



Join us at Divine Inspirations on
The 3rd Tuesday of Every Month
For
Meditation on Twin Hearts
Facilitated by Julie Preis

Of all the techniques developed and taught by Grand Master Choa Kok Sui, perhaps none prompts as many glowing testimonials of personal healing and positive life transformation as the Meditation on Twin Hearts. This meditation is truly special. It works on the physical, mental, and spiritual levels to open the heart chakra (the emotional heart) and the crown chakra (the spiritual heart), thereby enabling you to draw down a great amount of high-quality divine energy into the crown. The prana that this meditation produces greatly promotes physical and mental health as well as inner illumination.

When someone who can see auras observes a person practicing the Meditation on Twin Hearts, he sees a great down pouring of brilliant white light rushing into the crown and spreading throughout the entire energy body. This divine prana purges the energy body of contamination, which is how Meditation on Twin Hearts produces physical healing.

This opening of the crown, and the increased flow of divine energy, also makes possible inner illumination. After blessing the earth with the spiritual energy, you meditate on OM and the gap or the stillness between the OM's for about 10 minutes. You then let go and extend that period of stillness. Meditating on the gap between the OM's and during the extended period of stillness enables you to make contact with your higher self or soul. Repeated prolonged stillness and contact with your soul produces that state of inner illumination.