

5 Times a Day...

There are several things here I want to mention. Things are getting worse and worse in this world. The enemy is really stepping up their war against humanity, and all worthwhile life on this planet. As I mentioned before, those criminally insane Muslims “pray” 5 times a day. They consistently put forth their spiritual energies into the most abominable filth imaginable that needs their slavish worship to endure and to keep inflicting extreme violence and depravity upon this world.

Now, my point here is if each and every one of us does spiritual exercises 5 times a day, the efforts are very well rewarded.

For example:

1. Mantras do not have to be recited 108 times to be effective. Just vibrating SATANAS, or any other mantra the first thing you wake up from your regular sleep, even 13 times is effective. Sun mantras are excellent to do. For a listing of planetary mantras:

<http://web.archive.org/web/201508230323...uares.html>

Choose a mantra and stay with it. Afterwards, affirm a positive statement towards a goal or for protection.

2. Kundalini Yoga Basic Spinal Energy Series:

<http://www.pinklotus.org/-%20KY%20Kriya...s%20fp.htm>

This exercise can be effectively performed sitting in a chair. Just one round of 108 repetitions will keep your life-force and energies high.

3. Do a Yogic Breathing Exercise of your choice:

<http://www.angelfire.com/empire/serpent...thing.html>

4. If you can do physical [Hatha] Yoga, this is great, if not then substitute one of the above exercises.

5. Same as number 4.

Given the hectic pace of life now a days, many of us cannot do the full 5 every day, but try to make this your goal.

Given the rapidly worsening situation in the world, this is not the time to neglect your meditations. Learn to heal. Many medications are now coming from China and are not only toxic, but can be deadly. In addition, a lot of them do not even work. They are placebos. This also includes veterinary. Just because something reads, “Manufactured in USA” for example, this does not mean they do not use ingredients from China.

Use the powers of your mind and soul to work on goals and to solve problems

and above all to protect yourself and your loved ones before it is too late. The more you use your mind, the stronger it gets. Be patient and consistent. Positive indications that your energies are working are opportunities, ideas, and other circumstances that present themselves. In the way of healing, there might be some nutrient you or a loved one needs. Your mind will lead you to ways of solving problems.

It has been said that “In the end the truth will come out and many will want to join on at the last minute, but it will be too late.” This has to do with meditation and empowering your soul. This does not come over night.

In closing, I want to add a powerful exercise here that is highly effective and that takes very little time:

1. Breathe in through the entire front of your body. [You don't have to sit any certain way, I do this half lying in bed and it really works]. On the exhale, vibrate your mantra.
2. Breathe in through the entire back of your body and have this energy meet with the energy you breathed into the front of your body, in the middle. On the exhale, vibrate your mantra.
3. Breathe in through both sides of your body at the same time and have the energy meet in the middle. On the exhale, vibrate your mantra.
4. Breathe in through the top and bottom, your head and feet and have the energy meet in your solar plexus [666 chakra]. On the exhale, vibrate your mantra.
5. Breathe in through your front, back, sides, top, and bottom all at the same time. On the exhale, vibrate your mantra.
6. Repeat the above once or twice.