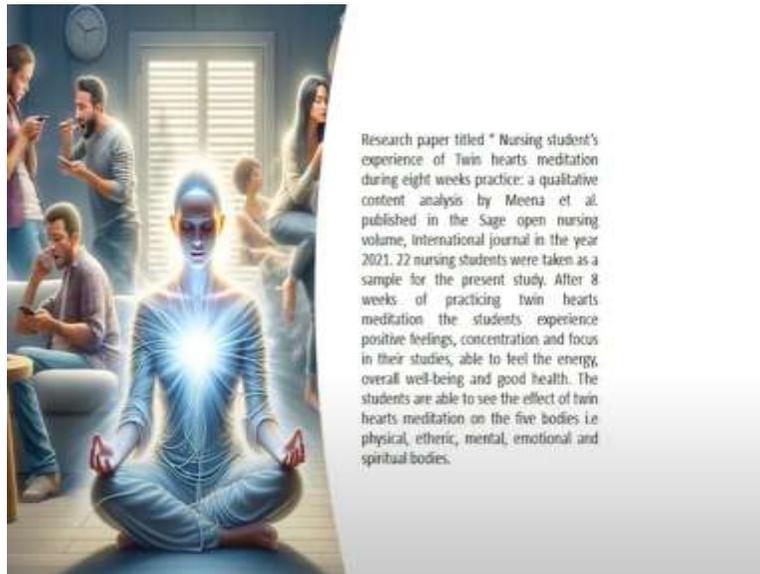


Research paper titled "Improving quality of life for patients with breast cancer by twin hearts meditation: a randomized clinical trial published in the archives of breast cancer in the year by mofid et al.2023. 102 breast cancer patients who are undergoing chemotherapy were taken as a sample for the present study. Out of which 55 was considered as experimental and the remaining 47 were in the control group. After 6 weeks of practicing twin hearts meditation thrice a week the experimental group felt the significant increase in the quality of life in the experimental group when compared to the control group.

One more paper titled improving quality of life for patients with breast cancer by twin heart medication, a randomized clinical trial published in the archives of breast cancer in the year by mofid and all in 2023.

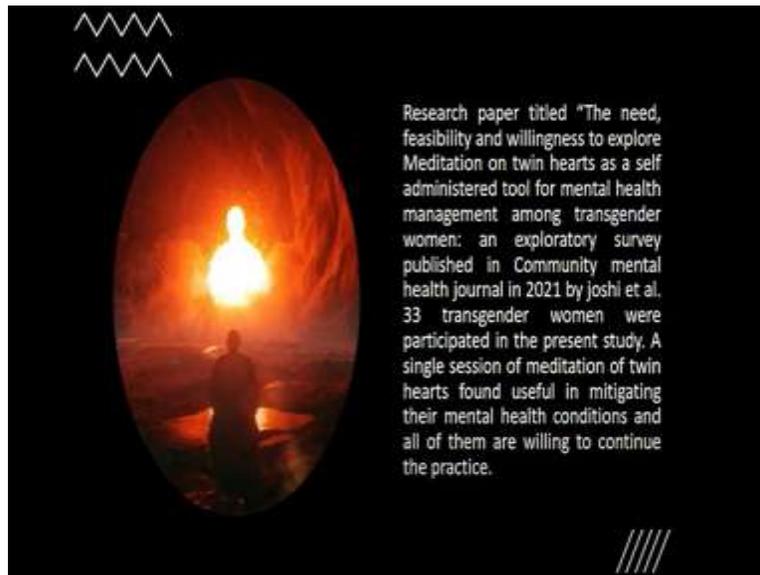
So, for this sake one or two breast cancer patients who are undergoing chemotherapy were taken as a sample. Out of which 55 was considered as experimental group and the remaining 47 were in the control group. After 6 weeks of practice in twin heart meditation thrice a week, the experimental group felt the significant increase in the quality of life when compared to the control group.

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In the last research paper which I am going to tell you, It is titled, The Need, Feasibility and Willingness to Explore Meditation and Twin Hearts as a Self-Administered Tool for Mental Health Management among Transgender Women, an Exploratory Survey.

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It was published in Community Mental Health Journal in 2021 by Joshi and others. For this, 33 transgender women were taken. A single session of twin heart meditation was given to them. They are, they have done this meditation only once. And they found that this meditation was useful in mitigating their mental health conditions.

And all of them are willing to practice this meditation. So this is about the research findings. You know, you know, understand about the benefits of Twin heart meditation. You know, understand the process of doing the Twin heart meditation. Now let us do the Twin heart meditation.

I already told you it is mandatory to do the physical exercises before doing the meditation. As I have already done the physical exercises. Now I am ready for doing the meditation. So, before going for the meditation you make sure that you do the physical exercises. Do the physical exercises which you feel comfortable, which you feel easy.

Don't too much stress your body. And afterwards, sit in a comfortable position. Keep your spine straight. Gently connect the tongue to the palate. Let us do the invitation first. To the Supreme God, the fountain and source of all energies, Lord Rama, Lord Shiva, Grandmaster Choa Kok Sui, Lord Mahaguruji, all the great patrons, the great Himalayan masters, holy gurus, holy saints, holy angels, healing ministers, spiritual helpers, and to my higher soul. I humbly invoke your divine guidance, divine presence, divine help, divine protection and divine blessings.

Thank you for the divine light, divine love and divine grace. Thank you for the inner strength to continue your spiritual practices properly and beautifully, with lots of gratitude, respect and reverence, love and devotion. Gently Keep the hands down. Gently connect the tongue to the palate.

If possible, don't give too much stress. Visualize a happy moment in your life. Gentle smile and be aware of your heart chakra, think of another moment in your life where you feel a lot of joy, ecstasy, Smile. Be aware of your crown chakra Now be aware of your heart and crown chakra. Gently raise your hands at the chest level.

And visualize the earth just like a small ball, two inch ball in front of you. And bless the earth. Send the energy of loving kindness to mother earth. Feel that God has chosen you as an instrument and through you the loving kindness is pervading in the entire universe. The divine peace is going inside your ear. Feeling that each and every chakra, each and every electron, each and every cell, each and every particle in your body is filled with this divine peace and through your hands the divine peace is going to you.

You are becoming a messenger of divine peace to the entire universe. Mother Earth be filled with joy and happiness. Forgiveness energy is going inside Mother Earth. The divine light is pervading in the entire universe. All the darkness is faded away and the light is illuminating in the universe, in the entire earth.

Hope and faith send this energy to mother earth. Everything happens for a reason so have the faith and trust in the divine. Unity and harmony is prevailing in mother earth just like all our systems and subsystems are working unitedly and harmoniously in the same way all the living beings on this earth are working together living together harmoniously unitedly to make this planet sustainable. Compassion, mercy, kindness prevailing in this world. The good will and will to do good, people not only thinking of doing something good, but actually they are implementing it.

They are putting into action the goodwill and will to prevail in this universe, in this entire earth. Now bring the hands down. Visualize brilliant ball of white light above the crown chakra. Chant the mantra Om mentally 9 times.

There is a gap between one Om and another Om.

In the gap, you have to meditate on this brilliant white light. Om. Om. Om. Om. Om. Whatever may be the experience you are gaining by doing this meditation, be one with

the experience, let go. Come back to the body consciousness. Gently raise your hands to the chest level. Now we are blessing all the people who are living in this entire universe. Let all the people who are living in this mother earth they are filled with peace, with happiness, with prosperity, with success, with good thoughts, with good emotions, good health and spirituality.

Now bless the people who are living in your country with all the people who are living in mother India they are filled with good thoughts, good emotions, good understanding, good relationship, good health, happiness, prosperity, spirituality, overall well-being. Now bless the people who are living in your city, your state. They are all filled with good thoughts, good emotions, good health, happiness, prosperity, spirituality, overall wealth. Now bless your family, your friends, your relatives, your well-wishers. They are filled with joy, with peace, with happiness, with success, with progress, with good health, Good emotion, good relationship.

Now bless the three wishes. One for the society, what you are expecting. In the society, just give a date, tentative date. Suppose before December 2024, my wish was fulfilled. Just think of a wish which is useful for all the people living in this society. Just visualize and bless as if it has already happened before the tentative date that was given by you.

Send the energy. Feel the happiness. Now bless the wish for your family already told you any of your family members is having any issue, any problem, you just wish them that their problem was resolved, they are very happy and healthy and enjoying every moment of their life. Just visualize this also, give them a date. Before January 2025 my wish was fulfilled let's visualize the scene just like a picture as if it is already happening manifest in front of you. Last one wish for the self.

Just think of any one wish and give the wish also a date, a due date before February 2025 my wish was fulfilled. Just visualize this in a picture form just like a movie it has happened and you are very very happy because your wish was fulfilled feel the happiness visualize the scene in front of you. Lastly, bless yourself. I am filled with good thoughts, good emotions, good understanding, good relationship, good health, happiness, prosperity, spirituality, overall well-being, peace and illumination. Whatever that is good for me, that should happen in my life.

The wish of the Masters, the God and the Guru should happen in my life. The purpose for which I have taken this birth that should serve, the purpose for which I have taken this birth that is known by the Masters and the God and the Guru, their wish, their purpose of

sending me in this earth will be fulfilled. Now keep the hands in this position facing towards mother earth. Now all the excess energy you are giving to mother earth i am deeply rooted and strongly connected to mother earth, visualize a beam of white light going 10 to 20 feet deep inside mother earth, mother earth be filled with divine light, divine love, and divine power.

Mother Earth be filled with good people, good environment, good air and good water. Blessings to Mother Earth. Mother Earth be regenerated and revitalized. I am deeply rooted and strongly connected to Mother Earth.

Now, gently Keep the hands in the Namaskara position. Placing the two hands on the heart. Prayer. We are doing the Thanksgiving prayer. For the Masters, God and the Divine. And the Guru. To the Supreme God. The fountain and source of all energies, Lord Rama, Lord Shiva, Grandmaster Choa Kok Sui, Lord Mahaguruji Mei Ling, all the great patrons, the great Himalayan masters, holy gurus, holy saints, holy angels, healing ministers, spiritual helpers, and to my highest Lord.

Thank you for the divine guidance, divine presence, divine help, divine protection, and divine blessing. Thank you for the divine light, divine love and divine power. Thank you for the instinct to continue your spiritual practices properly and literally. With lots of gratitude, respect and deliverance, love and devotion. Gently keep the hands down. Open the eyes with a big, big smile. Thank you.