

## INSTRUCTIONS FOR GUIDED MEDITATION:

### 1) Spiritual Orientation: The Primordial Spirit / Tao / «The Christ Principle»

«Turn away from limitations and live perfection!»  
(The Christ Principle)

May all beings be happy and blessed.  
May all beings find enlightenment and salvation.

#### The 5 Commandments of Self-Evolution:

1. «There is only 'divine perfection'» (being protected in ourselves)
2. «We humans are responsible» (Consciously let arise the world anew)
3. «Respect and love all beings like ourselves» (Happiness and strength through connection) \*
4. «Life is eternal» (Think time and space differently)
5. «Everything has sense» (Recognize and use higher order)

\* (Perceive every being as you yourself would like to be perceived.)

(5 Commandments of "Self-Evolution" [Selbstevolution] by Andreas Koch ©)

### 2) Healing Code: Preparation for the healing power of meditation (See Instruction)

**"Above all else, guard your heart, for it is the wellspring of life."** King Solomon

»We pray that all known and unknown negative images, unhealthy beliefs,  
destructive cellular memories, and all our physical impairments

would be found, opened and healed by filling us with (the divine energies)  
the universal light, the energy of life and the healing power of love.

We pray that the effectiveness of this healing may be increased by hundred times or more.«

**The Love Code: "Decide in every situation to do it with love. Do whatever you do,  
from an inner state of love, focused on the present moment!"**

("The Healing Code" by Alex Loyd - © Ben Johnson | "The Love Code" by Alex Loyd ©))

### 3) Preparation by stimulation and alignment of the energy:

With open eyes

**Meditation should be started with some Yoga Exercises (for example, «Sun Salutations»)** to expand and stretch, so that one is able to sit then 20 - 30 Minutes in the utmost silence and relaxation. – (For flexibilisation therefore at least bend back and forwards shoulders and back, stretch, rotate, loosen up and relax.)

- 1 **Fire Breath:** Inhale deeply, pushing out the air strongly by contraction of the abdominal wall and the diaphragm (Kundalini-Energy). (Can be forced by bending torso forth and back.)

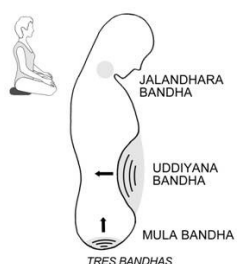
(repeat 30 x)

With eyes closed

- 2 **Body Erection by Contraction:** Deep inhalation from the coccyx through the vertebral canal to the pineal gland and at the same time contract and tighten the three «Bandhas» (*pelvic floor, diaphragm and neck muscles*) pulling all muscles inwards to the bones and strengthen the respiratory volume and contraction with small breathing gaps, then holding the breath a little bit more till we have to exhale and inhale again. *Straighten up the body and gather and conserve energy for the Backward-Flowing Breathing.*

(Repeat 3x including 1x closing of the 5 senses - take deep breath in between and relax)

**At the 3rd time additionally closing the 5 senses:** eyes, nose, ears, mouth and tongue muscular and mental pulling/pushing inwards to the center of skull.



With eyes closed, tongue at the palate

- 3 Breathing through the medullar channel of the spinal cord:** Breathe in from the coccyx forth through the central channel (*Sushumna*) of the subtle energy channels (*Nadis*) with the syllable «HAM» (cold energy) over the pineal gland to the 3rd eye in the front. Exhale with the syllable "SA" (warm energy) from the 3 eye forth over the pineal gland through the central '*Nadi*'-Channel (*Sushumna*) down to the coccyx.

*(The mantra «HAM - SA» of Kundalini Yoga helps us to loosen our material obsession and the entanglement in our relationships.)*

(3-10 x This exercise strengthens flow of energy in the back and awakens Kundalini energy for Exercise A 4)

- 4 Wait till breathing pulse starts on its own:** Awaiting in relaxation for the respiratory impulse, just wait until it breathes by itself, without our help - wait just until the impulse arises to exhale again, let it happen and perceive the relaxation process. (3 x)

- 5 Alternate Nostril Breathing:** Left nostril open, right nostril close with the right thumb, exhale and then inhale through the left nostril and close afterwards left nostril also with index finger or 4th & 5th fingers of the right hand close and hold for a few seconds\* – then open right nostril and hold left nostril closed, exhale and then inhale again, then close both nostrils again and hold. – Then continue left again and so forth.

(\*count to 7 during breathing for inhalation, stopping and exhalation/alternatives 4/8/4 or 4/16/8 (5 - 10 x)

(Breathing impulse should come from the heart / when possible simultaneously focus on silence, light and the third eye - This exercise compensates the oxygen supply to the two halves of the brain and the entire body, providing them with more oxygen and also leads to strong calming of the mind.)

#### 4) Preparation for relaxation:

»LET GO EVERYTHING AND RELAX«

almost or completely closed eyelids\*, tongue at the palate, looking to the 3rd eye

\*The tongue touches the palate, direct gaze of the eyes to the tip of the nose, fix the upper eyelids in this position, if possible, (otherwise close the eyes)\* and let some light flow from the outside in the lower part of the eye, while the attention moves to the 3rd eye (it is located between the eyebrows above the nasal bridge and about a finger's breadth behind the forehead, – the inner third eye is the pituitary gland in the middle of the head, from there we look with the inner eye to the forehead, – the outer 3rd eye).

- 1 Let go everything and relax:** Send all heaviness, all pain, all reflections, all tensions, down to the ground of the earth, feel supported by the earth and anchored in the pelvic floor. Relax your brain und focus only on listening and observation.
- 2 Breathe evenly and calm, relaxed and naturally:** Feeling lightly, as if the whole body has no weight over de floor, sit comfortably and move and shake until it feels completely effortless. Relax your brain completely and reduce his function of thought on listening and observing.
- 3 Inner Space of the Body:** Being consciously present inside our body, perceiving energy and consciousness as light in the entire inner space of our body. Being present in every cell just to the skin and the hair tips.
- 4 Perceiving Subtle Body and his Subtle Centers (Chakras), Channels (Nadis) Meridians:** Strengthening the subtle body with cosmic light, life energy and consciousness from the 3rd eye and the crown point and connecting it with our physical body and our primordial spirit. Feel comfortable and secure, enjoy to be at home in your own force and power.
- 5 Open up the Inner Space of your Heart, the Most Holy Inner Sanctum:** Concentrate our attention at the Heart Chakra in the middle of the chest at the heart level. Connect yourself in the depths of the «spiritual heart» this sacred space and be connected with yourself in love and appreciation, let appear a golden light and radiate it. Let occur an «Inner Smile», which will accompany us in the further meditation. Expand the inner heart space and dissolve fear structures. Perceive the light body that surrounds us, and extend this heart space beyond our body until we feel oneness with the whole creation, maintaining this bond during the whole meditation.

(After the meditation this connectedness should be maintained as much as possible in everyday life!)

## 5) The practice of «Turning the Light around»: »Direct all senses inwardly!«

\_\_\_\_\_ No images, no thoughts, perceive energy  
(3 pictures page 5 / in "Explanation of the Technique» Fig. 2+ 3)

\_\_\_\_\_ almost or completely closed eyelids\*, tongue at the palate, looking to the 3rd eye

### A

## A Backward-Flowing Energy Circulation (A1 - A4) «STOPPING» MENTAL DELUSION

**A1 Backward-Flowing Energy Circulation of our subtle body (BASIC EXERCISE 1):** First we connect our *Consciousness* with our *Sexual Energy* and our *Energy of Life* two to three finger widths below the navel in the «Area of Power and Force» (*genital tract by the uterus or vas deferens*). Then we connect to the «energies of the universe» (galaxies, stars, sun and moon) and the «energies of the earth» (humans, animals, plants, minerals, elements and atoms), pull them in with inhalation at the belly button connecting them and enhance «Life» and «Spirit» (*energy of life and primordial consciousness*).

– *From here on we will work mainly with the subtle body until the end of the meditation!*

With all this accumulated energies we start the circulation with by **inhalation\*** at the navel guiding it through the sexual center (above the pubic bone) down to the pelvic floor and over the coccyx up at the back to the crown point (the apex of the head), and connect this energy with our Primordial Spirit (the Higher Self) and the 3rd eye in front of our head. (See images p. 5)

*\*(During inhalation: Perineum and genitals remain relaxed)\**

From the 3rd eye at the forehead we guide the energy with **exhalation\*** over the nose to palate, chin and chest, down to the navel and collect at this level the accumulated healing energy in the abdomen between navel and lower back in the «**Space of Force**» in the abdomen.

*\*(During exhalation: Tightening perineum (the pelvic floor) gently and pull up genitals slightly inwards)\**

Here in the abdomen we collect the energy on a small ball of energy, medium size between (golf or tennis ball) or another vessel and let it circle «**back up / front down**» or «**around**» roll up, store, consolidate and refine.

(At least 3 x)

– *Within all this exercises (A1 - A4) we breathe this way in the microcosmic orbit! (Fig. 32, p. 5)*

*\*In the exercises A1 - A4 we "open" and "close" the «lower energy gates» with slight muscle contractions (all other muscles (diaphragm, abdomen, pubis) remain all the time relaxed, the diaphragm must remain free to move) the «upper gate», the crown point, stays closed.\**

*(Perineum and genitals forms the «lower energy gates» (energy doors), the crown point is «the upper gate»)*

*\*These instructions: «Energy Circulation» and «Energy Gates» also applies to the exercises 2 - 4!\**

*From here we start again "da capo" to the next round in the "microcosmic orbit" of the acupuncture meridians: TU (Governor Meridian / back) and Jen (Functional Meridian / front of the body.)*

\_\_\_\_\_ Life energy accumulates and is cultivated, breath becomes quiet

**A2 Increasing Breathing Capacity:** We continue the Backward-Flowing Energy Circulation (A1) and bring in a first step more oxygen, prana, chi, life-energy with this «**Longevity Breathing**» into the abdomen and stretch the abdominal area front / back / left / right (3 - 5 x) without the stretching out the abdominal wall. – In the next 3 - 5 x we breathe further into all organs: liver, spleen, kidneys, lungs, heart and thymus (we smile to the organs and thank them for their lifelong work) and then we breathe further up to the brain and to the crown point until we have reached the maximum breathing capacity.

(Perceive the difference from before, feel the energy)

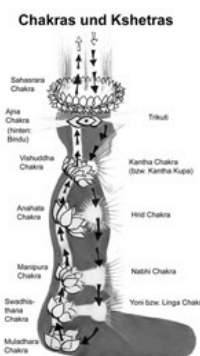
**A3 Rhythmized Breathing:** Feel the heart pulse and enhance it comfortably to count with it in the Backward-Flowing Energy Circulation (A1) as Rhythmized Breathing on a number which you feel comfortable with, *for example on 4 bars of our heart pulses:*

– **On 4 Inhalation - on 4 Stop - on 4 Exhalation - on 4 Stop** – and when this rhythm feels natural, gradually and gently slow down. Fine tuning our plain attention on this two energies and perceiving their rhythm and intensity, living in consonance with our very own vital energies.

(Serves for the appeasement of breath and to slow down)

\_\_\_\_\_ breath and heartbeat becomes quiet, the silence gets stronger

**A4 Awakening of Kundalini:** We move our sexual energy and our energy of life with our awareness from the navel to the coccyx and there the base of the spine **we free our electromagnetic conscious energy, our light energy «Kundalini» from the psychic and karmic entanglements of our relationships by loosening the attachment to matter**, this helps the light energy to **«solve the energy knots»**. Kundalini moves inside the spine through the middle **Nadi-Channel «Sushumna»** up to the crown point and awakes at the same time all the **«Chakras» (our subtle cerebrospinal energy centers)** to awaken them. In the circulation of the kundalini **during the end of inhalation** the 3rd eye at the forefront (the 6th chakra) should be nourished and given special attention. After that we send the energy **with exhalation** from this point forth to the pineal gland in the midst of the head.



(The outer center lies at the front point between the eyebrows about 2-3 cm behind the skin. The inner centre, however, is the pituitary gland (epiphysis) in the middle of the head which we feed, but the kundalini energy we store in the pineal gland of the crown chakra). The remaining energy we store again in the abdominal cavity, «the area of strength».

**Contract and relax the pelvic floor muscles corresponding A1.**

In this exercise we use the same energy cycle of the «Backward-Flowing Circulation».

Images provided by (<https://www.yoga-vidya.de/prana/nadis-und-chakras/sushumna-nadi/>)

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Kundalini awakens and our third eye opens

## B

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The higher self get connected to our vital energy

## B Reversing, circulating and mirroring the Light «SEEING» THE TRUTH

**B Let the Light pour in from above (BASIC EXERCISE 2):** Now, we guide the flow of the «Universal Light» (*the Creative Energy, the light of the Central Sun, the Christ Principle or Buddha Principle*) from the top of the head, through **crown point\*** and 3rd eye into the spinal channel and let it flow down, leading it through the central **Nadi-Channel «Sushumna»**, through all the nerves, and all the subtle centers **«Chakras»** in order to clean, to revive and awaken them. Afterwards we mirror this light from the pelvic ground into the entire body and we circulate it **»back down / front up« to the 3rd eye** and store it like exercise A4 in the **pineal gland / midst of the head**.



(\*The Crown Point (fontanelle), the «upper gate», has to be opened during the entire exercise and to be closed afterwards\*)

(The lower energy gates remain closed.)

«The light rays are concentrated upward into the eyes; this is the great key of the human body. You should reflect on this. If you do not sit quietly each day, this light flows and whirls, stopping who knows where. If you can sit quietly for a while, all time - ten thousand ages, a thousand lifetimes - is penetrated from this. All phenomena revert to stillness. Truly inconceivable is this sublime truth.» – *The Secret of the Golden Flower*

For all the important decisions we can use this energy, to ask the original spirit (intuition), the creative energy, the Christ principle, the Buddha principle, for advice.

## C

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Breath and heartbeat become unheardable, the silence is stabilized

## C ALTERNATING «STOPPING» (A) & «SEEING» (B): »STABILIZING STILLNESS«

**C »Stabilizing Stillness« by Alternation of (A) and (B): (B) In silence: «Mirroring the Light» (SEEING).** When thoughts arise, accept them benevolent and as possible let them go by like passing clouds and remain in silence. - If the silence became disturbed, return again to **(A) the «Backward-Flowing Energy Circulation» (A 1-4) (STOPPING)** until the thoughts dissolve. If silence is stabilized again, turn back to **(B)** and let the light pour in **«Circulating the Light» (SEEING)**. (In support of silence, a mantra can be recited)

(This exercise is used only at the beginning of practice, until the silence is felt even in everyday life!)

## EXERCISE IN SILENCE: «Nurturing the subtle body» (Kan und Li):

We combine the element: «Fire» (Li), 'Seeing', "Conscious Knowledge" (Factual Knowledge) in 'Turning the Light' (B) »back down / front up« and element «Water» (Kan), 'Listen', "True Knowledge" (Fluid Knowledge of the primordial spirit) in 'Backward-Flowing Circulation' (A) »back up / front down« and guide both energies to the abdomen into the space of power and force, the lower tan tien, here we simmer the water on low fire (like in a cauldron on a fireplace) and let the healing steam / vapor of Chi (energy of life) ascend in the body.

(»optional« exercise – image right side and at last image right side at the end of this page)



Doing by Doing Nothing - Don't do anything and everything is done

## 6) RELEASE EVERYTHING AND ENTER INTO THE SILENCE BEHIND SILENCE

- 1 Center yourself in the Inner Space of your Heart:** Center yourself with an Inner Smile in the Most Holy of the Heart and connect beyond your lightbody with the hole creation.
- 2 Let Go, Relax, Forget Everything\*:** Again let go of everything and relax body and brain: Send all heaviness, all pain, all tensions, all thoughts to the ground of the earth, feel supported by the earth and anchored in the pelvic floor. **Now:** Just simply **let it happen**, accompany resting and movement of spirit and energy of life and perceive and observe your own rhythm in coming and going, **just witness**. **Let thoughts pass by unnoticed.** (Forget\* all your plans and projects, to gain them back in a new freshness)
- 3 Shelteredness in the inner space of our body, in contact with our energy of life, our subtle body and the oneness with our thought free spirit:** Enjoy this connectedness with your own energy and our higher self, the primordial omniscient spirit and estimate it as interior homeland.
- 4 Deepen Silence / Raise spiritual Frequency:** Attune yourself to a lively powerful silence and fine tune it like the seeking of a star on heavens as long until silence gets stronger and stable.  
**Mantras:** »Hang - Sa / So Ham« / »Om - Om mani padme hum« / »Va -Shi / Shi - Va«  
(Optional, for calming the mind and strengthen the centering)
- 5 After the silence:** First, rub your hands, feel your own energy that you have produced, and brush slightly head and entire body with hands full of energy, afterwards open your eyes gently with a smile so that you can turn back to this world with inner peace.

(Before getting up, rub and loosen your joints.)

Slowly return, transfer silence and breath into your everyday life

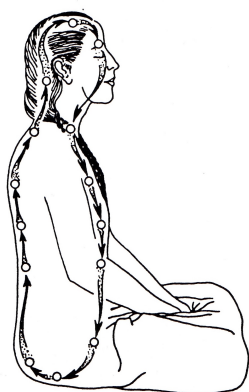
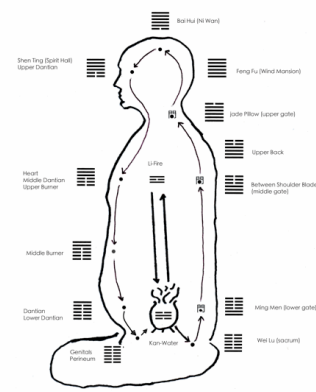
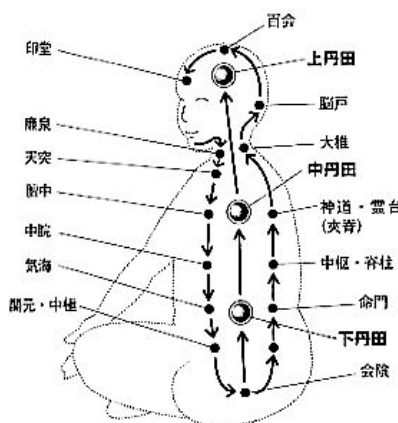


Abb. 32: Die mikrokosmische Umlaufbahn



The Waning and Waning of Qian and Kun (Yin and Yang)  
Qian - The Opening of the Gates - Inhalation  
Kun - The Closing of the Gates - Exhalation

Images provided by: [Der Feinstoffliche Körper Windpferd Verlag 1991](#) and [Pinterest - Peter Todesco](#)

## **MEDITATION IN SYSTEMATIC PRESENTATION**

(TURNING ALL THE SENSES INSIDE)

Breathing Observation   3rd ear   SILENCE   Inner hearing

Focusing on the Spirit   3rd eye   LIGHT   Inner Seering

**CROSS OF AXES: 3RD EYE - REAR HEAD / EAR - EAR**

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## **BALANCE OF LIFE: MEMENTO MORI - CARPE DIEM**

Breath Rhythm > Relaxation > Deep Sleep > Lucidity

Heart Rate > Healing / Recovery > Alertness > Transcendence

(MEDITATION AS EXERCISE OF THE STATE NEAR DEATH EXPERIENCE)

## **INTEGRATION OF THIS EXPERIENCE IN EVERYDAY LIFE**

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### **Quintessence of the Golden Flower:**

Everything we have, the only true possession, that what we are, consists of the three jewels:

- Our mind (the purified mind) SHEN
- Our life energy (moves the breath and the creative power) QI
- Our generation energy and creativity (pre- and post-natal essence) JING

*»The only inevitable is the desire to know themselves to take full advantage of life and to get free from suffering. The ability to identify our spirit in meditation and the practice of full consciousness.*

*The triple mastery of breath, internal emptiness and physical processes leads to the Three Jewels: BREATH, SPIRIT and AMBROSIA (Nectar, Soma, Amrita) (cerebrospinal fluid) of the (ecstatic) orgasm that must be guarded and controlled.«*

*Daniel Odier - Tantra - Immersion in absolute love*

These three treasures are known since ancient times as the three jewels, we have to care of. A meaningful lived life takes this wisely into account.

It's about coming in touch with his spiritual self and his own life energy and to feed, to strengthen, to grow and maintain this energy.

As we connect with our spiritual selves and our life energy, we find ourselves and connect us with the original spirit and essence of our being.

We will then be able to heal ourselves, become whole, and develop extraordinary abilities. Our entire personality is thus lifted into a higher state, to its highest level where we attain enlightenment and immortality.

«Ultimately, it is about God-Realization, the Development of the Universal Human Being!»

Reversing the Light

Look Inside (The mirror image is not the true self image)

Inner Sight

Vision behind the Eyes – Back, the rear half of the body – Path to Enlightenment

Backward-Flowing Circulation

up the rear back – Lift for Spiritual Growth – Healing Energy

Slowing down the Movement of Body and Mind

Dissolving of Time and Space

Consciously Releasing the Mind from its Entanglements in Matter

The Pathway to a Better Organized Mind - Dissolving of our Ego

Connection of the creative power Kundalini (Spark of God) with the Higher Self (God/Tao)

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The sleeping electromagnetic energy Kundalini (the spark of god), must be awakened at the base of the spine to enable spiritual growth, enlightenment and immortality. That is the birthright of every human being. Only when we unite with our original divine spirit, our 3rd eye awakens to real seeing and we recognize ourselves in our true divine form.

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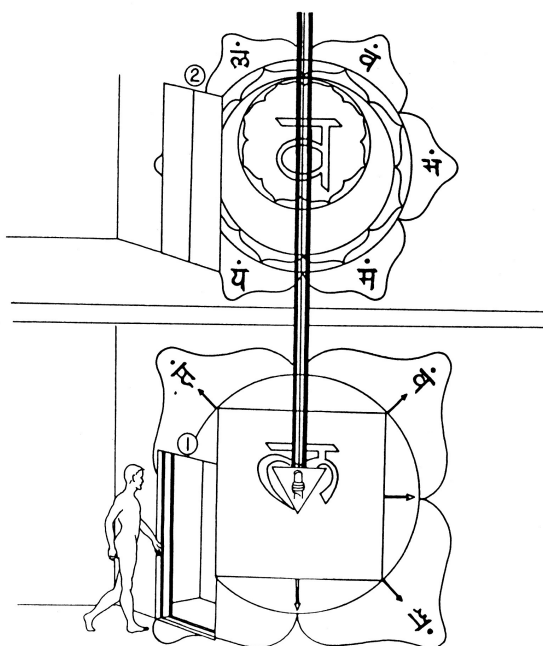


Abb. 25: Der »Chakra-Fahrsstuhl«

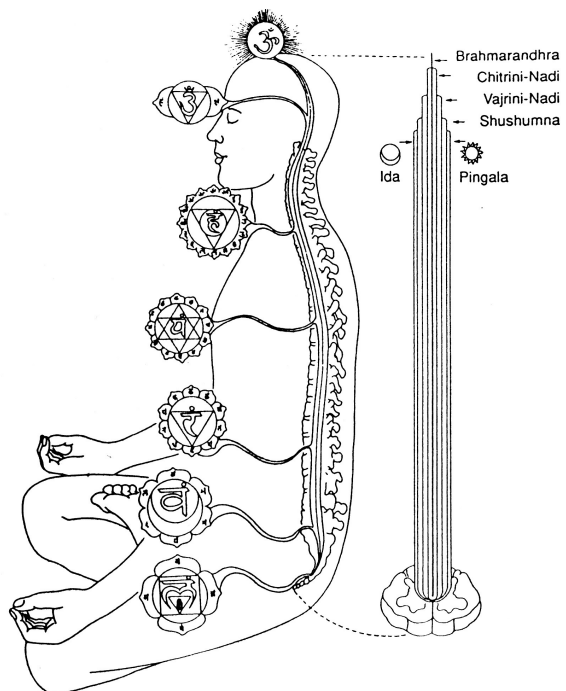


Abb. 15: Die Hüllen des Wirbelsäulenkanals im Querschnitt

Images provided by: [Der Feinstoffliche Körper Windpferd Verlag 1991](#) and [Pinterest - Peter Todesco](#)