

Instructions for the  
**Meditation of the Golden Blossom**  
 (Foundations, Mental Attitude and Practice)

## **1) Mental Alignment**

**«Turn attention away from limitations and live the perfection!»**

May all beings be happy and blessed.  
 May all beings attain enlightenment and liberation.

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

1. Unity: There is only one Divinity (Being absorbed in the Self)
2. Responsibility: Humans are responsible (Consciously let the world be reborn)
3. Love: Respect and love every being as yourself
4. Eternity: Life is eternal (think of time and space differently)
5. Purpose: Everything has meaning (recognize and utilize a higher order)

## **2) "Healing Code" – (Meditation - Crown discipline of all healing methods)**

(Hand positions – See instructions page 6)

- **5 Hand positions: 3. Eye / Throat / Heart / Lower abdomen (2nd chakra) / Jaw / Temples**

«Guard your heart above all things; for it is the wellspring of life.» – King Solomon

**We ask that all negative images, unhealthy beliefs, and physical impairments  
 be healed; through the divine power of Universal Light, unconditional love  
 and infinite life force."**

**" We ask that the efficacy of this healing, for all beings,  
 be increases a hundredfold or more."**

«Choose to approach every situation with love. Do whatever you do from an inner state of love, focused  
 on the present moment!» – Love Principle

(The Healing Code, Alex Loyd · Ben Johnson)

- **Then rub hands together and stroke and protect the body •**

## **3) Preparation – (Stimulation and alignment of Life Energy Kundalini)**

### **"Physical Preparation" · (Stimulate energy flow – with open eyes)**

- Yoga exercises: Some yoga exercises e.g. (e.g. Sun Salutation) or Tai Chi
- Sitting position: comfortable, pain-free and upright for 20-30 minutes (flexible)

**1. Deep inhalation – forceful exhalation with abdominal contraction (Fire Breath)**  
**((30 x))** (strengthens life energy / Kundalini)

**2. Deep inhalation – fists clench and with simultaneous muscle contraction: (each 1x)**

- 1) Contraction of all muscles and drawing muscles and tissue to the bones
- 2) additionally: 3 Bandhas (pelvic floor, diaphragm, neck muscles) tense
- **3) additionally: seal 5 senses: eyes, nose, mouth, palate, ears**

**(1)2)3) each 1 x** (during contraction breathe in gulping – then breathe deeply)

**Mantra (Prime Mantra)**

- Inhale with "HAM" (cool energy) from the tailbone to the crown
- Exhale with "SA" (warm energy) from the crown point to the tailbone

3-10 x repeat

**Wait for the breath impulse**

- **Relaxed waiting until the body breathes on its own**
- **Observe natural breathing rhythm**

Repeat 3 times

**Alternate breathing**

- **Breathe alternately through the left and right nostril, closing the opposite**
- Rhythm: Count to 7 or another number for inhale/hold/exhale

**(over time extend the hold and tailor times intuitively)**

Repeat 5-10x (balances the brain hemispheres and calms thoughts)

**3) Relaxation and centering****Posture:**

- **Eyelids: "almost" or fully closed!**  
\*(Turn eyes to the nose, fix the lids in this position, move eyes to the 3rd eye)
- **Gaze: physical eyes look inward to the 3rd eye (between the eyebrows)**
- **Tongue: on the palate**

**Relaxation steps:**

1. Let go of everything: surrender heaviness, pains, thoughts, tensions to the earth
2. Breathe naturally: evenly, calmly, relaxed
3. Inner body space: consciously present in the physical body
4. Subtle body: perceive chakras, nadis and meridians
5. Heart inner space: let golden light arise in the spiritual heart

**4) Main practice: "The Light Reversal"**

**A) "Regressive energy cycle"** \_\_\_\_\_ (counterclockwise) **("HOLD")**

**A: Basic Exercise A - (Microcosmic Orbital Path - Microcosmic Orbit)**

**A1: Preparation:**

- **Connect awareness with life energy (at the navel)**
- **Collect and connect energies from the universe and earth (at the same location)**

**Circulation (Microcosmic Orbit):**

- **Inhale: Energy from the navel via the sexual center → pelvic floor → coccyx → up the back → crown point → third eye**
- **Exhale: Energy from the third eye via nose, palate, chest → back to the navel**

- **Store: collect energy in the "Chamber of Power" (lower abdomen)**  
**Repeat at least 3x**

### **A2: Increase breath capacity (Longevity Breath)**

(Continue breathing in the retrograde cycle)

- **Uptake more oxygen and life energy into the lower abdomen**
- **Expand the abdominal cavity in all directions (front / back / right / left)**
- **Bring energy to all organs**  
**3-5 x repeat**

### **A3: Rhythmic breath**

- Feel the heartbeat and use it as a metronome (inner wrist, above the tendon at the thumb)
- Example rhythm: inhale for 4 counts - hold for 4 - exhale for 4 - hold for 4  
**5-10 x repeat** (Slow the rhythm gradually)  
(CBalming of breath and heartbeat – promoting stillness)

### **A4: Stimulate Kundalini**

- **Move sexual energy, life energy, consciousness from the navel to the coccyx (liberate Kundalini energy from psychological entanglements)**
- Send energy through the Sushumna (middle spinal canal) to the crown point (special attention to the 3rd eye, linger a little longer there and nourish)
- Store energy in the pineal gland (send remaining energy to the abdominal cavity)

**(Cycle coccyx - 3rd eye pineal gland: From the navel via the pelvic floor to the back the back up and over the 3rd eye to the head center/pineal gland, "tongue to the palate")**

### **B) "Let light flow in from above" (right-handed)**

**("SEEING")**

#### **B: Basic exercise B (reflect and circle light)**

- **Let universal light flow in from the crown point and the 3rd eye**
- **Let light flow through the Sushumna to all chakras**
- **Reflect light from the pelvic floor throughout the body**
- **Store light energy in the pineal gland**
- **Circulation: From the crown point to the back down / front up to the 3rd eye)**

### **C. "Stabilize silence" (Thoughts: "HOLD" and silence: "SEE")**

#### **C: Alternate and connect Practices A) and B):**

- In stillness: reflect and swirl light (B - SEE)
- When thoughts arise: accept benevolently, let them pass
- In case of disturbances: Return to the descending energy flow (A - HOLD)
- Silence achieved: switch back to light work (B - SEE)

**" The rays of light are directed upward toward the eyes,  
this is the great key of the human body."**

## **(Advanced practice: Kan and Li – Optional)**

### **Connecting elements:**

- Fire (Li): Conscious knowledge in the light cycle "down the back/up the front"
- Water (Kan): Intuitive knowledge in the reverse cycle "up the back/down the front"
- Process: Place water over fire in the abdominal cavity, like simmering on a small flame
- Result: Healing Chi steam rises in the body

## **5) Closing: Enter into silence**

### **Letting go and forgetting**

1. Centering: Stay in the inner heart with an inner smile
2. Complete letting go: Release all thoughts, plans, tensions
3. Be the witness: Simply observe what happens
4. Deepen silence: Tune into powerful, vibrant silence

### **Supporting mantras (optional)**

- **"Hang-Sa / So Ham"**
- **"OM - Om mani padme hum"**
- "Va-Shi / Shi-Va" (Listening to the breath)

### **Return**

1. Rub hands: Feel built-up energy
- 2. Stretch and seal the body: With one's own energy**
3. Open eyes: Slowly with a smile (Important to take silence into daily life)
4. Loosen joints: Rub and loosen joints (feet and knees) before standing up

## **The Three Jewels (Quintessence)**

### **Our true possession consists of:**

- SHEN: Our mind (the purified mind)
- QI: Our life energy (drives breath and creative power)
- JING: Our generative energy and creative power

The goal is the connection with the original spirit and the essence of our being, which brings healing from the entanglements of existence, wholeness, and spiritual development.

## **Practical notes**

### **Energy gates**

- Lower gates: perineum and genitals (open/close by slight muscle contraction)
- Upper gate: crown point (open during Exercise B, otherwise closed)

### **Meditation as a life practice**

- Integrate silence and awareness into everyday life
- Regular practice for spiritual growth
- Use energy for intuition in important decisions

### **Mindfulness**

- Perform all exercises gently and without force
- When sitting, ensure there is no pain, otherwise loosen up
- Listen to your own body
- Seek professional guidance in case of difficulties

**"Ultimately it is about God-realization, the unfolding of the universal human!"**

21.01.14 12:35

**1) First position - bridge:** in the middle between the bridge of the nose and the middle of the eyebrows, as if these would have grown together.

First position - *Bridge* - in the middle between *bridge of the nose* and the *center* the eyebrows.

Hold both hands together a few centimeters in front of your healing center, between your eyebrows at the level of the bridge of your nose. (Stimulation of the pituitary and pineal glands)

First resting position: hands on *cheekbones* in the area of *sinuses*

*Laryngeal posture / Resting posture*



**2) Second position - larynx:** directly above the larynx

Second position - *Larynx* - At the front, at the level of the *larynx*

Hold your fingertips about five to seven centimeters below your Adam's apple. (Stimulation of the spinal cord, central nervous system, and thyroid gland)

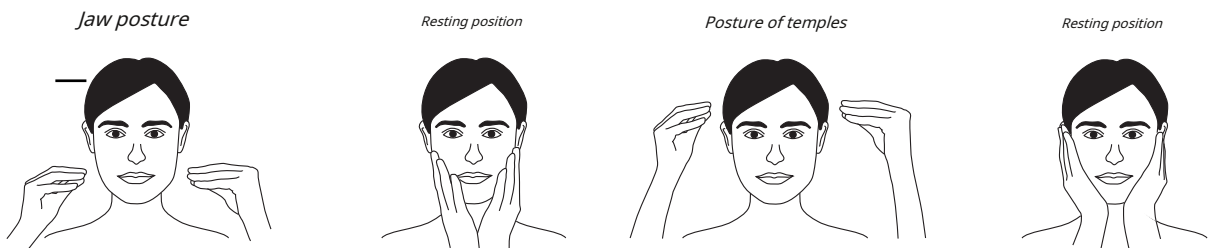
Second posture simultaneously resting posture

**3) Third posture - jaw:** on both sides of the head behind the jawbone.

Third position - *Jaw* - to both sides of the head behind the *jawbone*

Hold each hand on its respective side of the head behind the jawbone, about five centimeters below the temples. (Stimulation of the reactive emotional brain, including the amygdala and hippocampus, as well as the spinal cord and CNS)

Third resting position: hands *right* and *left* cheek resting approximately up to mouth level



**4) Fourth position - temples:** on both sides of the head, about one centimeter above the temples and one centimeter towards the back of the head

Fourth stance - *temples* - on both sides of the head

Hold each hand on its own side about one centimeter above the temples and about one centimeter towards the back of the head (stimulation of the right and left hemispheres of the brain, as well as the hypothalamus).

Fourth resting position *Hands resting on the cheeks, right and left* up to *Height of ears and temples*