

The Two-Minute Daily Medley

A collection of Mary Magdalene practices suggested for daily use

Maintaining Balance

- ❖ Go to the Higher Chamber Plane.
- ❖ Ask the Father and Mother to restore balance.

Learning How to Pray

- ❖ Go to the Higher Chamber Plane.
- ❖ Ask the Mother to clear your mind.
- ❖ Ask your Sacred Heart to request what your Higher Self needs.

Raising the Soul Vibration

- ❖ Go to the Oosaram location in the Higher Chamber Plane.
- ❖ Remain until your soul is balanced and your vibration is raised.

Strengthening the Soul

- ❖ Go to the Higher Chamber Plane.
- ❖ Summon the Father and Mother energies and ask them to strengthen your soul.

Healing Physical Conditions

- ❖ Go to the Higher Chamber Plane.
- ❖ Ask the Mother and Father energies to balance your energy.
- ❖ Call forth the appropriate Ascended Masters to treat all the conditions at the same time.
- ❖ Hold the connection until complete.

Going to the Healing Room for Healing

- ❖ Going to the Healing Room for Healing
- ❖ Go to the Healing Room in the Ascended Masters Plane.
- ❖ Allow the Ascended Masters to work on whatever needs healing.

Cultivating Joy in Your Life

- ❖ Go to the center of the Temple of Spires.
- ❖ Stand under the dome-like structure.



- ❖ Feel the energy of the Temple of Spires rise through your feet and proceed up to your head.
- ❖ Once the energy reaches your head, see golden energy shower down over you.
- ❖ When it reaches your soul center, the energy expands out from the soul center in all directions.
- ❖ Remain under the dome replenishing your joy until complete.

Connecting to Source

- ❖ Go to the Higher Chamber Plane
- ❖ Call forth the Father and Mother energies and ask them to prepare your Heart Chakra.
- ❖ Go to the Temple of Spires Plane and ask the Ascended Masters to intone Divine Vibration into your Heart Chakra.
- ❖ Then go to the Ascended Masters Plane. Observe the sun-like image in the sky and ask it to connect you to Source.

