



QUANTA
Reiki

QUANTA Reiki

Universe Healing
Spiritual Coaching

Level 1

100h Online Teacher Training
with Lola Lhamo

PART 3. QUANTA Meditation

Benefits of QUANTA Meditation
Various types of Meditation
Teaching Meditation

QUANTA Reiki Foundation

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“Yogas chitta vritti nirodhah
Tada drastuh svarupe vasthanam.

“Yoga is stilling the fluctuations of the mind.
Then one abides in their own true nature.”

~ Yoga Sutras of Patanjali



“Meditation is not just a sitting practice, in tranquillity, away from everyone, with palms on your knees, - it's much more than that.

Meditation is enquiry for self-discovery, understanding ourselves better, any activity for self-development, both in quiet reflective time and in action.

Meditation is following our dreams, staying true to what our heart wishes for, keeping integrity in creating our life.

Meditation is living life dedicated to our spiritual purpose, in truthfulness and caring for life path of others, yet it's not about achieving, rather about being, every moment. Meditation is living life in joy and wholeness, every moment of it”

~ Lola Lhamo

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Part 3. QUANTA MEDITATION

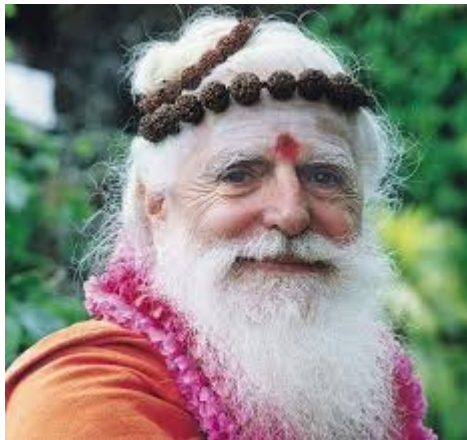


1. What is Meditation? Yoga and Vedas

Spiritual Science

In book “Lemurian scrolls” Satguru Sivaya Subramuniyaswami writes:

“When a soul is in a six-year-old physical body, he is in divine consciousness... This pure, childlike Divinity of the inner body of our soul is full of life, spontaneously joyous. It is always there within these bony bodies covered with flesh. It is only after the physical age of six years old that the awareness of the being comes into a slow understanding that he has a physical body.”



According to Vedanta, everything started with *purusha*, which is pure being, divine essence, state of perfection, or infinite love.

When *purusha* creates, that creation becomes known as *prakruti*.

Everything we know and understand is *prakruti*.

From interaction between *purusha* and *prakruti* comes *buddhi* or intelligence.

However, being part of *prakruti*, we then forget that our essence is *purusha*, because *ahamkara*, feeling “I am” arises from *prakruti*.

With the rise of the individual comes awareness of the difference between the subject and the object or “dual mind”.

The process of “remembering” is found through *chitta*, which is the evolution of consciousness.

Chitta is achieved through *Dhyana* – meditation.



Who, though a conscious being, is a stone?

Who paints pictures in the sky?

In which atom, the world exists just as a tree in a seed?

~ योग-वासिष्ठ Yoga-Vasistha (VI BCE – VII CE)

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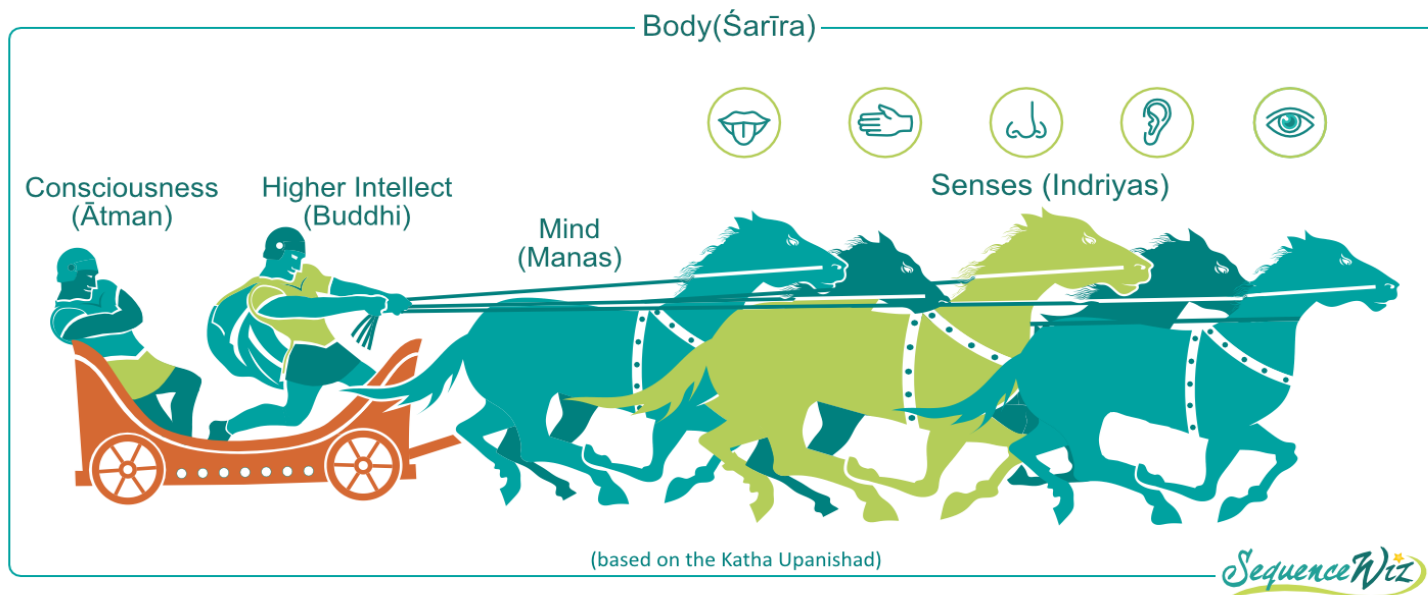
Part 3. QUANTA MEDITATION



1. What is Meditation? Yoga & Vedas

Nature of Mind

The entire universe is forever the same as the Consciousness that dwells in every atom.



Vedic model of the mind is expressed by the famous metaphor of the chariot in the Katha Upanisad and the Bhagavad-Gita. A person is compared to a chariot that is pulled in different directions by the horses yoked to it, with the horses representing the senses. The mind is the driver who holds the reins, but next to the mind sits the master of the chariot – the true observer, the self, who represents a universal unity. Without this self no coherent behaviour is possible.

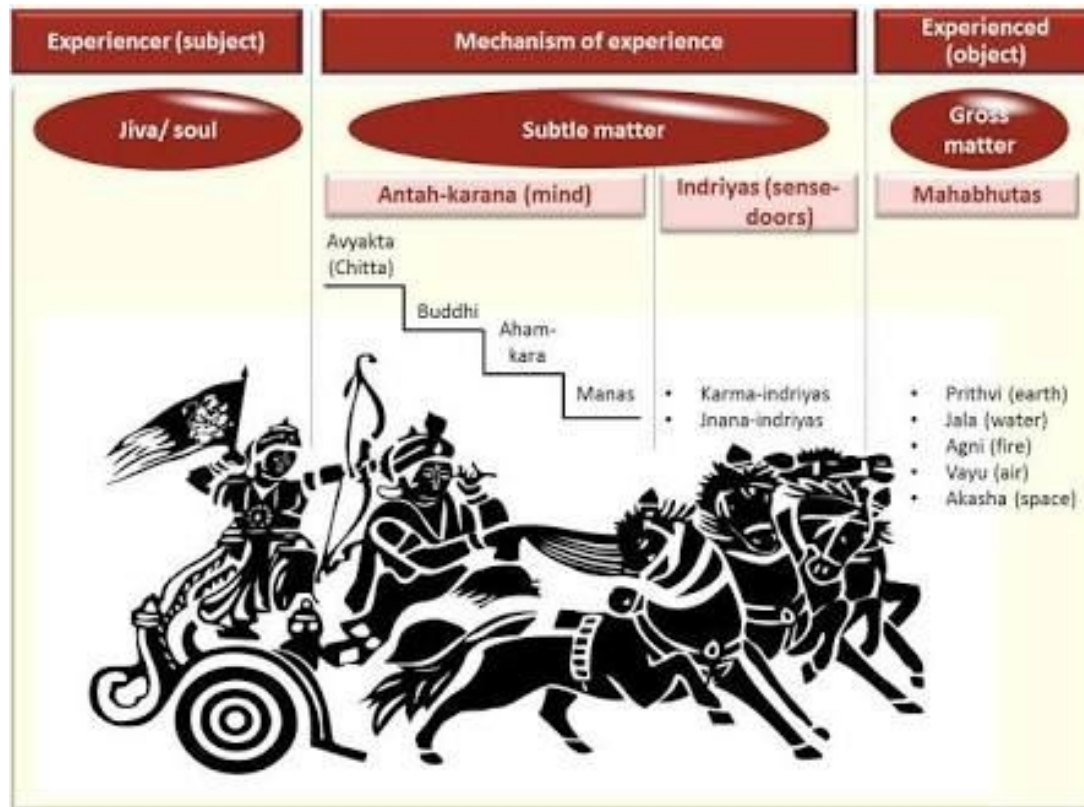
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Part 3. QUANTA MEDITATION



1. What is Meditation? Yoga & Vedas

Nature of Mind



The mind may be viewed to be constituted by 5 basic components: manas, ahamkara, citta, buddhi and atman.

Manas is the lower mind which collects sense impressions. Its perceptions shift from moment to moment. This sensory-motor mind obtains its inputs from the senses of hearing, touch, sight, taste and smell. Each of these senses maybe taken to be governed by a separate agent.

Ahamkara is the sense of I-ness that associates perceptions to a subjective centre and thus creates “personal” experiences.

Once sensory impressions have been related to I-ness by ahamkara, their evaluation and resulting decisions are arrived at by buddhi, the intellect. Manas, ahamkara and buddhi are collectively called the “internal instruments” (antahkarana) of the mind.

Next we come to citta, which is the memory bank of the mind. These memories constitute the foundation on which the rest of the mind operates. But citta is not merely a passive depository. The organisation of the new impressions throws up instinctual or primitive urges that create diverse emotional states.

This mental complex surrounds the innermost aspect of consciousness, which is called atman; it is of course the same as the self or the brahman. Atman is considered to be beyond a finite enumeration of categories.

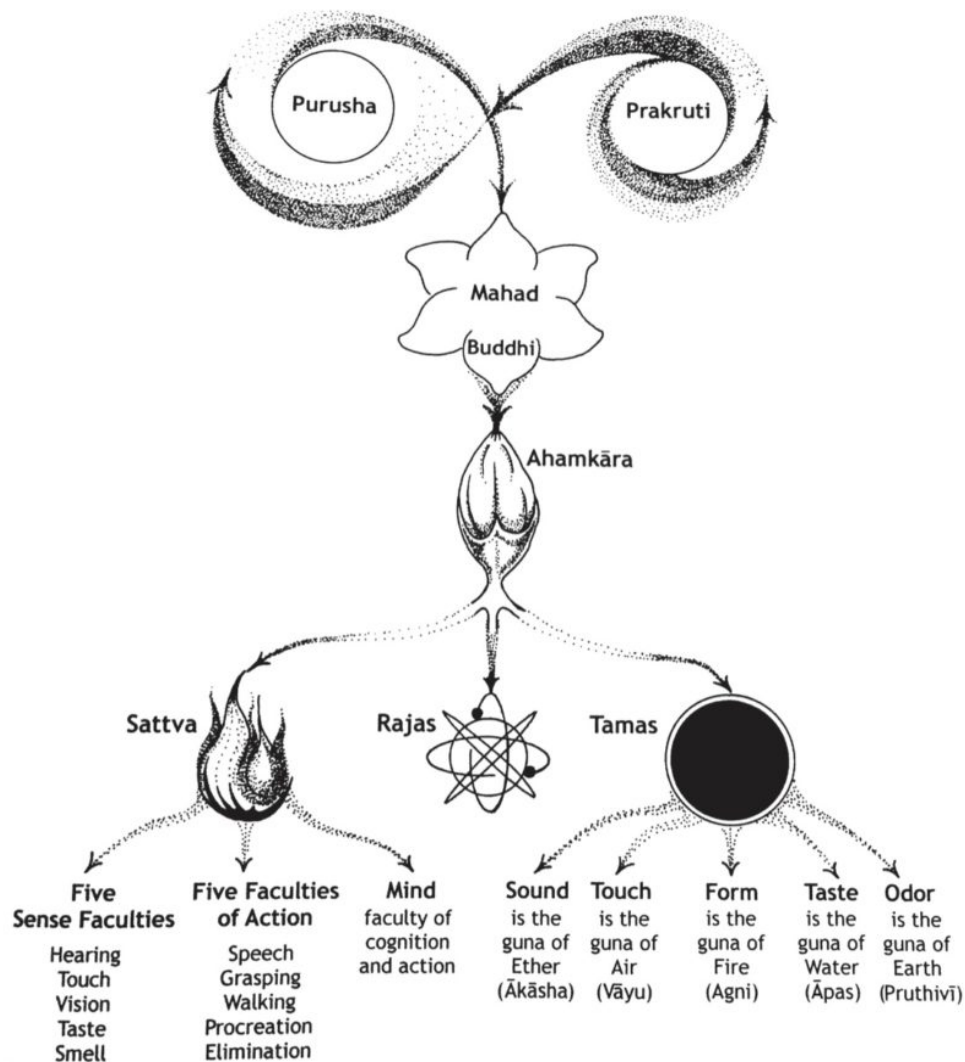
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1. What is Meditation? Yoga & Vedas

The Journey of Consciousness into Matter



According to Sankhya Philosophy, which Ayurveda and Yoga share, all the universe was created through Purusha and Prakriti.

Purusha is the universal Cosmic Consciousness, beyond cause and effect, space and time, Prakriti is choiceful consciousness, the source of form, manifestation, attributes, and nature. Both of them are eternal, timeless and immeasurable.

Purusha and Prakriti exist in each and every one of us, as well as inanimate objects.

Purusha is not moving at all, he is the silent witness.

While **Prakriti** is the divine creative which dances the dance of Creation.

In the manifestation of nature from Prakriti, the first expression is Mahat, intelligence, or cosmic order (Buddhi in Humans).

Next is Ahamkar, or the Ego, the sense of self-identity, the centre in our consciousness from where we think, act and react.

Ahamkar is expressed in three universal qualities: Sattva, Rajas and Tamas.

- Sattva – Purity, stability, clarity and light,
- Rajas – Movement, sensations, feelings, emotions,
- Tamas – Lethargy, darkness, ignorance and heaviness.

From Sattva comes the Mind, five sense faculties and five motor organs.

From Tamas comes the five senses according to the five gross elements.

Rajas is important for the movement of the two previous ones. without Rajas, Sattva and Tamas are dormant.

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Part 3. QUANTA MEDITATION



1. What is Meditation? Yoga & Vedas

Power of Elements, Vedic science

Panchendriya 5 sense faculties	Panchendriya Dravyani 5 basic materials	Panchendriya Adhishtana 5 sense organs	Panchendriya Artha 5 sense objects	Panchendriya Buddhi 5 sense perceptions
<u>Ghranendriya</u> – Olfactory system	<u>Prithvi</u> - earth	Nose	<u>Gandha</u> - smell	<u>Ghranendriya</u> <u>buddhi</u> Intellect obtained by smell
<u>Rasanendriya</u> – Gustatory perception system	<u>Ap</u> - water	Tongue	Rasa - taste	<u>Rasanendriya</u> <u>Buddhi</u> Intellect obtained by tasting
<u>Chakshurendriya</u> – Ocular system	<u>Teja</u> - fire	Eyes	<u>Roopa</u> - shape	<u>Chakshurendriya</u> <u>Buddhi</u> Intellect obtained by seeing
<u>Sparshanendriya</u> – Somato sensory system	<u>Vayu</u> - air	Skin	<u>Sparsha</u> – touch sensation	<u>Sparshanendriya</u> <u>Buddhi</u> Intellect obtained by touching
<u>Shravanendriya</u> – Auditory system	<u>Akasha</u> - ether	Ears	<u>Shabda</u> - sound	<u>Shravanendriya</u> <u>Buddhi</u> – Intellect obtained by hearing

“Don’t hate the arising of thoughts or stop the thoughts that do arise. Simply realize that our original mind, right from the start, is beyond thought, so that no matter what, you never get involved with thoughts. Illuminate original mind, and no other understanding is necessary.”
– Zen Master Bankei Yotaku

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Part 3. QUANTA MEDITATION



1. What is Meditation? Yoga & Vedas

Some key Meditation types

CONCENTRATION MEDITATION

Concentration meditation involves focusing on a single point. This could entail:

- following the breath,
- focusing on senses or physical sensations,
- repeating a single word or mantra,
- staring at a candle flame (trataka),
- listening to a repetitive gong, or
- counting beads on a mala,
- concentration on gratitude or compassion (Buddhism)
- concentration on a Deity

Since focusing the mind is challenging, a beginner might meditate for only a few minutes and then work up to longer durations.

In this form of meditation, you simply refocus your awareness on the chosen object of attention each time you notice your mind wandering. Rather than pursuing random thoughts, you simply let them go. Through this process, ability to concentrate improves.

VIPASSANA / MINDFULNESS MEDITATION

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It was taught in India more than 2500 years ago as a universal remedy for universal ills.

Mindfulness meditation encourages the practitioner to observe wandering thoughts as they drift through the mind. The intention is not to get involved with the thoughts or to judge them, but simply to be aware of each mental note as it arises.

When you meditate through mindfulness meditation, you can see how your thoughts and feelings tend to move in particular patterns. Over time, you can become more aware of the human tendency to quickly judge an experience as good or bad, pleasant or unpleasant. With practice, an inner balance develops.

In some schools of meditation, students practice a combination of concentration and mindfulness. Many disciplines call for stillness — to a greater or lesser degree, depending on the teacher.

When we concentrate, we direct our mind toward what appears to be an object apart from ourselves. We become One with it. The result of this exchange is a deep awareness that there is no difference between us (as the subject) and that which we concentrate or meditate upon (the object). This brings us to the state of samadhi, or self-realization.



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1. What is Meditation? Yoga & Vedas

Yoga Sutras of Patanjali

Patanjali created the *Eight Limbs of Yoga* as a template to help us transcend the confines of our ego and to reach self-realization. Steps for yogic energy healing to transformation:

1. Ethical principles of integrity - Yama
2. Ethical principles of self-discipline and behavior - Niyama
3. Asana – mastering the body to sit still in meditation (physical exercises for body & concentration appeared 8 centuries later)
4. Pranayama – breath, prana, life force control & extension
5. Pratyahara – withdrawal from senses of the outer world to inner world, self-observation
6. Dharana – concentration
7. Dhyana - meditation – awareness of quiet mind
8. Samadhi – ecstasy, bliss, union with divinity

The first four limbs—yama (ethics), niyama (self-discipline), asana (posture), and Pranayama (life-force extension)—are considered external disciplines. The fifth step, pratyahara represents the withdrawal of the senses. This sensual withdrawal arises out of the practice of the first four steps and links the external to the internal. When we are grounded physically and mentally, we are keenly aware of our senses, yet disengaged at the same time. Without this ability to remain detached yet observant, it is not possible to meditate. Even though you need to be able to concentrate in order to meditate, meditation is more than concentration. It ultimately evolves into an expanded state of awareness.

In the yogic context, meditation, or dhyana, is defined as a state of pure consciousness.

It is the seventh stage, or limb, of the yogic path and follows dharana, the art of concentration. Dhyana in turn precedes samadhi, the state of final liberation or enlightenment, the last step in Patanjali's system.

These three limbs—dharana (concentration), dhyana (meditation), and samadhi (ecstasy)—are inextricably linked and collectively referred to as **samyama, the inner practice**, or subtle discipline, of the yogic path.

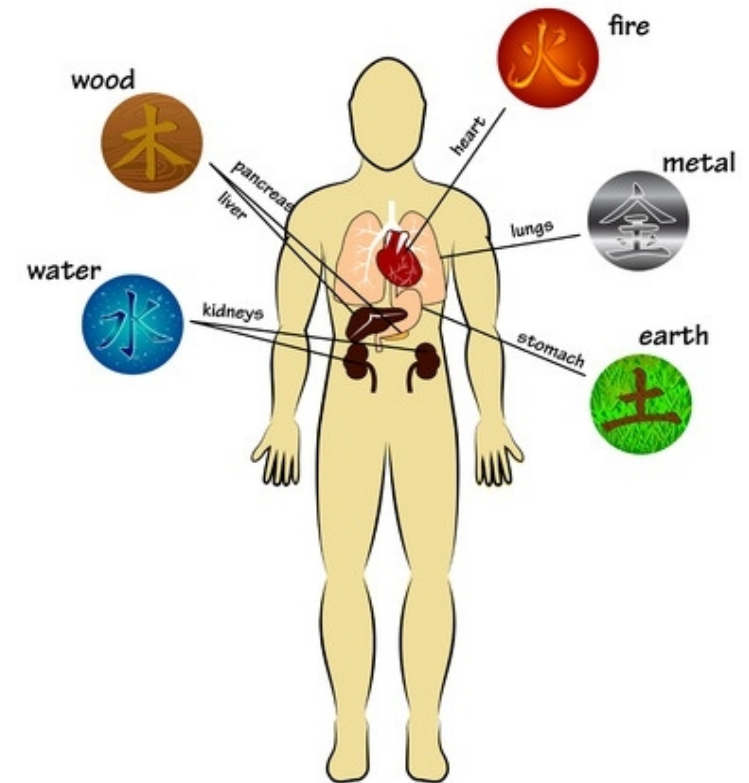
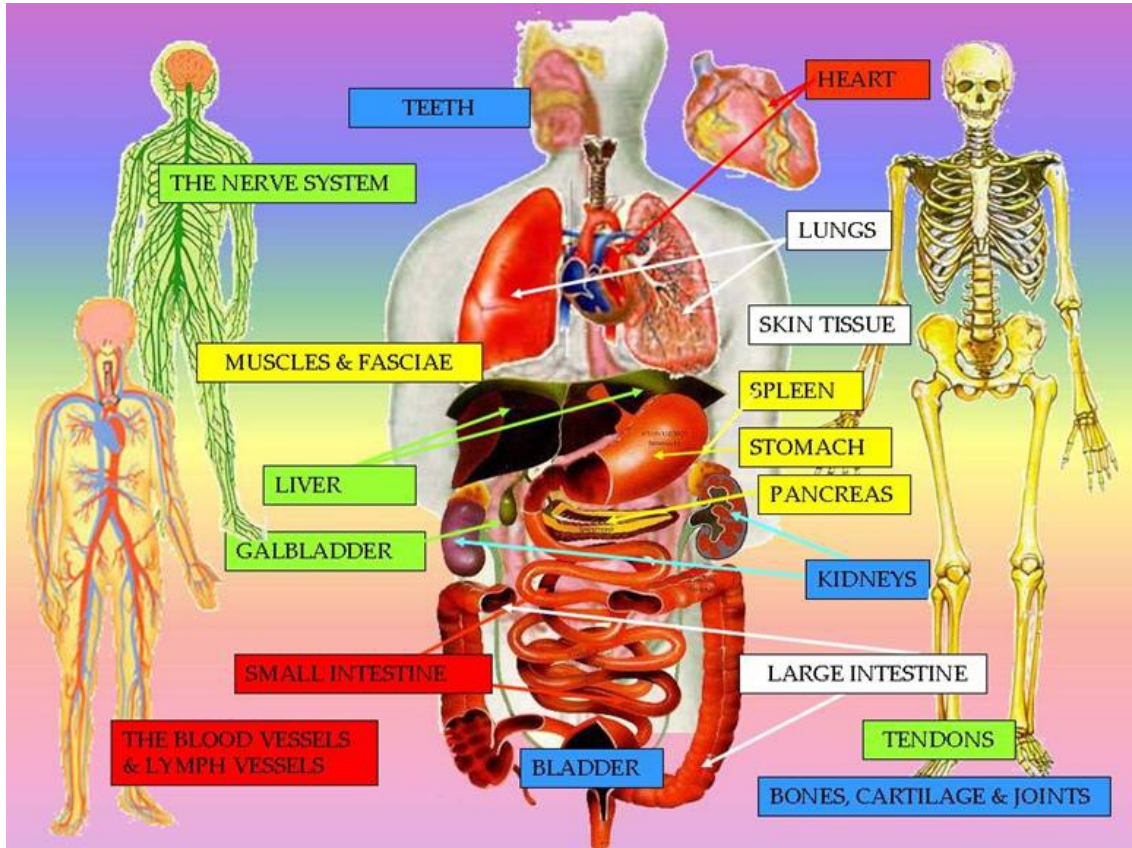
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2. What is Meditation? Taoism

Power of Elements, Taoist science



Taoism is a philosophy of living in harmony with nature. It embodies what could be described as a scientific formula for understanding the interactions of nature which is portrayed in the cycle of the five elements. When we understand the cycles and flow of nature it is easier to work in harmony with it. This is exemplified today in permaculture farming. Ancient Taoists understood a relationship of the Five elements also existing inside our bodies.

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2. What is Meditation? Taoism

Power of Elements, Taoist science

5 Spirits

As well as understanding that the organs had physical functions, Taoists see them as having emotional/spiritual functions and correspondences. They saw the organs as embodying aspects of our personality. These aspects of personality are described as 'The Five Spirits'.

FIRE

SHEN our desire to connect with others.

Impatience (self) hatred/cruelty, excitement, addiction, anxiety

Love, joy, patience, happiness

Propriety, maturity, contentment

Shen (Mind)

EARTH

Yi balance, trust, our desire to nurture and be nurtured.

Mistrust, worry, unbalanced, selfish/self neglect

Trust, openness, fairness

Empathy, compassion

Yi (The Intellect)

Po (The Corporeal Soul)

METAL

Po transcend death through spiritual connection

Sadness, grief, perversion

Courage, appreciation, sincerity

Conviction, belief, faith

WOOD

HUN our creative drive and desire to achieve

Anger, jealousy, frustration

Kindness, gratitude, forgiveness

Benevolence

Hun (The Ethereal Soul)

Zhi (The Will-Power)

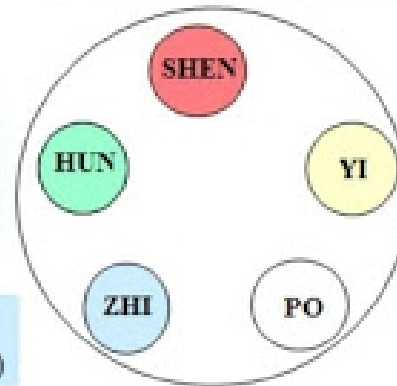
WATER

ZHI Our DNA, inherited wisdom and Jing

Fear, paranoia, trauma

Peace, calmness, tranquility

Wisdom

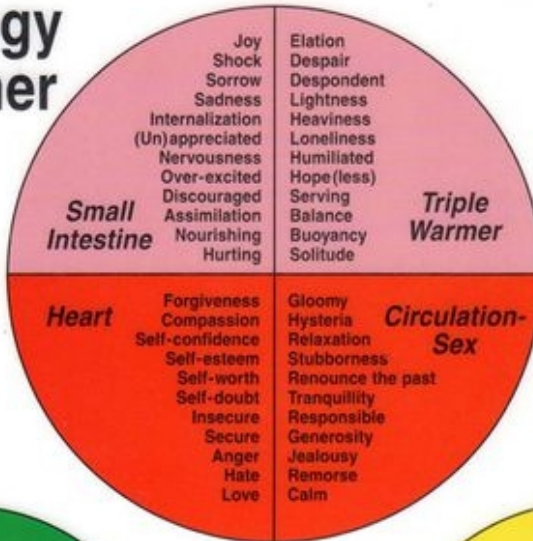


Professional Kinesiology Practitioner

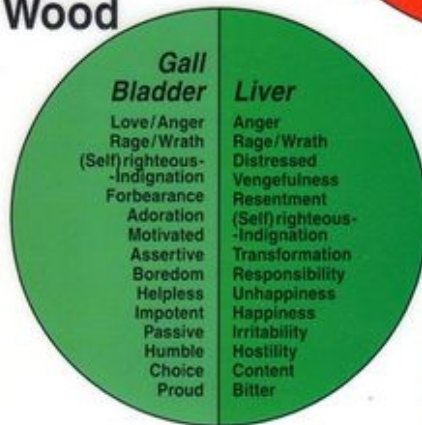
Five Element Emotion Chart



Fire



Wood



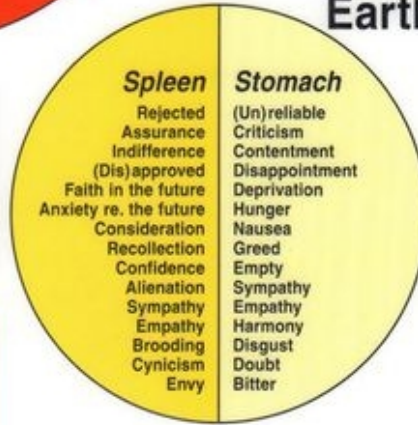
Central

Self-respect
Overwhelm
Shyness
Success
Shame

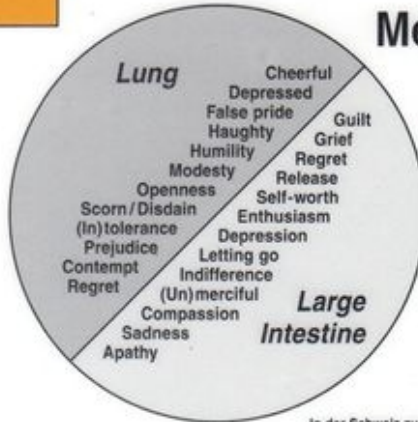
Governing

Embarrassment
Unsupported
(Dis) honesty
(Dis) trust
Truth

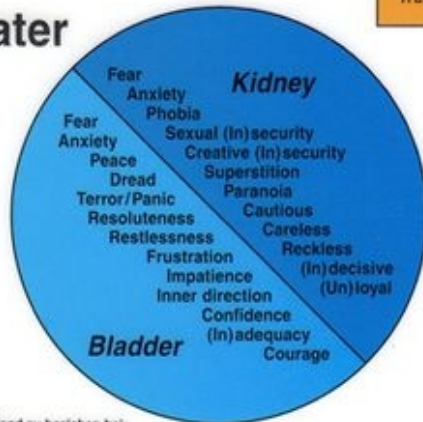
Earth



Metal



Water



In Deutschland zu beziehen bei:

In der Schweiz zu beziehen bei:

Chinese Medicine 24-Hour Circadian Clock



Harmonizing Habits:

5-7 am – Wake up, Move bowels, Meditate
7-9 am – Sex, Breakfast, Walk, Digest
9-11 am – Work, Best concentration
11-1 pm – Eat main meal of day, Walk
1-3 pm – Absorb food, Short nap, Work
3-5 pm – Work or Study

5-7 pm – Exercise, Light dinner
7-9 pm – Light reading, massage feet
9-11 pm – Calm Socializing, Flirting, Sex
11-1 am – Go to sleep, Cellular repair
1-3 am – Deep sleep, Detox liver & blood
3-5 am – Deep sleep, Detox lungs

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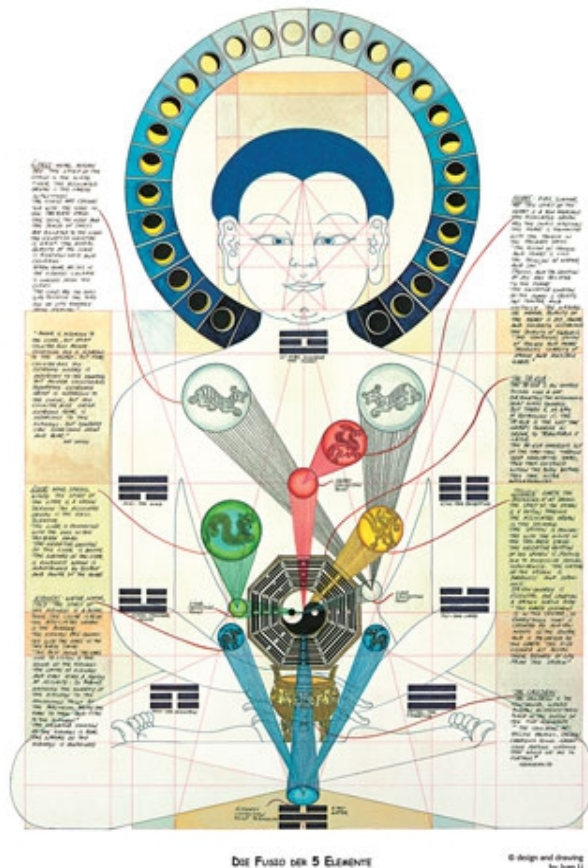
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2. What is Meditation? Taoism

Power of Elements, Taoist science.

Transformation of elements (Inner Alchemy)



Taoists recognise that negative emotions can be a drain on our energy - and therefore **seek to balance the emotions by transforming negative to positive**. There is recognition of and a place for every emotion in Taoism, but it is realised that negative emotions (the emotions of the Earth on which we dwell) can quickly take over if left unchecked.

There is a presumption that negative emotions are wrong and should be avoided, which results in their repression within the body and this ultimately leads to disease. Feeling sorrow, anger or fear is not wrong and our feelings need to be acknowledged to learn, grow and heal. Being stuck in these emotions will drain our energy.

Empowering positive emotions work consists of steps like clearing the past, finishing unfinished cycles (stagnant energy) and learning to transform negative emotional states into pure vitality. Sustained balance leads us to stable positive emotional state.

The positive emotions arise when the organism is vibrating at higher frequencies than usual. Negative states manifest when the energy flow is taking place with difficulty and the organism is energetically fragmented. **Alchemical work is being led through Meditation practices of transforming negative emotions in each organ with visualizations, colour therapy, connections to planetary energies, and movements based on meridian system (active meditation).**

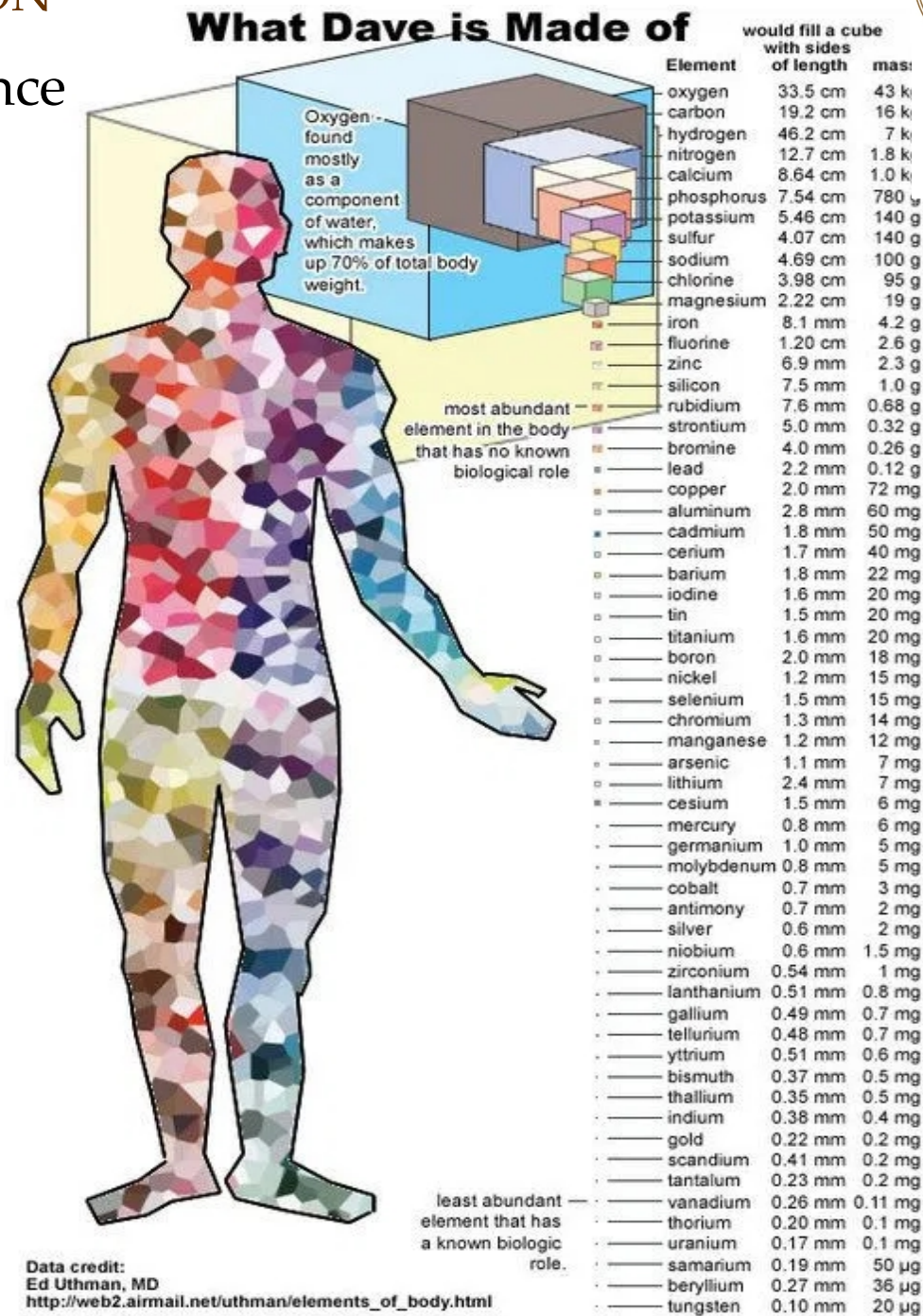
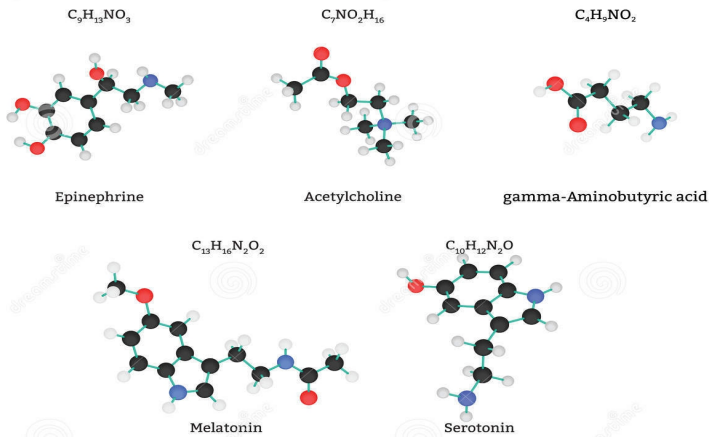
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3. What is Meditation? Science Chemistry of Balance

Neurotransmitter Molecules

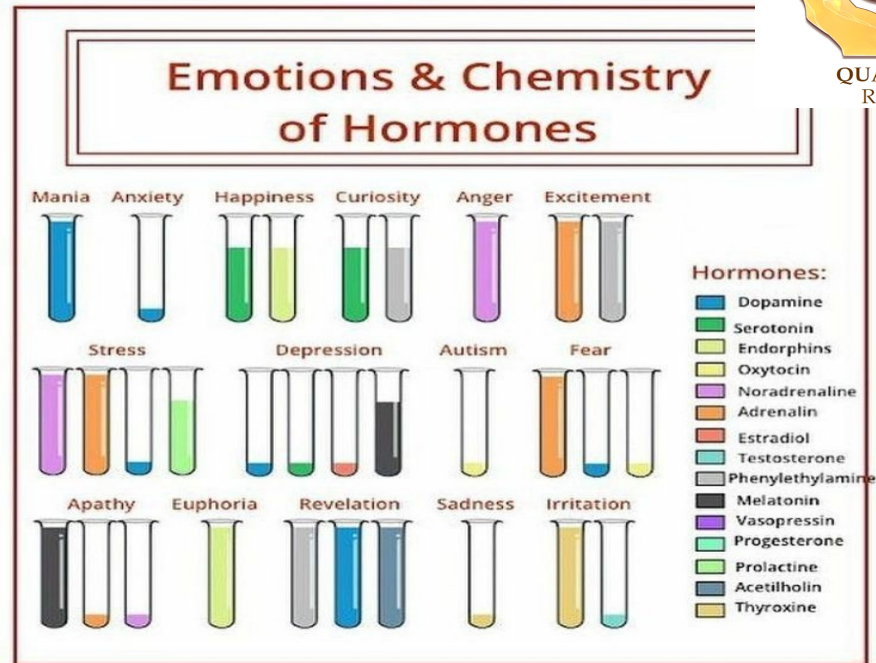
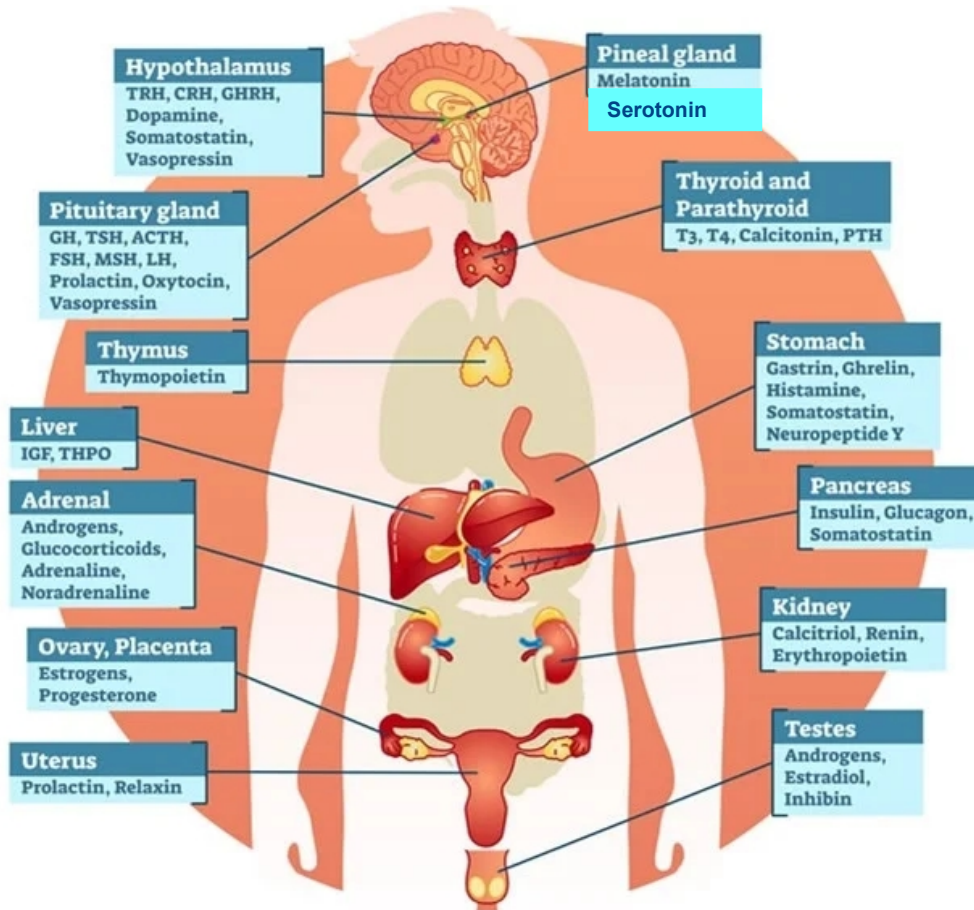


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3. What is Meditation? Science

Emotional Balance



DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

OXYTOCIN

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment

SEROTONIN

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

ENDORPHIN

THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising

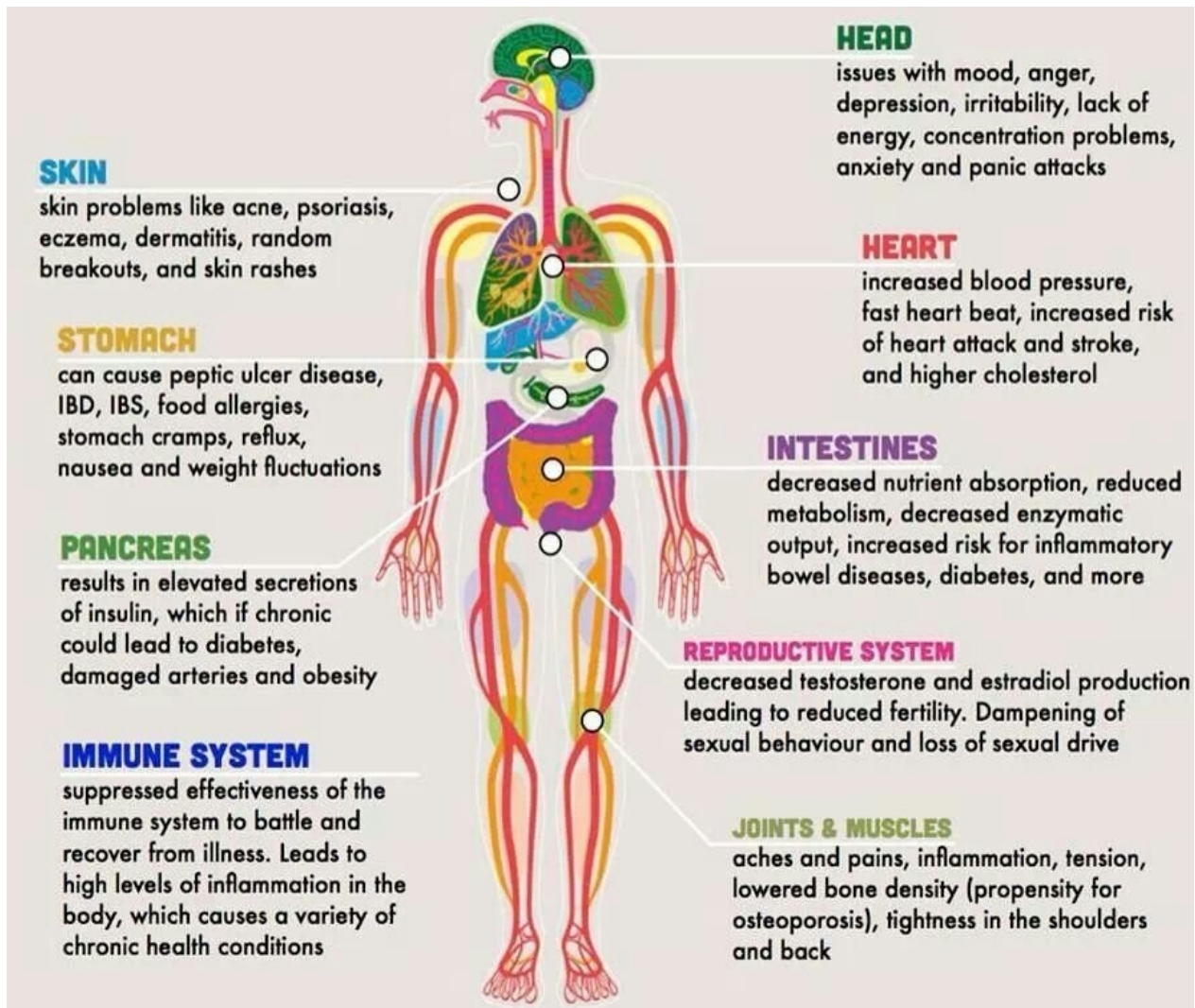
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3. What is Meditation? Science

How stress impacts the body



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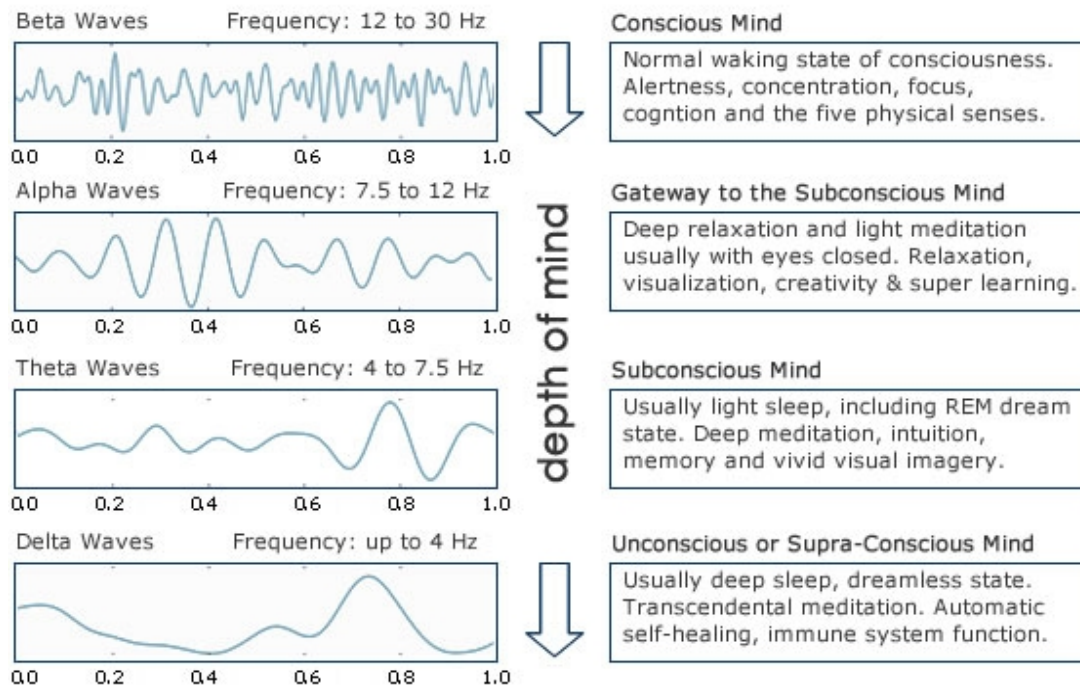
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3. What is Meditation? Science

Brain Science

EEG Brain Frequency Chart



The results of multiple scientific research with Buddhist monks show that during deep meditation the brain goes from hectic Beta to relaxed Alpha, Delta, Theta and even Gamma waves.

It seems we found an answer – learn to manage your brain waves and you will find the fast-way to infinite source of energy, purity and creativity.

Between birth and 2 years old human brain functions primarily on Delta waves – 0.5-4 cycles per seconds, these waves in adults can be observed in a state of deep sleep.

Between 2-6 years age children operate in Theta – 4-8 cycles per second, time for high endless imagination and super-learning and when all seems true.

Between ages 5 to 8 brain waves change into Alpha frequency, 8-13 cycles per second, when analytical mind begins to form, yet imaginative world is as real as the outer world of reality - kids use both left and right brain hemispheres at the same time – the goal of any adult yoga and meditation practitioner. Brain of a child functions only on Alpha and Theta waves up to 7 years old, being responsible for endless imaginations.

Beta waves fully establish at 12 years old, when analytical thinking takes over, and no more Santa Claus or fairies interest child anymore.

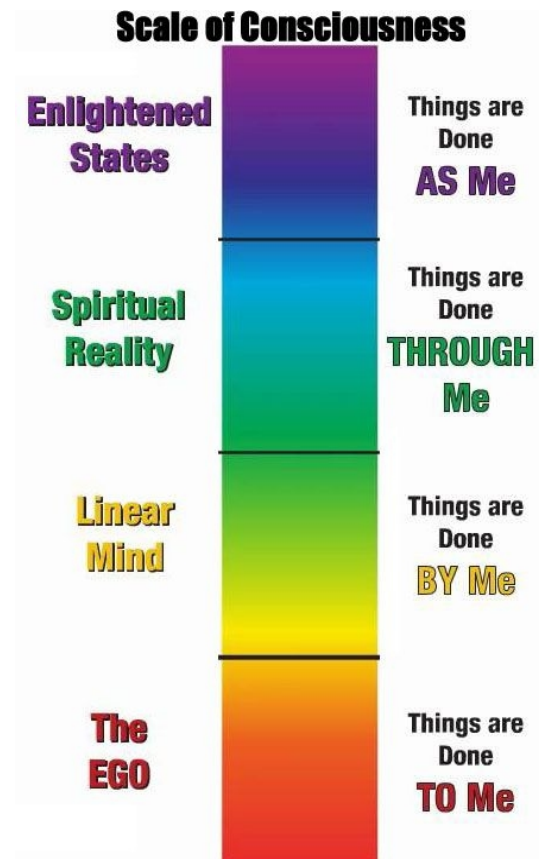
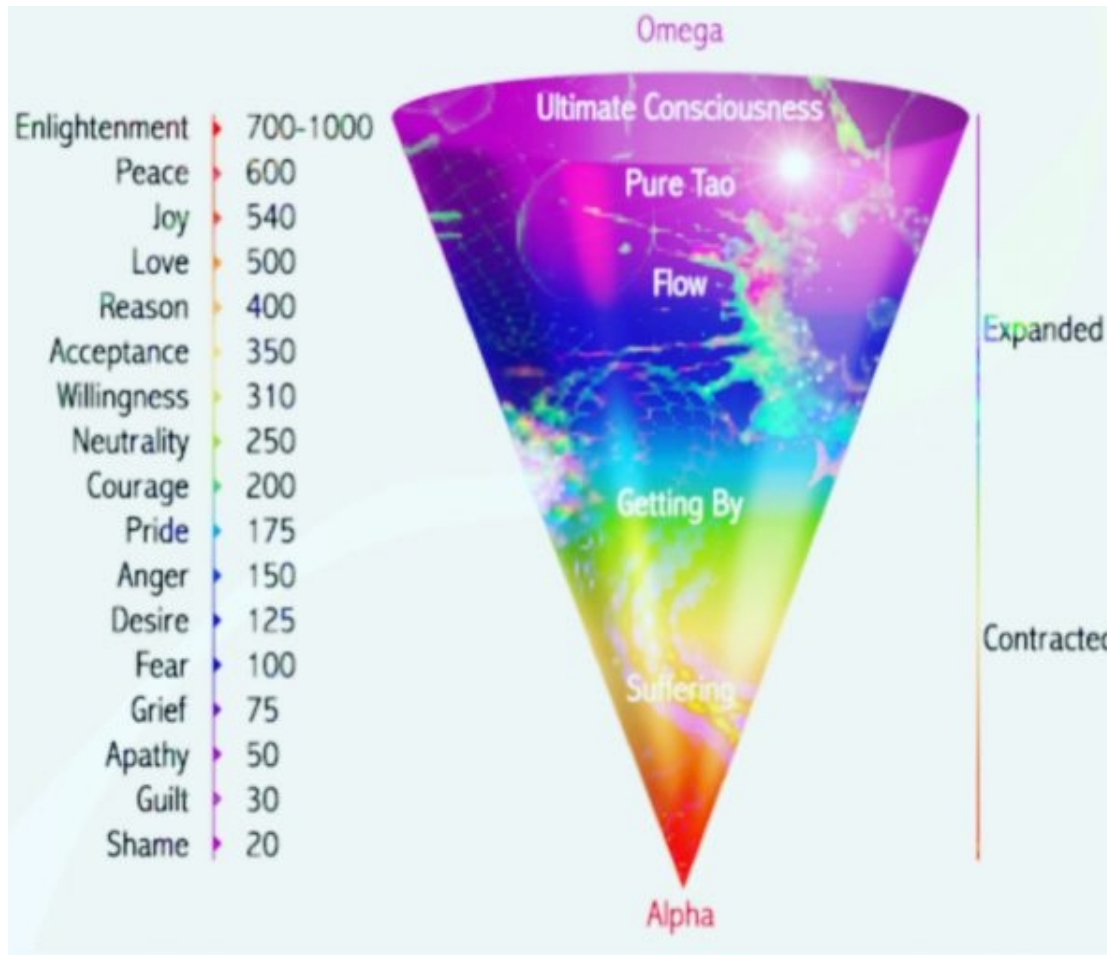
Interesting that by this age also our pineal gland calcifies, being called the centre of spiritual awareness.

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4. Frequency of Emotions



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4. Benefits of QUANTA Meditation

1. Reduces stress

Stress reduction is one of the most common reasons people try meditation.

One review concluded that meditation lives up to its reputation for stress reduction (1Trusted Source).

Normally, mental and physical stress cause increased levels of the stress hormone cortisol. This produces many of the harmful effects of stress, such as the release of inflammatory chemicals called cytokines.

These effects can disrupt sleep, promote depression and anxiety, increase blood pressure, and contribute to fatigue and cloudy thinking.

In an 8-week study, a meditation style “mindfulness meditation” reduced the inflammation response caused by stress (2).

Furthermore, research has shown that meditation may also improve symptoms of stress-related conditions, including irritable bowel syndrome, post-traumatic stress disorder, and fibromyalgia (3, 4, 5).

2. Controls anxiety

Meditation can reduce stress levels, which translates to less anxiety.

A meta-analysis including nearly 1,300 adults found that meditation may decrease anxiety. Notably, this effect was strongest in those with the highest levels of anxiety (6).

Also, one study found that 8 weeks of mindfulness meditation helped reduce anxiety symptoms in people with generalized anxiety disorder, along with increasing positive self-statements and improving stress reactivity and coping (7).

Another study in 47 people with chronic pain found that completing an 8-week meditation program led to noticeable improvements in depression, anxiety, and pain over 1 year (8).

What’s more, some research suggests that a variety of mindfulness and meditation exercises may reduce anxiety levels (9).

For example, yoga has been shown to help people reduce anxiety. This is likely due to benefits from both meditative practice and physical activity (10).

Meditation may also help control job-related anxiety. One study found that employees who used a mindfulness meditation app for 8 weeks experienced improved feelings of well-being and decreased distress and job strain, compared with those in a control group (11).

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Part 3. QUANTA MEDITATION



4. Benefits of QUANTA Meditation

3. Promotes emotional health

Some forms of meditation can lead to improved self-image and a more positive outlook on life.

For example, one review of treatments given to more than 3,500 adults found that mindfulness meditation improved symptoms of depression (12).

Similarly, a review of 18 studies showed that people receiving meditation therapies experienced reduced symptoms of depression, compared with those in a control group (13).

Another study found that people who completed a meditation exercise experienced fewer negative thoughts in response to viewing negative images, compared with those in a control group (14).

Furthermore, inflammatory chemicals called cytokines, which are released in response to stress, can affect mood, leading to depression. A review of several studies suggests meditation may also reduce depression by decreasing levels of these inflammatory chemicals (15).

4. Enhances self-awareness

Some forms of meditation may help you develop a stronger understanding of yourself, helping you grow into your best self.

For example, self-inquiry meditation explicitly aims to help you develop a greater understanding of yourself and how you relate to those around you.

Other forms teach you to recognize thoughts that may be harmful or self-defeating. The idea is that as you gain greater awareness of your thought habits, you can steer them toward more constructive patterns (16, 17, 18).

One review of 27 studies showed that practicing tai chi may be associated with improved self-efficacy, which is a term used to describe a person's belief in their own capacity or ability to overcome challenges (19).

In another study, 153 adults who used a mindfulness meditation app for 2 weeks experienced reduced feelings of loneliness and increased social contact compared with those in a control group (20).

Additionally, experience in meditation may cultivate more creative problem-solving skills (21)..

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Part 3. QUANTA MEDITATION



4. Benefits of QUANTA Meditation

5. Lengthens attention span

Focused-attention meditation is like weight lifting for your attention span. It helps increase the strength and endurance of your attention.

For example, one study found that people who listened to a meditation tape experienced improved attention and accuracy while completing a task, compared with those in a control group (22).

A similar study showed that people who regularly practiced meditation performed better on a visual task and had a greater attention span than those without any meditation experience (23).

Moreover, one review concluded that meditation may even reverse patterns in the brain that contribute to mind-wandering, worrying, and poor attention (24).

Even meditating for a short period each day may benefit you. One study found that meditating for just 13 minutes daily enhanced attention and memory after 8 weeks (25).

6. May reduce age-related memory loss

Improvements in attention and clarity of thinking may help keep your mind young.

Kirtan Kriya is a method of meditation that combines a mantra or chant with repetitive motion of the fingers to focus your thoughts. Studies in people with age-related memory loss have shown it improves performance on neuropsychological tests (26).

Furthermore, a review found preliminary evidence that multiple meditation styles can increase attention, memory, and mental quickness in older volunteers (27).

In addition to fighting normal age-related memory loss, meditation can at least partially improve memory in patients with dementia. It can likewise help control stress and improve coping in those caring for family members with dementia (28, 29).

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Part 3. QUANTA MEDITATION



4. Benefits of QUANTA Meditation



7. Can generate kindness

Some types of meditation may particularly increase positive feelings and actions toward yourself and others.

Metta, a type of meditation also known as loving-kindness meditation, begins with developing kind thoughts and feelings toward yourself.

Through practice, people learn to extend this kindness and forgiveness externally, first to friends, then acquaintances, and ultimately enemies.

A meta-analysis of 22 studies on this form of meditation demonstrated its ability to increase peoples' compassion toward themselves and others (30).

One study in 100 adults randomly assigned to a program that included loving-kindness meditation found that these benefits were dose-dependent.

In other words, the more time people spent in weekly metta meditation practice, the more positive feelings they experienced (31).

Another study in 50 college students showed that practicing metta meditation 3 times per week improved positive emotions, interpersonal interactions, and understanding of others after 4 weeks (32).

These benefits also appear to accumulate over time with the practice of loving-kindness meditation (33).

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Part 3. QUANTA MEDITATION



4. Benefits of QUANTA Meditation

8. May help fight addictions

The mental discipline you can develop through meditation may help you break dependencies by increasing your self-control and awareness of triggers for addictive behaviors (34).

Research has shown that meditation may help people learn to redirect their attention, manage their emotions and impulses, and increase their understanding of the causes behind their (35, 36).

One study in 60 people receiving treatment for alcohol use disorder found that practicing transcendental meditation was associated with lower levels of stress, psychological distress, alcohol cravings, and alcohol use after 3 months (37).

Meditation may also help you control food cravings. A review of 14 studies found mindfulness meditation helped participants reduce emotional and binge eating (38).

9. Improves sleep

Nearly half of the population will struggle with insomnia at some point.

One study compared mindfulness-based meditation programs and found that people who meditated stayed asleep longer and had improved insomnia severity, compared with those who had an unmedicated control condition (39).

Becoming skilled in meditation may help you control or redirect the racing or runaway thoughts that often lead to insomnia.

Additionally, it can help relax your body, releasing tension and placing you in a peaceful state in which you're more likely to fall asleep.

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Part 3. QUANTA MEDITATION



4. Benefits of QUANTA Meditation

10. Helps control pain

Your perception of pain is connected to your state of mind, and it can be elevated in stressful conditions. Some research suggests that incorporating meditation into your routine could be beneficial for controlling pain.

For example, one review of 38 studies concluded that mindfulness meditation could reduce pain, improve quality of life, and decrease symptoms of depression in people with chronic pain (40).

A large meta-analysis of studies enrolling nearly 3,500 participants concluded that meditation was associated with decreased pain (41). Meditators and non-meditators experienced the same causes of pain, but meditators showed a greater ability to cope with pain, even experienced a reduced sensation of pain.

11. Can decrease blood pressure

Meditation can also improve physical health by reducing strain on the heart. Over time, high blood pressure makes the heart work harder to pump blood, which can lead to poor heart function.

High blood pressure also contributes to atherosclerosis, or a narrowing of the arteries, which can lead to heart attack and stroke.

A meta-analysis of 12 studies enrolling nearly 1000 participants found that meditation helped reduce blood pressure. This was more effective among older volunteers and those who had higher blood pressure prior to the study (42).

One review concluded that several types of meditation produced similar improvements in blood pressure (43). In part, meditation appears to control blood pressure by relaxing the nerve signals that coordinate heart function, blood vessel tension, and the “fight-or-flight” response that increases alertness in stressful situations (44).

12. Accessible anywhere

People practice many different forms of meditation, most of which don’t require specialized equipment or space. You can practice with just a few minutes daily.



“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”
– **Thich Nhat Hahn**

“Meditation is a process of lightening up, of trusting the basic goodness of what we have and who we are, and of realizing that any wisdom that exists, exists in what we already have.
We can lead our life so as to become more awake to who we are and what we’re doing rather than trying to improve or change or get rid of who we are or what we’re doing.
The key is to wake up, to become more alert, more inquisitive and curious about ourselves.”
– **Pema Chodron**

“To understand the immeasurable, the mind must be extraordinarily quiet, still.”
– **Jiddu Krishnamurti**

“Meditation will not carry you to another world, but it will reveal the most profound and awesome dimensions of the world in which you already live. Calmly contemplating these dimensions and bringing them into the service of compassion and kindness is the right way to make rapid gains in meditation as well as in life.”
– **Zen Master Hsing Yun**

“Touch your inner space, which is nothingness, as silent and empty as the sky; it is your inner sky. Once you settle down in your inner sky, you have come home, and a great maturity arises in your actions, in your behavior. Then whatever you do has grace in it. Then whatever you do is a poetry in itself. You live poetry; your walking becomes dancing, your silence becomes music.”
– **Osho**

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Part 3. QUANTA MEDITATION



5. QUANTA Meditation Inner Child



Not everyone associates childhood with playfulness and fun. If you experienced neglect, trauma, or other emotional pain, your inner child might seem small, vulnerable, and in need of protection. You may have buried this pain deep to hide it and protect yourself — both your present self and the child you once were.

Hiding pain doesn't heal it. Instead, it often surfaces in your adult life, showing up as distress in personal relationships or difficulty meeting your own needs. Working to heal your inner child can help you address some of these issues.

When we are disconnected from our inner-child, we may have a difficult time setting and maintaining healthy boundaries, or being in authentic connection with the world inside and around us. It's important to learn to communicate with the most vulnerable aspects of our being, so we can step into our mature, integrated self.

As children, many of us didn't receive the love and validation we needed to become secure adults. This meditation is designed to guide you into deeper connection with your inner-child for a sense of safety and inner-calm.

There is a natural neuroplasticity of our brain and mind. This plasticity allows for deep healing and transformation illuminating the divine child hidden within us

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Part 3. QUANTA MEDITATION



5. QUANTA Meditation Inner Child

STEPS for MEDITATION & self-healing

Step 1: Acknowledge your Inner Child.

Step 2: Ask and listen to what Inner Child has to say... every day

You might notice:

- anger over unmet needs
- abandonment or rejection
- insecurity
- vulnerability
- guilt or shame
- anxiety

If you can trace these feelings back to specific childhood events, you may realize similar situations in your adult life trigger the same responses.

Step 3: Write a letter

Open the dialogue with questions like

“How do you feel?”

“How can I support you?”

“What do you need from me?”

Step 4: Guided Meditation Inner Child

Visit your inner child, share loving and kindness with inner child, play together

We strengthen our heart and mind with somatic sensations of love and peace

Acknowledge arising unpleasant or traumatic sensations, don't try to change them – just hug your inner child and these feelings, hold them in the arms of love

Step 5: Journal from perspective of inner child, then support and explain from perspective of your current self

Step 6: Bring back the joy and playfulness

Fulfil the inner child dreams, bring positive emotions into life

Step 7: Keep the dialogue open throughout the day

You can also place photo of you as a child on altar

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Part 3. QUANTA MEDITATION



6. QUANTA Meditation Inner Parents



Transforming hindrances into teaching

Relations with parents for many people became their “karmic knots”- very often carrying physical and emotional traumas. This trauma may have been caused by a parent who was absent or overbearing, who committed inappropriate actions or failed to take positive action, or who took too little or too much interest in you. Or it may have been the interactions between your parents that was traumatizing to you.

All our unfinished psychological issues will appear either as physical pain or illness, intense emotions transforming into specific prisms we see the world through, unhealthy behaviours and relations with partners, disturbing voices or images in mind chatter, which arise seemingly from nowhere. There is no way to avoid these experiences, nor should you. You need to transform them into seeds for your liberation.

The key to this process is to allow these sensations and emotions full expression while mindfully paying attention to them, until you become “**more flexible and expanded in seeing your actual teaching**”, and finally free from any limiting believes. The release of these knots can be described as allowing the difficult experience to complete itself. There is no rushing this process, nor knowing when it will be over.

Same as in yoga we breath into physical tension – let this process become Inner Yoga for you – every time the intense emotions arise, we breath into this pain and resistance, initiating harmonic energy of softening, compassion, gratitude and loving kindness to flow through it, dissolving the knots into the light, and hindrances into the teaching of love.

<https://dharmawisdom.org/healing-your-mother-or-father-wound/>

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Part 3. QUANTA MEDITATION



6. QUANTA Meditation Inner Parents

There are 4 basic functions of parenting:

nurturing, protecting, empowering, and initiating -

and a trauma can occur in any of them. Although they are interconnected, it helps to examine them separately in order to clarify the trauma. Using inquiry into these four functions is most helpful in identifying what you are experiencing in the moment.

Few important rules in Mindfulness:

- NO JUDGEMENT, therefore any emotions linked to shame or guilt shall be observed non-judgementally
- OPENESS to NEW PERSPECTIVE and CHANGE - not claiming that your memories or feelings are the absolute factual and unbiased truth about the past. Rather it is your actual experience of the moment that is the object of your mindfulness, not your old stories or your interpretation of how your childhood was supposed to be.
- LOVING KINDNESS & SOFTNESS to yourself and others in healing work
- HEALING is THE PROCESS , there's no end result
- CONTINUOUS AWARENESS. Continually bringing attention to feelings of fear, loss, and confusion as they are arising and receive those feelings with compassion, they will begin to lose their grip. Gradually you will discover that they come less often, with less intensity, and stay for shorter periods of time.
- CULTIVATE QUALITIES that you feel you are lacking. If it's nurturing – dedicate time to nurturing others and feel fully this experience
- JUST STAYING with INTENTION is enough, don't be radical or the maximalist, just flow in sincerity to yourself and others

Nature doesn't hurry, yet everything is accomplished

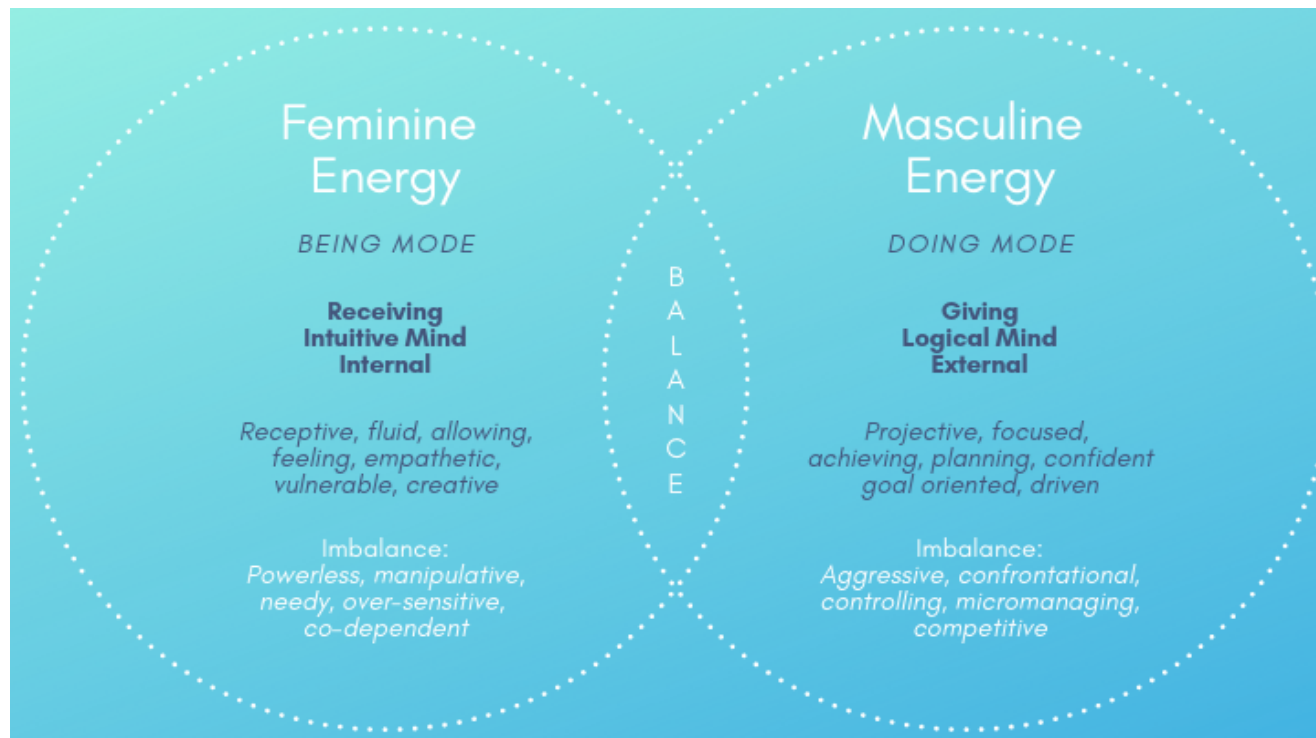
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Part 3. QUANTA MEDITATION



7. QUANTA Meditation Feminine & Masculine Balance

Honouring and nourishing both Feminine and Masculine sides of ourselves is very important



DOING/BEING balance a hard one to strike. We live in a world that values doing and achieving above all else.

Overactive masculine means tenacious productivity, overworking, and living more in a sympathetic Fight or Flight mode, more Beta waves and anxiety, often forgetting to relax, unwind, hear our intuitive voice behind mind chaotic chatter. We forget that's it's okay to allow things to unfold, instead of always directing or controlling them.

In too active Masculine mode we often forget to surrender to the Universal Energy which naturally heals us, we forget how just to BE.

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Part 3. QUANTA MEDITATION



7. QUANTA Meditation Feminine & Masculine Balance

When honouring and nurturing **Feminine energy** we find the wellspring of creativity, beauty, joy, and power, the resources we are able to draw from when we shift back into doing phase. This could become a central part of daily practice – **exploring how to infuse being energy into all of the doing, how to create rather than do.**

Instead of taking small timeouts during the day and then throttling back into the productivity grind, we could learn to be more intentional about how we work, starting activity with meditation, setting pure mind, coming from place of inspiration and creativity, connecting to our inner joy – and finding this joy in everything we do.

Few tips about how to shift towards Feminine energy:

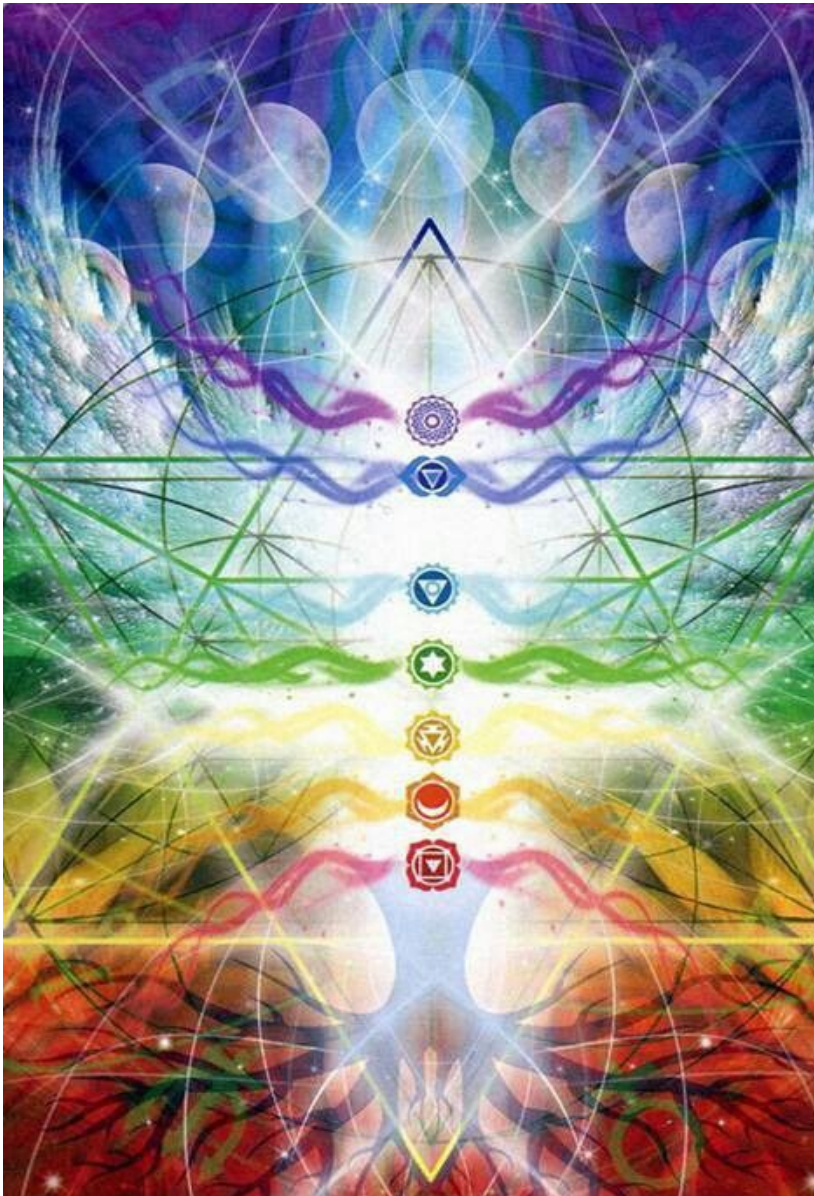
1. Start activity with meditation, setting up pure intention, and connect with joy and excitement within.
Feel inspiration – then act.
2. Pause your activity regularly to connect to your body, your natural presence, your heart space and intuition. Pause to look around and **feel gratitude to the moment**, observe nature around to expand your mind into space of infinite beauty.
Shift towards being rather than doing, Enjoy the process of creation independent from the result.
3. Movement reminds about the flow and allows stagnant energy to be released.
Dance, move around or walk. **Living is dancing.**
4. Dedicate time to chilling out and your own little pleasures. **It's Flow Time**, just surrendering to being.
Love yourself and nourish your me-time of just being, doing what feels good.
5. **Express yourself!** Whatever brings creative spark and joy into your life – painting, writing, sculpting, theatre, - create that space for yourself to express fully your creative energy.
6. Dedicate time to **nourishing Nature and Mother Earth.**
7. **Share with others**, opening up and supporting others gives us incredible energy. The more we give – the more we receive.
8. **Laughter is the best medicine.**

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Part 3. QUANTA MEDITATION



8. QUANTA Meditation Connection to Higher Self



Like branches on the tree, they all lead to the central trunk of the tree, the same is any teacher leads us to Inner Guru within ourselves.

There's no higher teacher than your Higher Self

We are multidimensional being, existing in many planes of the Universe, as a soul we've chosen to manifest in Earth realm to experience this dimension, yet in our DNA there are informational pathways to connect to any other dimension of the Universe, by our wish.

Very often people forget that their soul is intergalactic being, and limit themselves to experience of just beautiful Earth life, which if, of course, their choice, however, when reminded about Higher Self – we expand beyond just one dimension, becoming One with the higher realms of our and Universal consciousness, which helps to upgrade our vision and find solutions from other perspective.

Practice of Connection to Higher Self is daily practice of coordinating your life moves with more holistic expanded perspective rather than making choices from the place of being limited, and all emotional baggage that comes with it. Please, integrate it to your daily decisions.

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Part 3. QUANTA MEDITATION

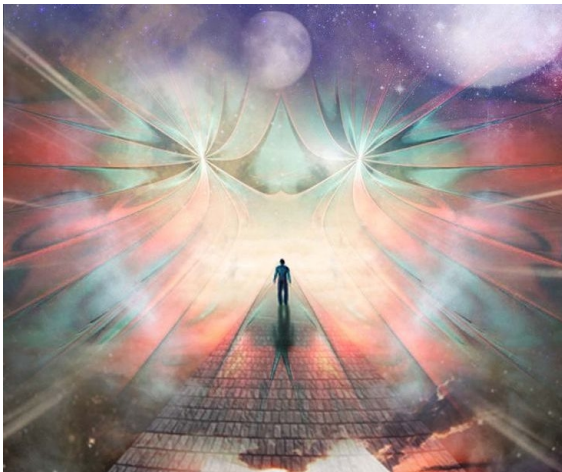


9. QUANTA Meditation Connection to Akashic Records

“The act of meditation is being spacious.”
– Sogyal Rinpoche



Detailed practice will be also given in QUANTA Spiritual Coaching part
Scientist and visionary genius Nikola Tesla once told: “My brain is only a receiver. In the Universe there is a core, from which we obtain knowledge, strength and inspiration. I have not penetrated into the secrets of this core, but I know that it exists”. Tesla was one of those who believed that the ideas he brings into the world are part of meta-space, which can be accessed for insight and inspiration. Many of his ideas were designed in time of meditation, to be realized later in the world through his inventions, and truly he was ahead of time other people lived in... In Vedas and yoga “meta-level” is called Akasha.



Nikola Tesla’s work at some point of his life was greatly influenced by Swami Vivekananda and Vedic philosophy Swamiji was teaching. Around 1891 Tesla described the universe as a kinetic system filled with energy which could be harnessed at any moment. Later Tesla started to use Sanskrit words Prana and Akasha to describe how the matter is being formed and to explain his view of electromagnetism and the nature of the universe.

This is an excerpt from an unpublished article called Man’s Greatest Achievement (1907):

“...all perceptible matter comes from a primary substance, or tenuity beyond conception, filling all space, the Akasha or luminiferous ether, which is acted upon by the life giving Prana or creative force, calling into existence, in never endless cycles all things and phenomena.”

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Part 3. QUANTA MEDITATION



9. QUANTA Meditation Connection to Akashic Records

As energy healers we work primarily with Akasha - element pervading all cosmos, infinite space within us and that which holds creation together, source of all, universal substance from which all is manifested. It sounds thrilling to have SUPER-HUMAN CAPACITIES to “manage” Akasha, yet it’s not YOU who will ACCESS IT, rather you will need to GO BEYOND YOURSELF as an individual, your somewhat limiting, finite state of mind, towards BECOMING INFINITE or ONE WITH EVERYTHING. It does sound grand for some yet rather simple practice for experienced meditators. This state of INFINITE SELF is in fact what is called YOGA or UNION, reaching samadhi or bliss, and sharing energy healing from this very place, naturally.

Very often we have a glimpse of Akasha within us while suddenly having an insight, like a lightning strike, which provides us with solution for complicated situation or simply inspiring us, or when hearing clear voice of our intuition. *Being in Akashic mindset* is being connected to our inner truth, to our intuition or, as it’s often referred to, simply trusting our heart or “gut feeling”

If we look at the universe as an information field or combination of organized “morphic fields”, as suggested by Alexander G. Gurwitsch, followed by research of Rupert Sheldrake (see his book “New Science of Life”), where we constantly access and exchange information, interacting with info-reality, it’s easy to accept the possibility of “surfing” through universal knowledge space and collective memory, same way as we surf through Internet, easily finding solutions, ideas and information for the next move. However, in order to swim in this library of infinite knowledge you need to first step into the ocean.

Hearing the voice of intuition is not enough, trusting it is much more important. How can you trust the ocean standing on the shore with your tiny surf-board? Going beyond perceiving the world limited by your physical body experience is the first step. As we discussed earlier, we are made of atoms, made of energy fields, made of space, we have no body as such, and the ocean is made of water molecules made of energy fields, made of space. Ultimately you and the ocean are made of the same space. If you expand your perception feeling the ocean to be part of you, one with you, your body, you are embracing the world in its oneness. From this place – any information is accessible – this is what is called **Akashic Records reading**.

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Part 3. QUANTA MEDITATION



9. QUANTA Meditation Connection to Akashic Records



Akashic Records Meditation

When you are struggling in finding the solution, just need an insight or new energy, come to meditation of feeling One with the space ocean of the universe, let go and wait for new waves of universal energy to embrace you.

1. Trust, that the universe has much more knowledge than our individual limited experience. Allow your consciousness to expand. Allow the waves of space to fill you in.
2. Feel the Space is filling you in. There's nothing inside you – only space. For children good image is to imagine them like balloons . If any thought or emotion comes – release it, let go, to come back to feeling only space.
3. You can call for your Higher Self or your Guardians or the Light Council to receive the suggestion or answer your question. Wait for them to come and guide you to Akashic Library space. Sometimes it looks like library, sometimes it's just continuing to be infinite space, where visions come alive.
3. Listen and observe. The universe is designed in a beautiful way, and it will respond to you with direct knowledge or through its information field in words of other people, signs on your path and other “miraculous” expressions. You just need to trust the ocean and step into it.

With time you will stay connected to Akasha continuously.

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Part 3. QUANTA MEDITATION



10. QUANTA Meditation Healing Light

Now that light which shines above this heaven, higher than all, higher than everything, in the highest world, beyond which there are no other worlds, that is the same light which is within man.

~ Chandogya Upanishad 3.13.7



In each religion on our planet there is the reference to spiritual practice for keeping inner light shining. They all are uniting in understanding that the path to God or Divine is through light, and the path to enlightenment is the path to our true nature.

From perspective of yogic science, Meditation on Light is Supreme Yoga practice, part of Tantrikas, and its aim is to bring awareness to spiritual essence of your being, subtle nature of your body and mind being pure energy and light.

Our body is condensed form of vibrating energy, divine sound vibration of universal symphony or dance of divine light.

Bathing in Light is essential daily practice. Same as you take the shower every day – visualize being bathed in beautiful Light.

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Part 3. QUANTA MEDITATION



10. QUANTA Meditation Healing Light

Yoga Nidra Healing Light (from crown down)

The descent of Soma – the delight of being



Excellent practice of
Healing Light Meditation
with Sraddhalu Ranade
“Descent of Peace, Light
and Knowledge”
[https://youtu.be/
gWOQKuUh8rg](https://youtu.be/gWOQKuUh8rg)

Close your eyes, take few deep breaths...

Connect with Golden light of the Sun... feel it warming your up... your every cell..

Bath yourself in light... let it fill you in from the top of the head till little toes... slowly moving from the crown downwards...

Yoga Nidra step by step

Breath in Golden Light and breath out Golden Light. Let every cell breath with Light...

Now bring the Light into your heart and let it glow, growing, filling all organs, all body, allowing the light to expand beyond your body, all around you, beyond the room, beyond the city, beyond the planet.

Embrace the planet with light.. Now share the light with someone who needs it: your family or your friend or the whole planet. Observe how stronger your Light becomes when you share it.

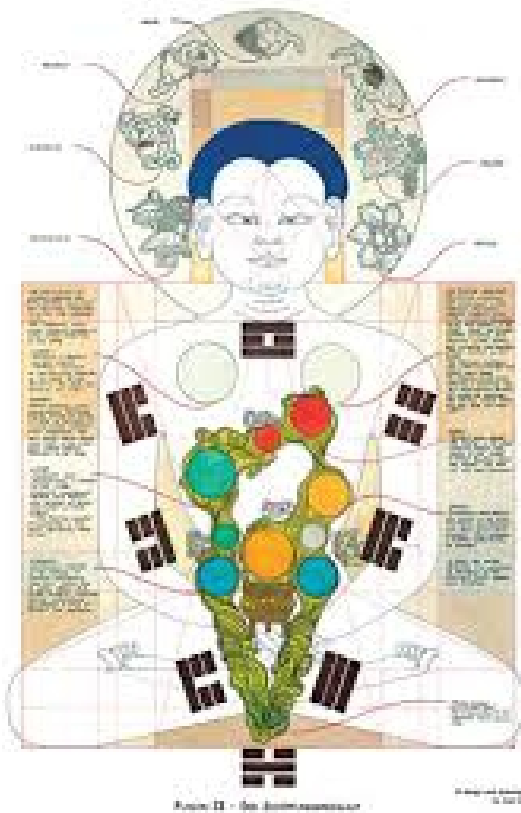
Now bring the Light back to your heart. Smile in your heart. Keep this Light and smile shining throughout the day. You can always reconnect with your Light - with your smile.

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Part 3. QUANTA MEDITATION



11. QUANTA Meditation 5 Elements Balance



In many spiritual traditions the light of different colours corresponds to elements and parts of the body or organs is used for healing. In Taoism and Chinese Medicine each organ has corresponding key colour and an element. Sacred yogic texts as well assign the colour to specific element which reside in energy centres or chakras within the body. The practice of visualizing the light of different colours and projecting it into energy centre or organ, or simply bathing in this colour, is believed to improve the qualities of this chakra, organ, and the body as a whole.

In Buddhist practices the white or colourless light corresponds to space, the yellow light is earth, the blue is water, the green is air, and the red is fire. These five pure lights are more subtle than visible light and are, of course, of sensory experience. Yet, these elements are part of nature and energetic blueprint of our mind, as well as form our body. Qualities of various elements can be observed within us, in a way we think and act.

Ayurvedic, Chinese or Tibetan doctor will first talk to you to understand the elements within your mind which is the root of any disbalance or disease in the body. The element can be in balance, in excess or lacking its strength, and healing would be in harmonizing the elements through food, resting or movement, reciting mantras, spending time reconnecting with corresponding element in nature.

Awareness helps to recognize the elements' disbalance in our mind and simple practice of visualizations helps to balance it with time

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Part 3. QUANTA MEDITATION



11. QUANTA Meditation 5 Elements Balance

Awareness about personal emotional colours is the first step in managing emotional swings.

Nature is changing continuously, shifting from one state to another, and we have to allow ourselves to change too, following nature cycles. Being flexible means being aware about possibility to transform every moment. There is no rigid balance, balance means being open to the flow and changes.

Element	Imbalance	Practice	Organ
AIR Green	Brain fog, lack of creativity and motivation, inability to focus, suspiciousness, jealousy	Bath in green light and confidence, gratitude	LIVER Thinking/ Learning Power
WATER Blue	Too emotional, fearful, unconfident, intolerant, powerless, attachment	Bath in blue light and clarity, selflessness	KIDNEYS Intelligence Willpower
FIRE Red	Hyperactivity, anxiety, feeling of isolation, loneliness, anger	Bath in warm red light, kindness, compassion	HEART Expansion Power
EARTH Yellow	feeling of insignificance and instability, ego-pride	Bath in yellow light and calmness, devotion	SPLEEN Intention Power, Stability
SPACE White Violet	Cutting off from the world, shelter in oblivion, feeling overwhelmed, ignorance	Bath in white light and openness, equanimity. Bath in violet light for miracles and dreams to manifest	LUNGS Decision Power

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Part 3. QUANTA MEDITATION



11. QUANTA Meditation 5 Elements Balance

1. Connect with the Earth. Belly to Earth cycle breath.

2. Connect to the Skies. Skies energy to belly.



3. Activating Shen – spiritual centre:

3.1. Unicorn Breath (with 3rd eye) – help expansion of breath with your hands.

3.2. Inhale with 3rd eye to the centre of the brain, exhale through 3rd eye. Help with hands too.

4. Rainbow Waterfall:

4.1. Inhale violet light into the centre of the head, spin the light (TaiChi) inside the head, also helping with your hands.

4.2. Observe violet light transforming into Rainbow colours.

4.3. Bring this Rainbow waterfall into all organs.

5. Protecting Qi. Open the hands sideways, feel energy above the palms, below the palms, in the palms, take protecting energy and wash yourself with Protecting Qi.

6. Bring Light to Shen, 3rd eye.

6.1. Bring Light again into your brain and spin the Light with your hands and eyes moving.

6.2. Pause for a moment, connect to Light within, with Gratitude you receive it.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 3. QUANTA MEDITATION



11. QUANTA Meditation 5 Elements Balance



7. Smile in your Heart – feel warming fire within. Inhale red light, breath with red light. Feel heart's Expansion Power is growing. Feel peace.

8. Smile in your Belly, send love and happiness to Earth.

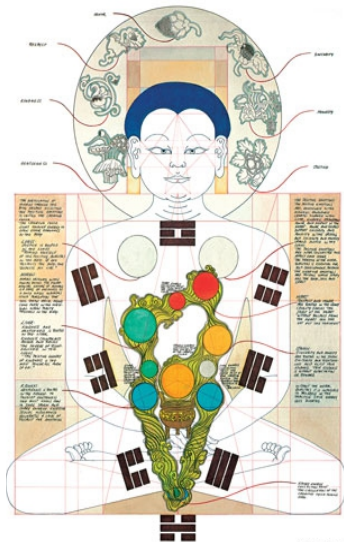
9. Bring Smile and Light into Spleen. Feel Earth energy nourishing you. Inhale golden yellow light, breath with yellow light, feel Stability and Grounding of Earth. Feel your Will Power and Power of Intention are becoming stronger. Feel calmness, centerness, faith and trust.

10. Bring Smile and Light into Lungs. Visualize the mountains and fresh air of the mountains. Inhale white light, breath with white light. Feel your Decision power becoming stronger. Feel integrity and inspiration.

11. Bring Smile and Light into Kidneys. Visualize the ocean or the lake, feel it fills you in with energy. Inhale blue Light, breath with blue light. Feel your intelligence, thinking and planning, wisdom powers are becoming stronger. Feel clarity, strong will.

12. Bring Smile and Light into Liver. Visualize green lush forest. Feel the energy of the forest, become one with it. Inhale green light, breath with green light. Feel you thinking and learning powers are becoming stronger. Feel kindness.

13. Bring Smile and Light into belly. Feel rainbow colours spiralling into belly, like the rainbow, Feel strength and harmony.



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Part 3. QUANTA MEDITATION



11. QUANTA Meditation 5 Elements Balance



Bringing organs energy to the brain

14. Bring awareness to your heart, smile and spiral warming red energy in the heart and bring it to forehead part of the brain.

15. Bring awareness to your spleen, smile and spiral yellow coloured energy into left side of the brain.

16. Bring awareness to your lungs, smile and spiral white energy. Bring left lung energy into left side of the brain, and right lung energy into right side of the brain.

17. Bring awareness into your kidneys. Smile and spiral blue light and bring it into back of the brain.



18. Bring awareness into your liver. Smile and spiral green light, bring it into right side of the brain.

19. Smile with your brain, see spiralling of all rainbow colours in your brain.

20. Surrender for Qi to fulfil healing work.

21. Bring rainbow coloured light down and wash your body.

22. Bring awareness into your belly and spiral rainbow coloured light into it.

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Part 3. QUANTA MEDITATION



12. QUANTA Meditation Universe Healing



Step 1: Activating physical power.

Bring awareness to your belly, inhale – expanding the belly, exhale – relax the belly, slightly contracting it inwards. Inhale – expand the belly, exhale – feel the breath filling in all the body.

Send love and gratitude to Mother Earth.

Step 2: Moving the energy, opening the channels for more energy to flow.

Inhale with the belly, expand the belly, and move the breath, like the wave, to the lower chest and the upper chest, expanding the diaphragm, up to the collarbones, hold it there for a moment, and exhale back to the lower chest and the belly. Enjoy the movement of the wave within the body, enjoy the expansion.

Step 3: Purifying heart. Bring awareness into your heart.

Inhale the energy, the strength, exhale the gratitude. Inhale the gratitude, exhale the gratitude.

Step 4: Connecting pure heart and pure vision.

Inhale with your heart, take the breath into your 3rd eye, hold it there for a moment, and exhale back to your heart.

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Part 3. QUANTA MEDITATION



12. QUANTA Meditation Universe Healing

Step 5: Activating 3rd eye.

Bring awareness into your 3rd eye. Inhale with your 3rd eye, exhale with your 3rd eye.

Inhale the Light into your 3rd eye, exhale the Light.

Inhale with your 3rd eye, exhale through all the head.

Step 6. Activating the crown.

Bring awareness to your crown, feel it wide open. Inhale with your crown, exhale with your crown. Inhale the Light, exhale the Light with your crown.

Step 7. Directing Healing Light through crown down the body

Feel touching the Light with your crown. Inhale with your crown, bring the Light like the waterfall, the shower of energy down through all the body. Wash yourself with this Light, life force.

Step 8. Breath with every cell of your body. Feel the openness. Inhale light, exhale light.

Step 9. Breath Light with your skin.

Step 10. Activating Heart Healing Light.

Bring awareness back to you heart. Smile with your heart and let it glow, growing, filling all organs, all body, allowing the light to expand beyond your body, all around you, beyond the room, the city, the planet...

Step 11: Universe Healing.

Embrace the planet with light.. Now share the light with someone who needs it: your family or your friend or the whole of humanity. Observe how stronger your Light becomes when you share it.

Step 12: Empowering Heart. Bring the Light back to your heart. Smile in your heart.

Keep this Light and smile shining throughout the day. You can always reconnect with your Light - with your smile. Keep this smile shining throughout the day.

Step 12. Feel the nourishment of the Earth, the gravity. Move your toes and fingers. Gently move to one side, sit down when ready. Feel the smile within, feel the glowing of Light within every moment of your day.



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Universe Healing
Spiritual Coaching

Thank You

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