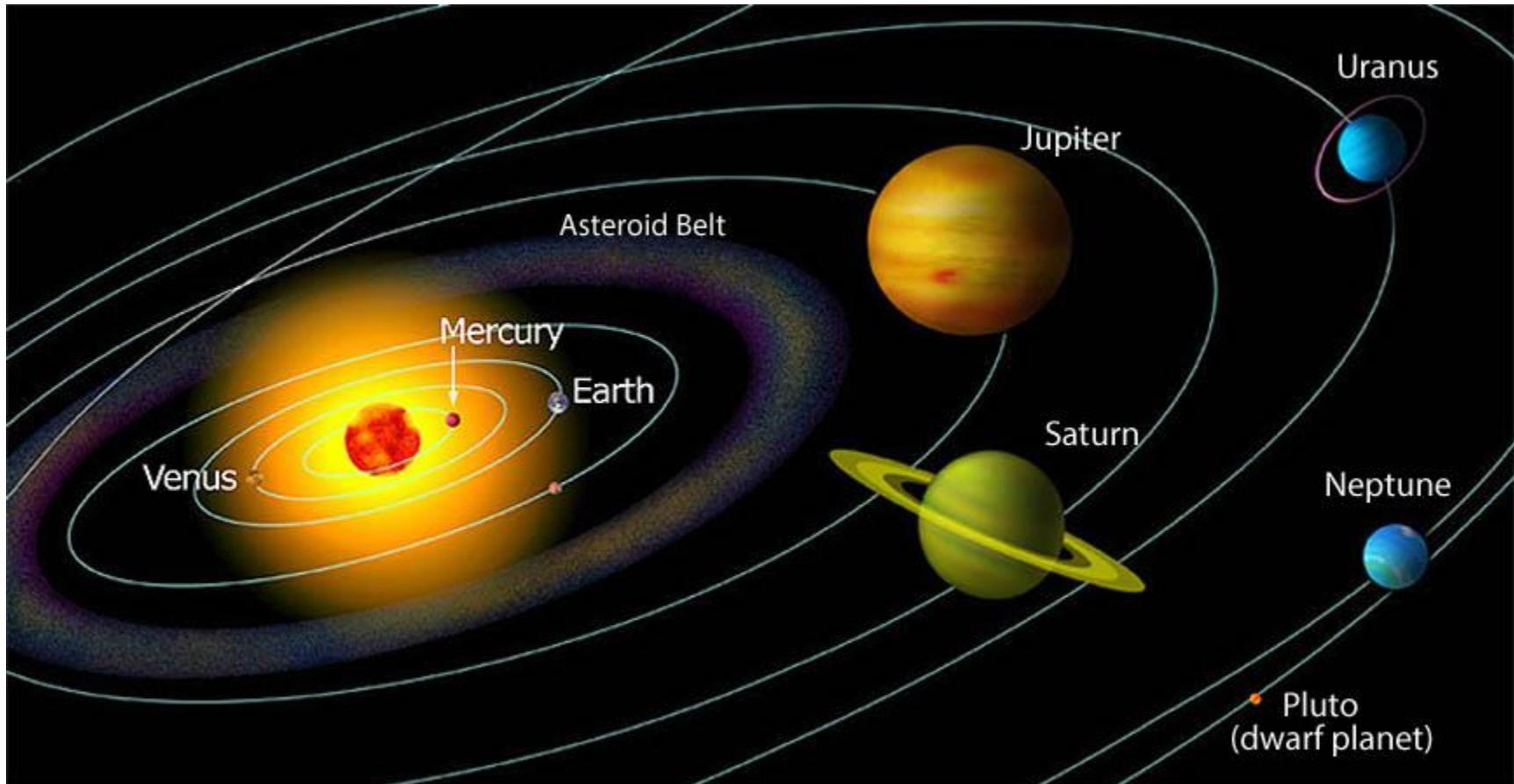


Advance Meditation Session

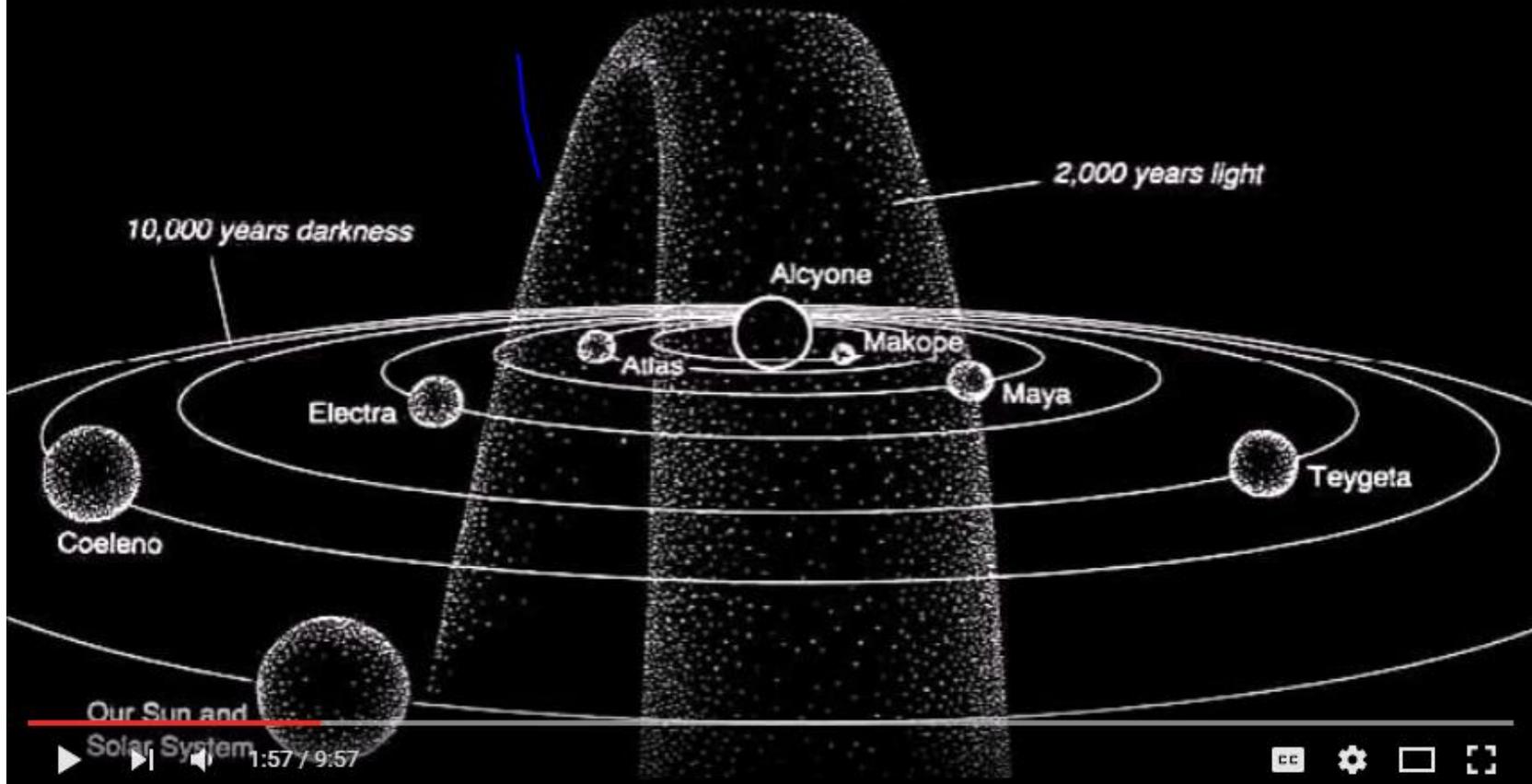
Cosmic facts and news:



Plants around Our Solar System:

- **Mercury – 88 days to travel around our Star – a day on Mercury last 176 Earth days**
- **Venus – 225 days to travel around our Star – a day on Venus takes 117 Earth days**
- **Earth – 365 days to travel around our Star – 24 hours to complete a rotation.**
- **Mars – 1.9 years to travel around our Star**
- **Jupiter – 11.8 years to travel around our Star – 9 hours to complete a rotation.**
- **Saturn – 29.4 years to travel around our Star – 10.5 hours to complete a rotation.**
- **Uranus – 84 years to travel around our Star – 17.3 hours to complete a rotation.**
- **Neptune – 164 years to travel around our Star – 18 hours to complete a rotation.**
- **Pluto - 246 years to travel around our Star – 9 hours to complete a rotation.**

Manasic (Photon) Belt



Our Sun and
Solar System

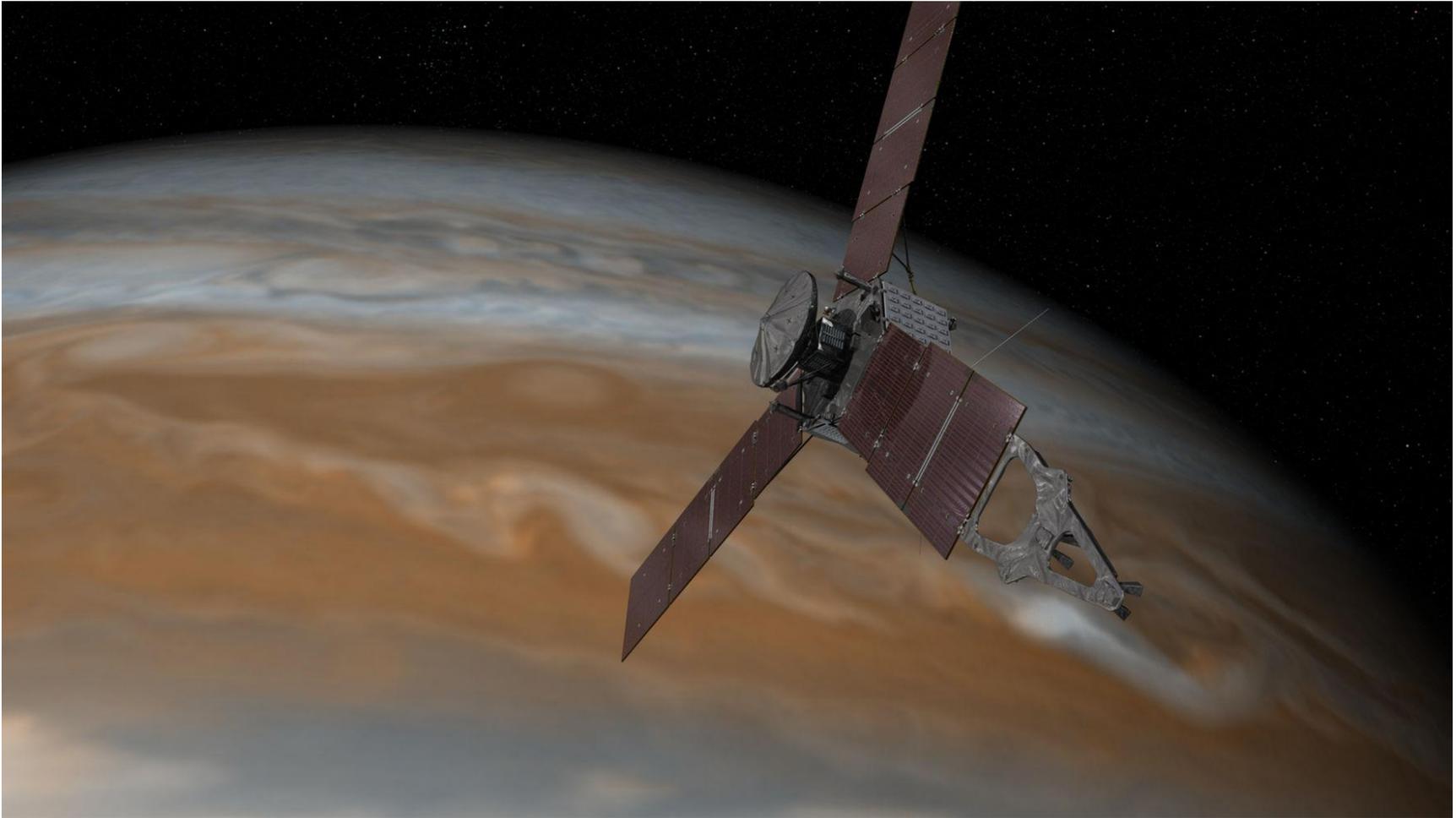
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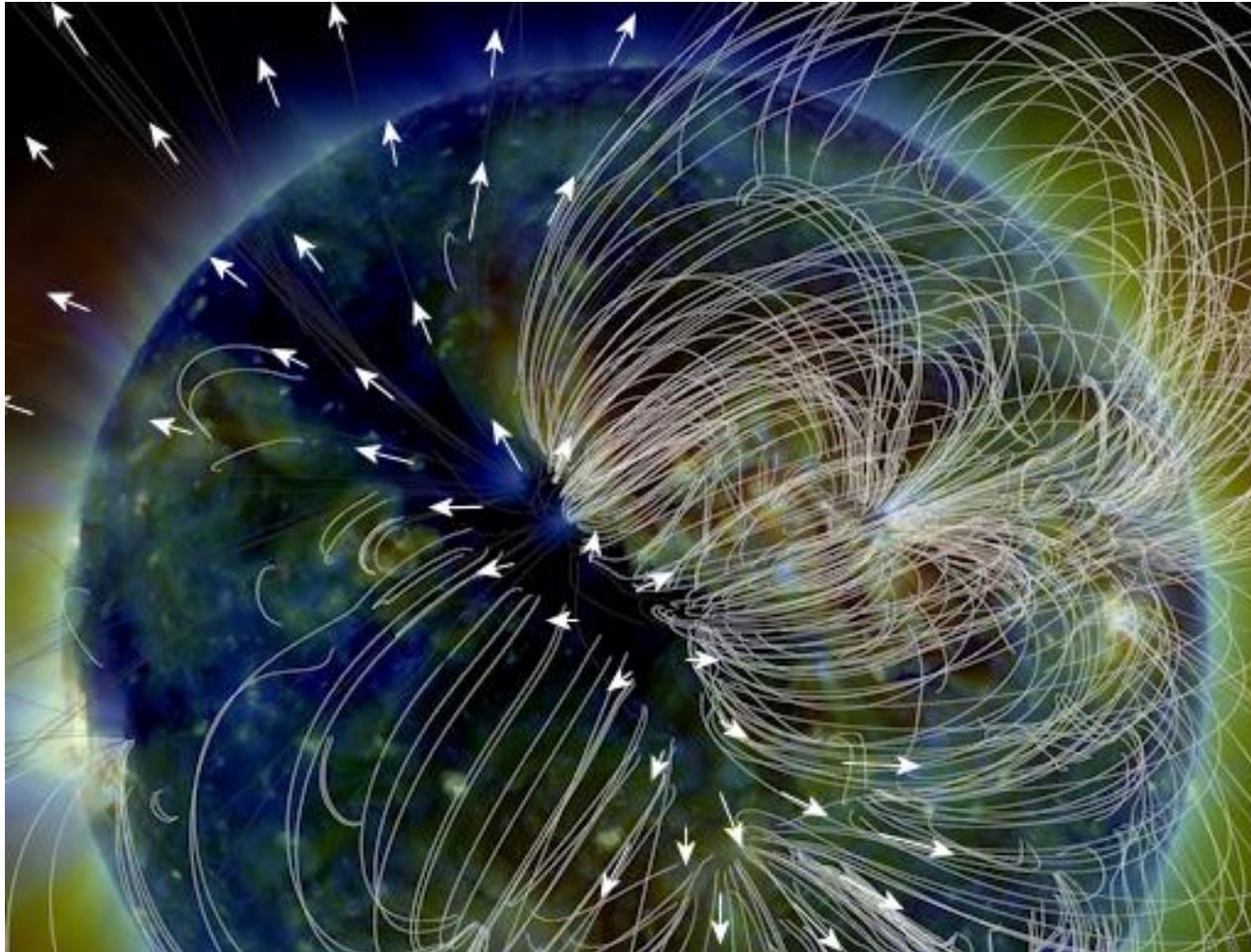
- **Our Sun is part of the Pleiadian Systems called the Seven Sisters**
 1. **Makope**
 2. **Atlas**
 3. **Maya**
 4. **Electra**
 5. **Teygeta**
 6. **Coeleno**
 7. **Sun**
- **It takes our Star 25,600 years to travel around Alcyone**
- **And it takes Alcyone 225 million years to generate 1 cosmic year around the Milky Way According to source this event happened in 12/12 and we just completed our 25,600 year cycle of our Sun and now in the photon belt.**

Photon means Light,

Jupiter - Juno



Our Sun



This is called a "coronal hole," a place in the sun's atmosphere where magnetic fields peel back and allow hot gas to escape. Coronal holes are not unusual; they appear on the sun several times a month. This one, however, is much larger than most.

Update: NOAA forecasters say that solar wind flowing from this coronal hole could reach Earth as early as **July 7th 2016**, with a 50% chance of [G1-class](#) geomagnetic storms when it arrives. High-latitude sky watchers should be alert for auroras, especially in the southern hemisphere where dark winter skies favor visibility.

The Master Keys – cerebrospinal systems

You have found that the Individual may act on the Universal, and that the result of this action and interaction is cause and effect. Thought, therefore, is the cause, and the experiences with which you meet in life are the effect.



The Master Keys – Solar Plexus



Going into meditation

- **Take the time about a minute or two to define your reason for this meditation session.**
- **Bring in your tools such as: sounds, smells, crystals, mantras, affirmations**
- **Breathing is very important in meditation. Spend time focusing on breathe.**
- **Many people do not reach higher levels of meditation because they have not learned to still the mind and the body.**
- **Use “I am” in your meditation**
- **If you are a Light worker activate each color in your chakra.**
- **Meditation should bring in the realization you are a multidimensional being.**
- **When you reach the void or quantum field, make a command. “Let there be Light!”**