



MMW-6

Asurana's Meditations

Meditation for the Light Earth Dream

<https://aligningwithearth.com/wp-content/uploads/2022/05/Meditation-for-the-Light-Earth-Dream.mp3>

Running the Kundalini

Synthesis Meditation

Prescription for Manifestation

Healing Temples for Ascension

Nine Intents for Manifesting One's Soul Vision

Meditation from *Ascension Insights, Volume 2:*

Holiday Blessings

Meditations from *Ascension Insights, Volume 3:*

The Stand for Sovereignty

Grounding and Connecting to the Elements

Becoming the Dreamer and the Dream

Meditations from *Ascension Insights, Volume 4:*

Sun Meditation

Working with the Gold and Silver Tones of Creation

Advanced Intentions for Ascension

Elements Meditation and Blessings for Fulfillment

Meditations from *Ascension Insights, Volume 5:*

The Tones of Creation Meditation

Everyday Blessings Meditation

Meditation for Abundance

Meditations from *Ascension Insights, Volume 6:*

How to Muscle Test Your Truth

Advanced Sun Meditation

Meditation from *Holographic Record Keepers:*

Dolphin Meditation for Peace