**CONTENTS**

Page 3 Meditation to align to the Solar Angel

Page 6 Meditation – First seven days Transference of Consciousness

Page 7 Meditation – Second seven days Alignment to Symbol added to first seven days.

Page 8 Meditation - releasing past problems

Page 9 Meditation – Third seven days with crystals, optical calcite, golden healer, clear quartz. Light into system

 **Completion of Twenty-One day attunement**

Page 12 Healing the heart centre, golden healer, Angels of Love

Page 16 Meditation - Angel of Healing, sound, colour, harmony ray

Page 18 Meditation - Ashram of Devotion, Angels of Mercy, contact Master Jesus, Cradle for Healing

Page 19 Meditation - contact Angel of Mercy

Page 20 Healing ball of healing light – cradle. Hands-on shoulders

Page 22 Meditation - positive and negative, Synthesis of Light into centres

Page 23 Healing - three flames, symbol. Angels of Love, Harmony. Devotion - cradle

Page 33 Meditation - Spirit of Peace, Heart of Humanity. First Great Invocation.

Page 34 Contemplation – seven suns, seven solar systems, group to read individually

Page 37 Meditation – Love, Harmony, and then Life. Identify planets into planetary etheric body

Page 39 Meditation - Angel of the Heart, twelve petalled lotus. Also, Solar Angel, solar system, Angels of Light

Page 41 Meditation – Dominions, Thrones, Avatar of Synthesis, Three Flames

Page 45 Meditation – Sounds and Colour to see and hear, as the Devic evolution

Page 48 Meditation – Mirror of Light, Angels of Illumination, Solar Angel

Page 51 Healing – Mirror of Light, Angels of Illumination, Solar Angel

Page 58 Meditation – Three Aspects of Fire, Nine Words, Integration

Page 61 Contemplation – Devas of Air

Page 63 Contemplation – Devas of Air, of the Shadows, cutting lines of energy, patterns of thought

Page 66 Contemplation – Devas of Water

Page 69 Contemplation – Devas of Earth

Page 71 Healing – Solar Angel, centres, figure of eight. Devas physical and emotional Part One

Page 75 Healing – for self. Cocoon creating in Space

Page 78 Healing – self, Cocoon adding Christ Light with Angels, Synthesis of Light

Page 80 Healing – creating a Cocoon to heal another, Cradle, Notes of Synthesis to Periphery of Aura

Page 82 Meditation – Aspects of Mind, Angels of Illumination, Regeneration of Mental Body

Page 84 Meditation – Regeneration of Emotional Body, Cosmic Love, Magenta, colour, keyword

Page 86 Contemplation – Memory, Spiritual Life, Personality Life, Environmental Life

Page 88 Meditation – Regeneration of the Physical Body. One Life, Angels of Love, Monad, problem area

Page 91 Meditation - Regeneration entire physical body

Page 93 Meditation – to attune Mirror of Light to the Synthesis of Light

Page 95 Meditation – Attune Crystal to Seventh Note

Page 99 Healing – Stage Two: Healing the Aura, use of crystal, Christ Light. Repeat, then add to first stage

Page 100 Healing - Instruction, Master Jesus, hands-on Body

Page 104 Meditation – Relinquishing Past, Growth of Solar Angel, Future

Page 105 Healing – Self, Healing Spine, First / Second Notes, Christ Principle

Page 106 Healing - with the Christ Light, First / Second Notes, Healing Time and Space

Page 109 Contemplation – Inner Voice, the Magenta, Listen, Communication

Page 111 Meditation – to become a Synthesis, to receive the Magenta, Second Cosmic Note

Page 112 Healing – with the Angels of Life and the Magenta

Page 115 Healing – repeat of previous healing and adding the Code of the Seven through the Chakras

Page 117 Contemplation – upon the Sevens, Solar Systems. Planets, Minerals, etc.

Page 120 Meditation – to contact the Cosmic Angel

Page 122 Meditation – Three Aspects of Mind: Planetary, Solar, Cosmic

Page 127 Meditation – Part within the Divine Plan

Page 132 Meditation – Through the Gateway, Alcyone, Cosmic Consciousness

Page 145 Meditation – on Planetary, Solar, and Cosmic through Chart No. 7 7 1 12 3 7 3 (Long)

Page 154 Meditation – Triangle and Square, Points creating Triangles

Page 157 Meditation – on Symbol of Spheres

Page 159 Meditation – Creating a Vision, Ashramic Plan

Page 163 Meditation – Integrate Mental Body by overlaying the Solar Angel, Solar Fire, Electric Fire

Page 167 Contemplation – on the Cycle of Meditation, Continuity of Consciousness

Page 170 Creating a Group Synthesis, negating all negative aspects concerning members (might bring forward)

Page 174 Meditation – upon Group Symbol and each of its Aspects

Page 178 Healing a group in a room aligned to Christ Consciousness, Three Stages

Page 191 Meditation – on Symbol and Guardian Angel

Page 193 Meditation – on Symbol and the Absolute

Page 197 Meditation – on Two Symbols, superimposed

Page 199 Healing – with Symbols. Absolute, One Life, and Group Symbol. Hands, Figure of Eight, and Code of the Seven

Page 207 Meditation – Circle and Point creating circles, Multi-dimensional, Constellation Aries

Page 221 Meditation – Venus, Earth, Sun to Aries

Page 227 Meditation – Group Centre recreate. Saturn, Pisces, Communication

Page 231 Meditation – The Divine Idea, Earth’s Head Centre, Mercury Heart Centre – Shamballa, Constellation Libra (long)

Page 237 Meditation – upon Symbol, Planet, Constellation. Group enters Triangles Instruction

Page 239 Meditation – Group Centre, Christ Consciousness, Identify with the Seven Archangels

Page 246 Meditation – Through the Triangles

Page 250 Healing – Three-Hand Positions

Page 255 Healing – of the Group from the Group

Page 265 Healing - re-establishing the Solar Angel, realising the Emotional Self within the Physical, etc. Over 21 days

Page 270 The Healing Miracle

Page 277 Same Approach – One to One Healing