

HOW TO PROTECT YOURSELF

Here. Now we will slowly continue. But first I would like to warn you and alert you. Whenever you begin with any kind of moving techniques in a group it is necessary, before you begin, to protect yourself.



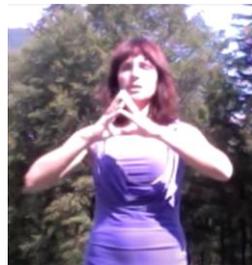
That is why I would kindly ask you, that somehow each and one of you stand and put your hands in a pyramid position, like this.

Which means before you begin with anything, anywhere, with anyone, not only with us, with others, among any other people and you will begin any kind of a different techniques, or yoga, wherever, it somehow comes in useful. So you close your space as you would set up a little house in some kind of a small room, where you will do things all by yourself. In conclusion, it is important that one protects himself.



You position your hands right in front of the plexus. So, this is how you cover this or where the middle of your ribs is and set up this foundation above it.

Try to direct the thoughts into your palms. Try to sense, in its inwardness, how the energy flows and connects. Again, same channel as on a previous connection with us.



Inside the hands, two tubes are running. Tubes from the right and tubes from the left palm.

That is to say, your palms are open and when you connect them to one another and a new connection happens or some kind of a whole tube of a spiral connection. Two tubes

spirally connect to each other.



If we were to open them to the Sky and connect to each other, one would come into the other. This is the foundation.

Do this connection before you begin anything else.



Direct your thoughts in your hands and try to sense this energy. This energy is swirling, swirling and somehow getting thick.

Everyone should try to detect this energy in themselves.

Inhale as you would inhale through your nostrils. Everything you are going to do now, inhale through nostrils all the time. This isn't grounding but when you inhale through the mouth you are grounding yourself and work through a physical matter.



Therefore, through nose, on the inside, through diagonal, an upper part opens, an upper

ventricle of everything is grounding as well or is taking place.



Once this connection is made, when you feel the tube, inhale, but inhale physically through nose, and at the same time visualise or sense how the energy flows into plexus.

It connects into a thick white compound like in a thick cream.



Again.

Do this again. Inside, you sense the energy that gets thicker and thicker. You sense the plug. Do this three times, four or nine times in a row. You don't need to do it more.

With each inhale you will sense, through layers you are filling up and closing. (He inhales.)

When you sense that the filling is inside completely, you will sense different breathing. As if you gradually stop breathing. Don't get scared. All you did was closed the channels from others who are penetrating through the inwardness, through the middle.



Now open your hands. That is to say, from the pyramid peak downward, as you would open the chest but leave the hands on the edge of your ribs. Slightly in front, few centimeters away from your body and sense the weight in the hand itself.



Sense this thickness. Nothing else. Only thickness that is rolling. Don't go wider, sense only the thickness on the hands itself. If you don't sense it, move slowly, up and down.

You will sense the energy in the palm itself. Make cups. But the elbows should go slightly out because you have, in the middle of the body, opened channels. Therefore

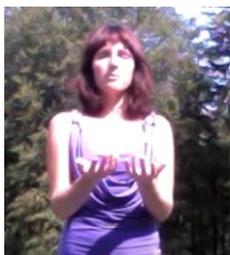
you give space to an energy that comes from the side. We will speak about that as well.



Then, squeeze the hands or elbows next to the body structure and exhale.

At the same time when you exhale, push your hands forward.

You sense the stinging compound on the palms itself. Some will sense the stinging more than others. Sense it.



Again (he inhales) inhale and return to the first position and exhale.

Some of you will exhale deeper, some sparsely, shallow. And again exhale.



Thick energy begins swirling before you, as a tube of swirl in front, before you. Maybe you are dizzy a little bit, but that means that you have made some sort of drain.

As a magnet, white whiteness, that you sense and it actually expands through your aura in the infinity, but here the infinity isn't a certain infinity. But it is far, far above you.



Now your palms are in this position. Keep them facing the sky.

Try to sense this tube, that you have built in front yourself, with the outer edges. That means that the tube is building in front of you.



As you would somehow hug, if you would do something like this, you would sense your own tube. But we won't hug it.

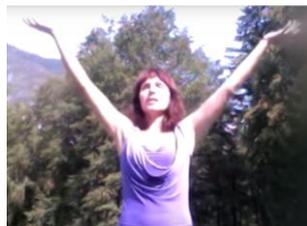
But you will, with the edges of the hands, lean on to it.



Do you feel this thickness?

You can have your eyes slightly closed so you can focus or concentrate more easily. When you sense this, you sense the energy as well, that runs past your edges of your palms.

As you would turn the look upward, you see the tube at the end how it crackles dispersedly. Again, there are threads. If you look at the peak, upward or with the inner eyes, as some of you are doing right now, you again see tiny hairs, threads, like in this heart area. Again, they open and this threads they are leaning and dispersing.



Now lift your hands upward and wait so that threads from the tube itself latch to your palm again.

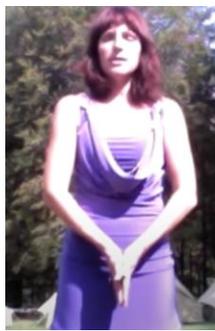
Let this process flow. Just observe. You can pull it, with your thought, a peak of the tube that is dispersed into little hair.

Pull the little hair on your palms and gradually, gradually descend them. But the hands must face upward all the time. A you would pull the light of the veil over yourself.



Now turn this around and push it down. Now you will sense a different colour, different energy, different thickness. Therefore, from here on I can't come to Earth anymore. Some of you can pull this colour and push it all the way down to sole.

You can put the whiteness under your sole, as you would step on this white light.



White threads flow or close as these little hairs would go under your legs to the middle. A big heart is shaped and the little hair intertwine here. You will glow more and more in this colour of white. This is your personal space.

You do that always and consistently whenever you work in a group. Even if it's only one or two, do this shield or protection so you work in your aura alone. No one can enter and no one can exit.



If we think a little bit or try to sense it, even if we slightly move hands, arms, we sense the thickness on the outside. Try!

That means, wherever you go you will sense this thick, thick compound. It pricks, it is getting thicker, it's getting thicker through all over the body. Whiteness forms inside. In this whiteness you can do whatever you want.

That is how you don't enter into each other and actually you can and you can heal, teach, or do anything else in a safe way.

Even when you help one another, always do this closed wrap first, set it up, right under your feet. I'm sorry, but someone has to help me because I can't ground myself or I can't go under the earthly tincture because I am attached like this, above the area of thighs.



But however, everyone else can do this on their own and then in genitals, before genitals, inside, like this, somewhere in the middle, let it be, so that it closes.

Then the thickness forms, the whiteness forms and you are all protected.

Maybe you sense different energy. Don't let that bother you. This is your safety.