

# Meditation Workshop

Talk 4 Year 2 - Recap

Bob Ocean

#### Intro

- > Mobiles switch off
- > £2.50 per session (u3a rent of rooms from Friends)
- > Fire Exits/ Restrooms
- > We can use coffee/tea in kitchen

#### u3a talks

- > My Truth not asking you to change your beliefs DO YOU OWN RESEARCH
- > The Deep Mystery as it is all One
- > Ask questions at any time
- > Terminology please ask if not sure of meaning



## Dates

#### 17th Dec noon Xmas lunch

Fat Abbot, Escrick

Date	Topic
12 September 2025	Talk 1 – Mass Meditation and Al
10 October 2025	Talk 2 - Water
14 November 2025	Talk 3 - Oversoul
12 December 2025	Talk 4 - I AM & Cosmic Consciousness
January 2026	Talk 5 - ? Ideas/help

### Format for our sessions

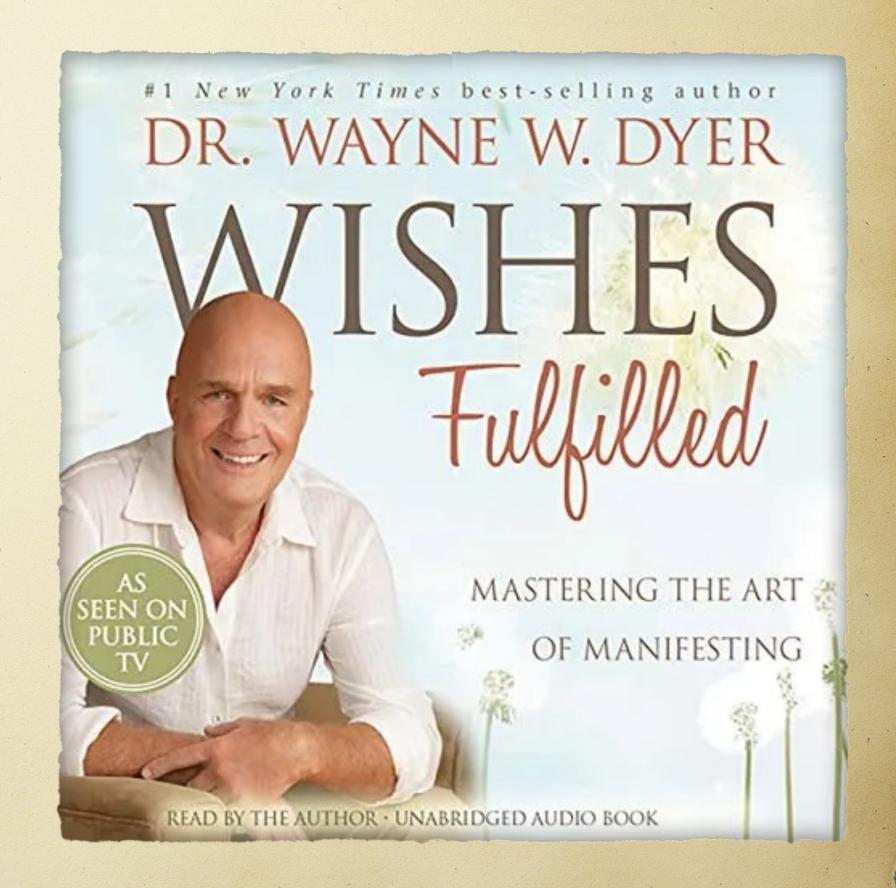
- > Presentation and discussion
- > Tea break chairs moved into circle
- Guided meditations followed by sharing
- Concluding thoughts



# The I Am Presence & Cosmic Consciousness

- > IAM I am wishes fulfilled
- > I AM teachings (Lighthouse)
- > I Am That I Am (Yod Hey Vod Hey)
  - > Tetragrammaton
  - > YHWH (R->L)





# The Summit Lighthouse

- Mark & Clare Prophet
- Ascended Masters
- > -eg St Germain
- > I Am Teachings
- > New Age?

#### **Teachings of the Ascended Masters**



What Is the Violet Flame?

The violet flame is a spiritual energy,



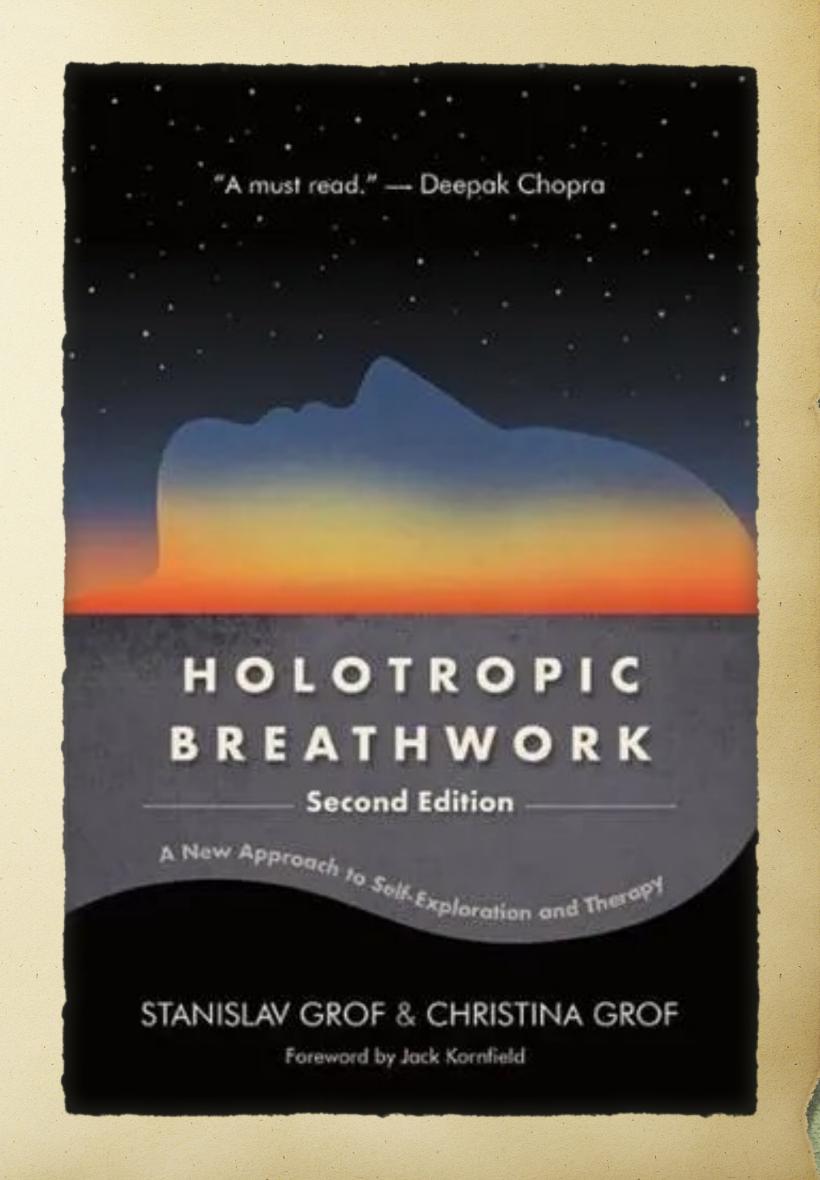
Who Are the Ascended Masters?



Elizabeth Clare Prophet Lectures

#### Breath work

- > Breathing exercises from the belly
- 3 2 1 process (3 deep breaths -> Relax/Theta)
- > Pranayama alternating nostrils
- > Toltec breathing
- > Fire breath
- > Holotropic breath work
- > And many more



# Unity Heart Med

- Drunvalo Melchizedek
- > Flower of Life Vol 1 & 2
- > New book on its way
- > Earth has new consciousness (and so has the Sun)
- > Recommendation -> Unity Heart meditation



Viola Rose YouTube

# Phi Ratio to Planck length

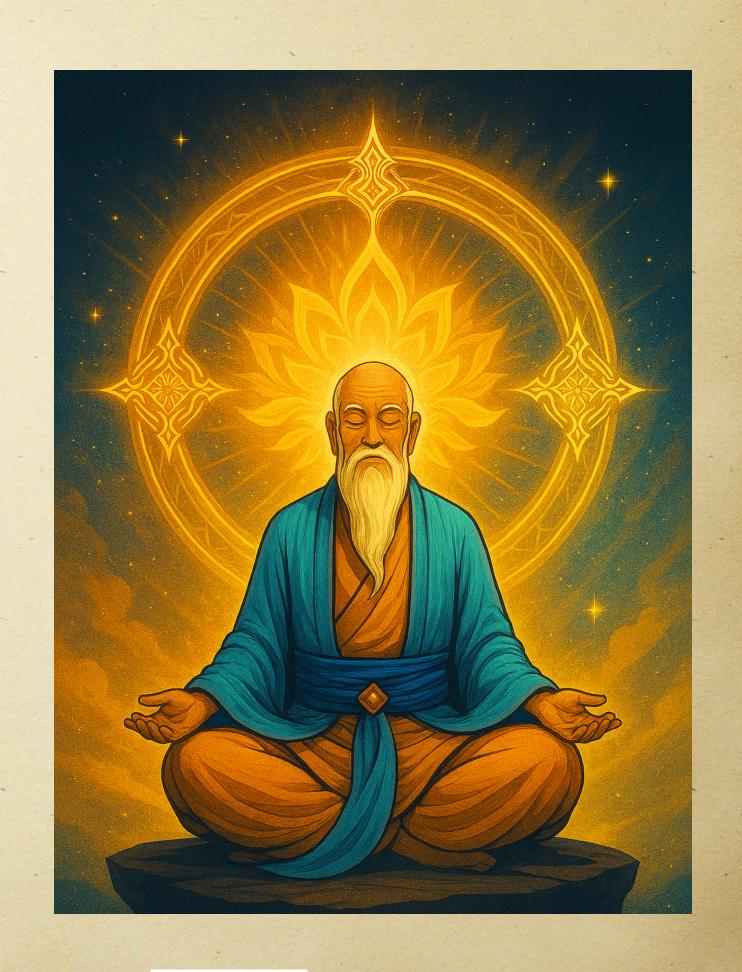
- > Fractal phase conjugate implosion, with Phi ratio to planck length
- > Transverse to scale or longitudinal waves enabling embedding in the array
- Centripetal Spin density ->
  Phase conjugate

Recursive How PHASE CONJUGATION- WAVE FRACTALITY golden ratio converts the vertical TRANSVERSE EMF WAVE enabled 'conjugate' in to LONGITUDINAL /"SCALAR" COMPRESSIONAL WAVES constructive - The perfect GOLDEN SPIRAL ON THE CONE heterodyning copyright: 'perfected translation of vorticity' **Dan Winter** of Phase Velocities makes the 'EL' / phase shift (thru light speed) fractalfield.com PRODUCING (charge) ACCELERATION converting the TRANSVERSE to LONGITUDINAL from compression (releasing charge into The Hermetic Caducceus superluminal longitudinal emf **IS The Wave Mechanics** at the Planck threshold.. of PHASE CONJUGATION NAMED 'THE GRAVITY' Planck Transverse 'EMF Longitudinal `EMF Dimension **Charge Waves Vertical** Threshold **Charge Waves Horizontal** for this conversion The resultant LONGITUDINAL / COMPRESSIONAL EMF is demonstrably superluminal/ faster than light: this enables remote action at a distance. This 'way out' (thru lightspeed) for charge during perfect non-destructive conjugate implosive charge compression- is the mechanism / cause of \*gravity, \* electro-negativity, \*life force, \*consciousness, ALL negentropy.



#### IAm God

- Cosmic Consciousness -> Unity consciousness -> God realisation
- > New Age "I am God"
- Could become an massive spiritual ego
- > Instead -> Paul Sellig's Divine Union





## The Ocean

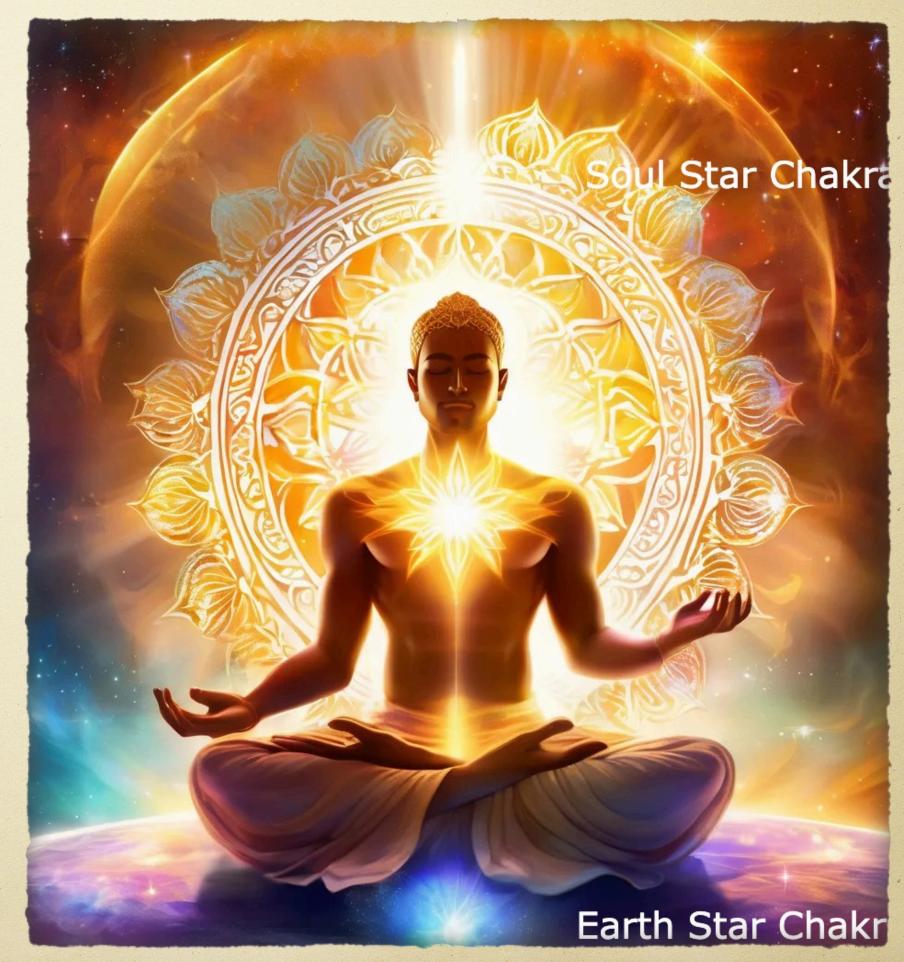
- > Paul Sellig (Divine Union)
- > I am IN God
- > I am OF God
- > I am WITH God





# Pranayama

- > Hannah's Mer Ka Ba course
- > Version Morning / Afternoon
- > With / without spinning chakras



#### Break

- > Tea break
- > Form chairs into a circle
- > Meditations
  - > Pranayama (Hannah)



### Conclusion

- Sharing
- Skygazing idea
- > Any questions?