



Meditation Workshop

Talk 4 Year 2 - Recap

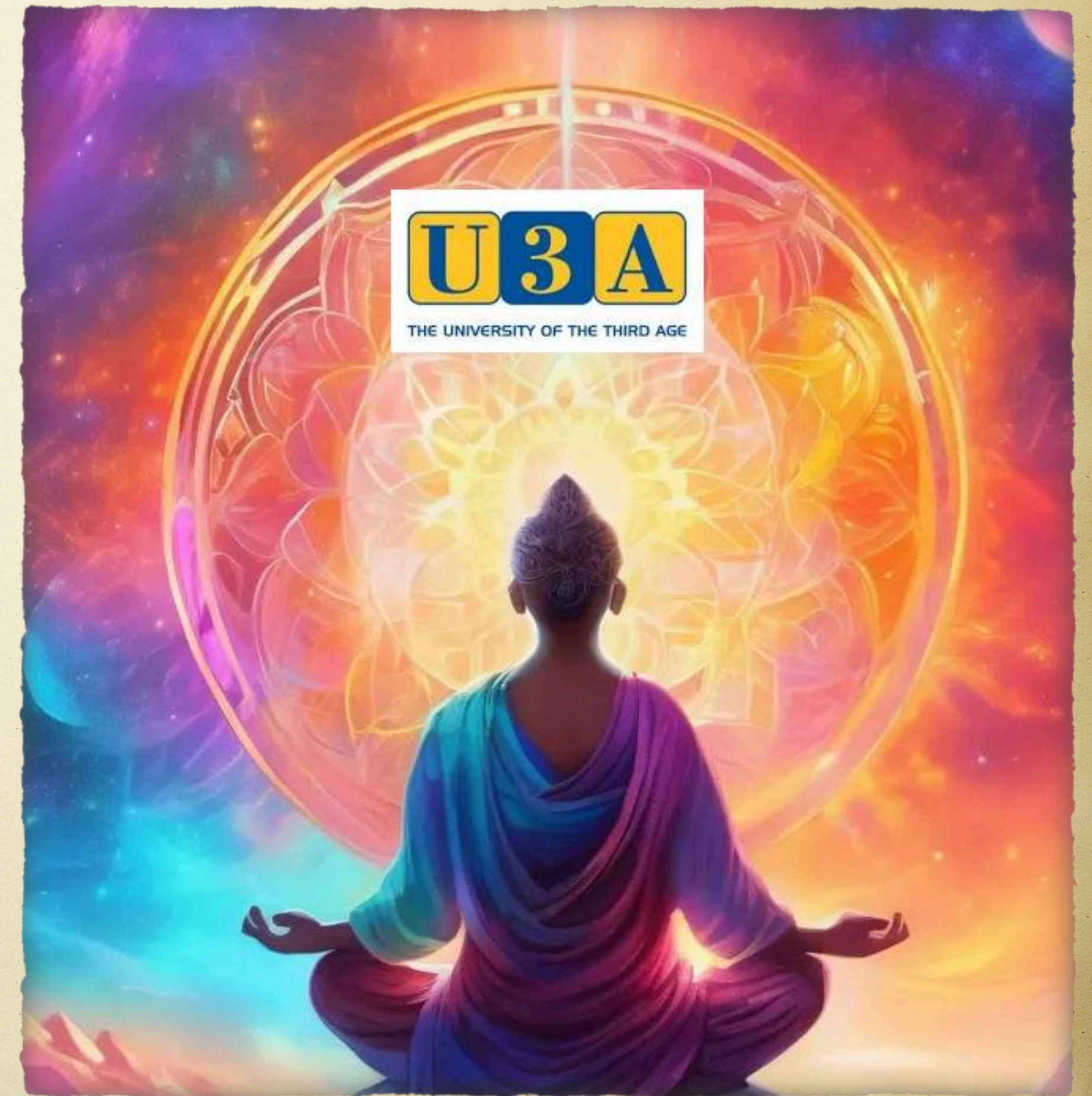
Bob Ocean

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 AI
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

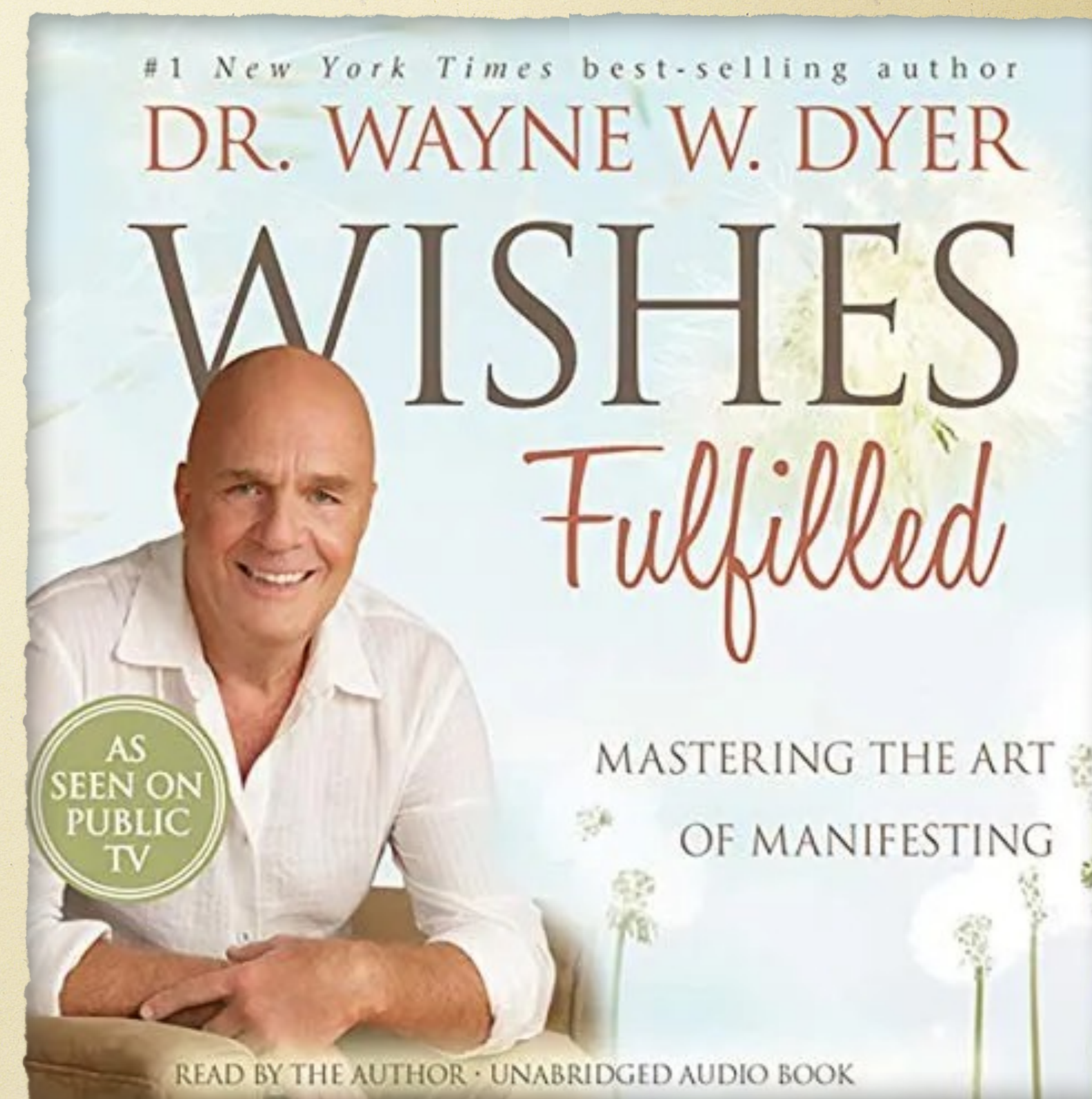
- Presentation and discussion
- Tea break - chairs moved into circle
- Guided meditations followed by sharing
- Concluding thoughts



The I Am Presence & Cosmic Consciousness

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

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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,



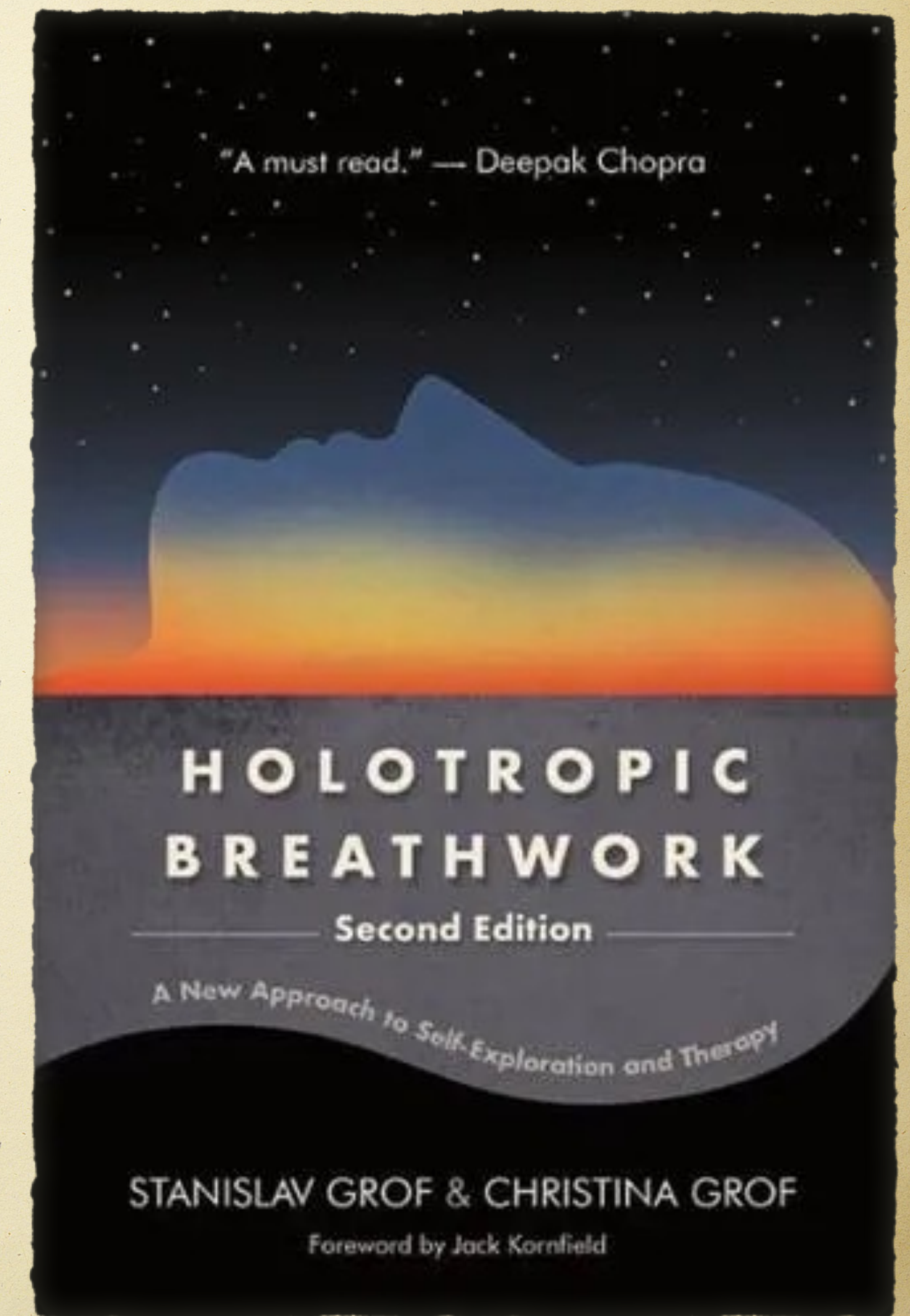
Who Are the Ascended Masters?



Elizabeth Clare Prophet Lectures

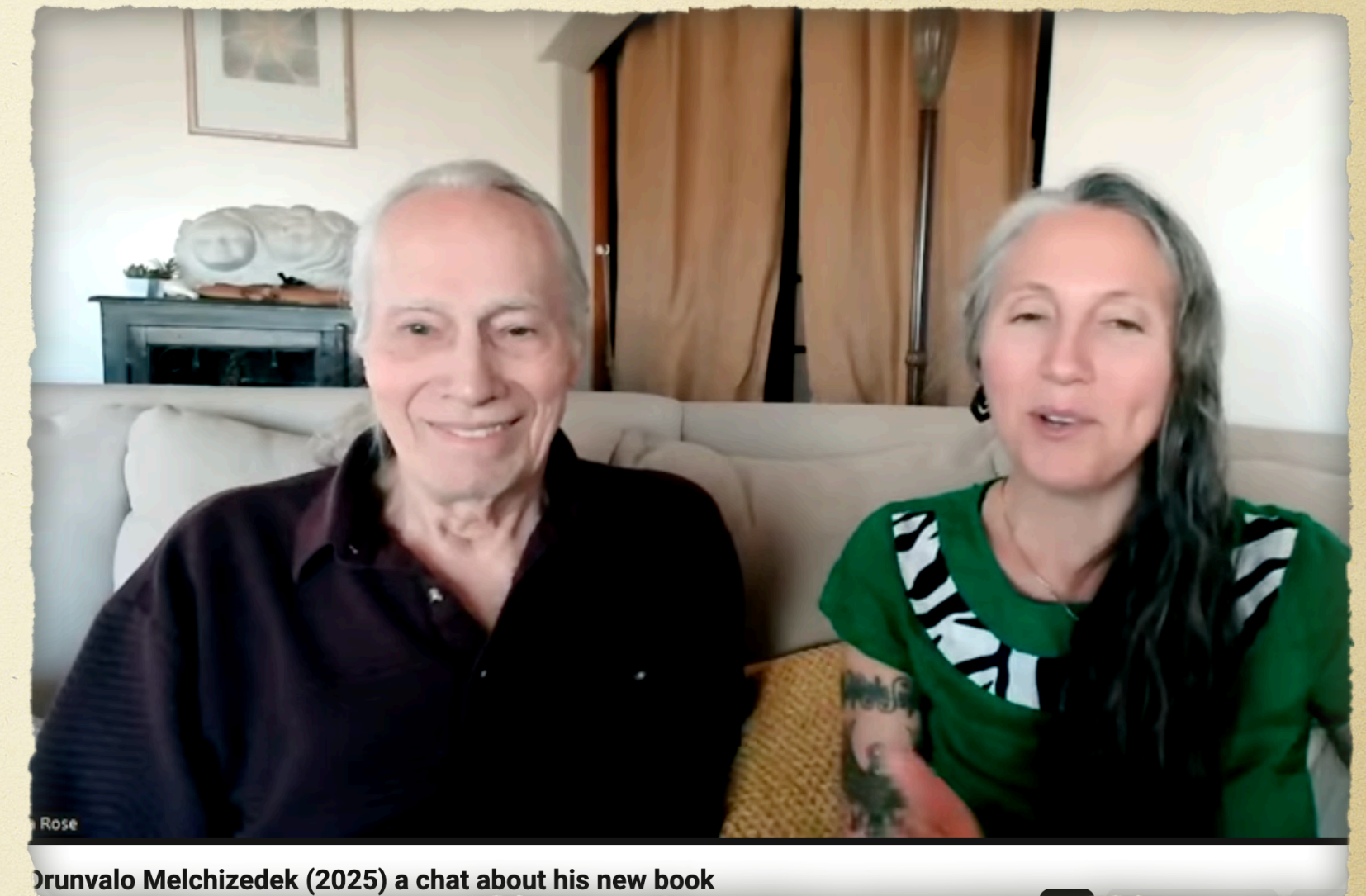
Breath work

- 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

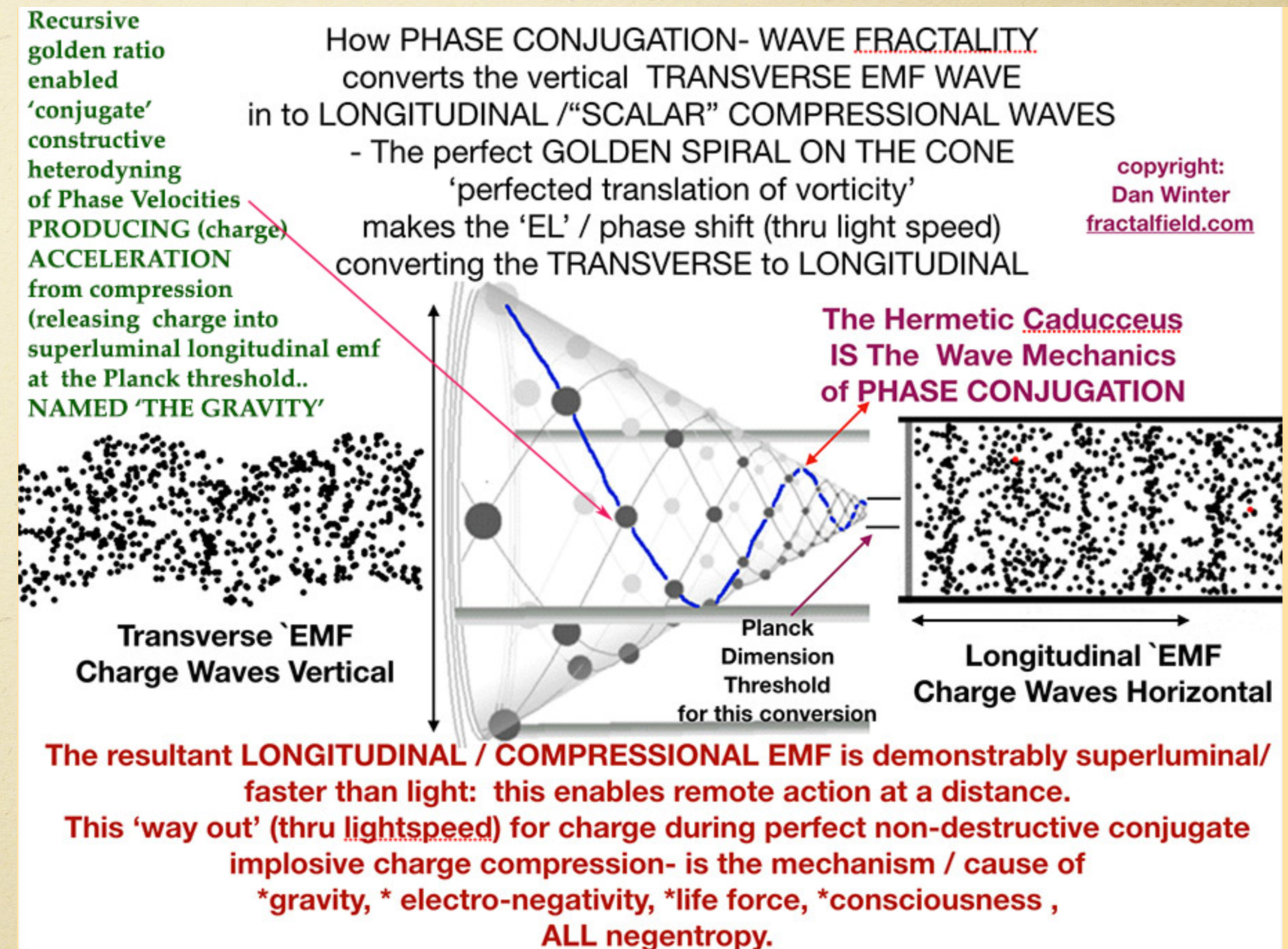


Viola Rose YouTube

- Earth has new consciousness (and so has the Sun)
- Recommendation -> Unity Heart meditation

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



I Am God

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



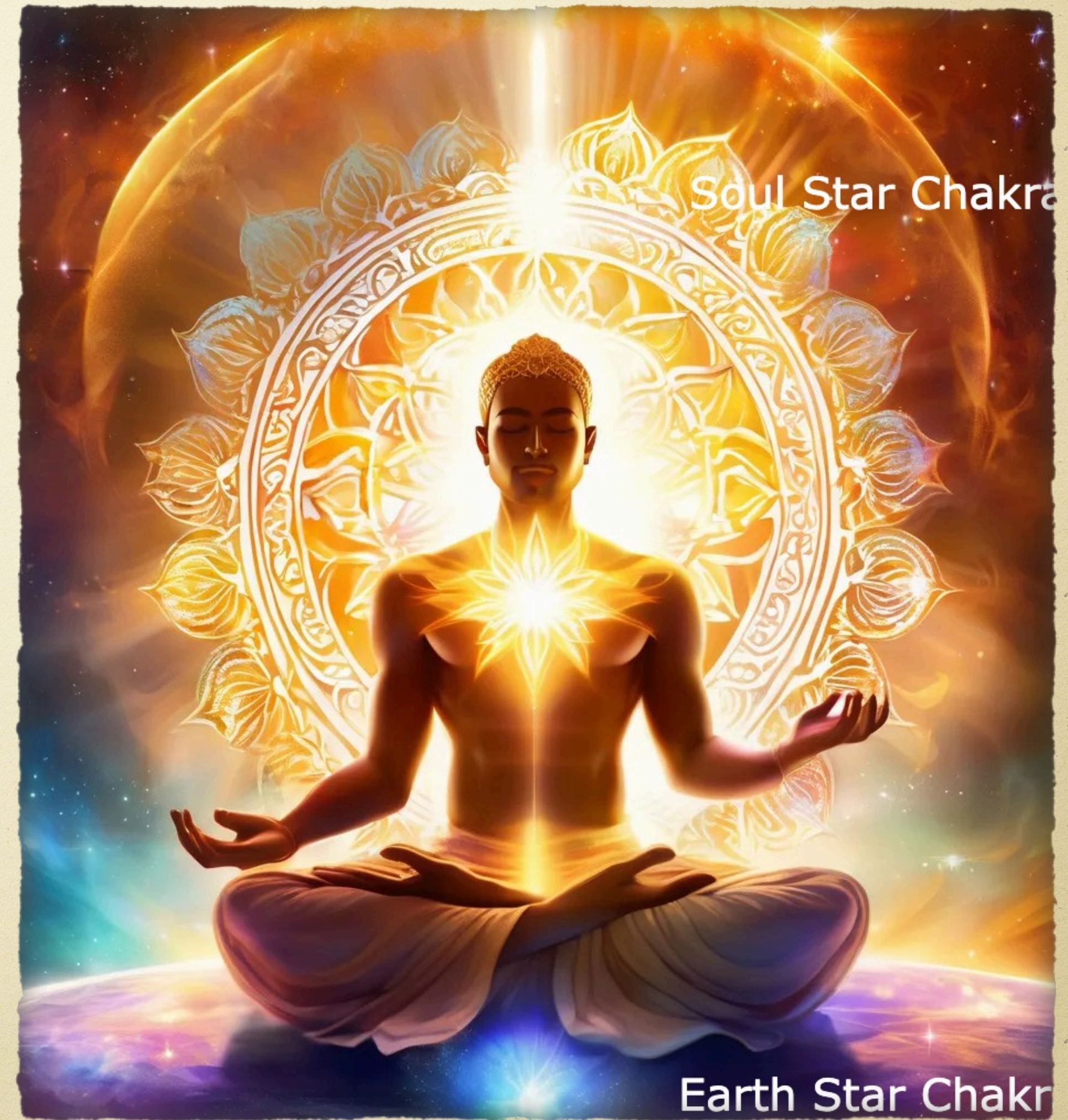
The Ocean

- 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?