



## Grounding on all Levels with Crystals from the Divine Reality

Take three deep breaths.

Activate your Heart Ray (this takes place through your deep intention) and put the Crystals MOHA'RA and ANSHAA on the tip. Let your Heart Ray with the Crystals circulate in your **mental level**, the mystic healing spirit. Just let it happen. Then you let go of the Crystals and withdraw your Heart Ray.

Activate your Heart Ray with deep intention and put the Crystals ATRANA and ANSHAA on the tip. Let your Heart Ray with the Crystals circulate in your **emotional level**. Feel the peace, the security. Then you let go of the Crystals and withdraw your Heart Ray.

Activate your Heart Ray with deep intention and lay the Crystals ARIS and ANSHAA on it. Let your Heart Ray with the Crystals circulate in your **physical level**. Then you let go of the Crystals and withdraw your Heart Ray.

Activate your Heart Ray with deep intention and lay the Crystals ANA'LOTUS and ANSHAA on it. Let your Heart Ray with the Crystals circulate in your **spiritual level**. Then you let go of the Crystals and withdraw your Heart Ray.

Activate your Sinus Ray with a breath of deep intention and put the Crystal SOL'A'VANA on it. Speak your original name. Let your Sinus Ray with the Crystal circulate in each level and go into the deep intention that all levels connect with God's Breath.

Feel the change.



MOHA'RA - Reine Gedanken



ATRANA - Reine Gefühle



ARIS - Erdung



ANA'LOTUS - Lichtkörper



ANSHAA



SOL'A'VANA - Gottes Atem

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