



PLEIADIAN SOUL HEALER MEDITATIONS



BY
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Gai Yan **(Pronounced guy yan)**

This is the image that I received last night and on the way home whilst driving! The colours are more of a peachy/pinky colour but scanner wouldn't capture it too well. The silver object above the head is not a symbol as such but more like a "gadget". It beams down on calling the name three times, and positions itself above the head about 6 inches. Gai Yan is a portal machine (sorry not sure what to really call it yet!) that beams down essential minerals to the human frame/body.

The minerals are:

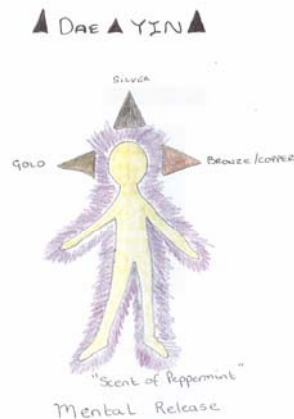
- Chromium
- Magnesium
- Iron
- Copper
- Selenium
- Calcium
- Iodine
- Fluorine
- Manganese
- Molybdenum
- Phosphorus
- Potassium
- Sodium
- Zinc

Looking these up on the internet they are the **14 main Minerals** essential to human health.

To activate the cleansing/healing process the instructions are as follows:

- Find yourself a relaxing posture lying down or sitting up comfortably/no distractions at all!
- Ground yourself first; **visualize roots growing** out of your feet or an anchor or the usual method you use for grounding before meditation.
- Mentally call out "**Gai Yan**" **3 times**.
- **Important: bring into your aura/visualize roses and the scent of pink/peachy roses, try and keep this scent alive throughout the meditation. The scent aids the healing process.**
- Gai Yan will position itself **6 inches** above the **Crown Chakra**
- Visualize the Crown Chakra opening and filling you first with **golden light** enveloping the whole body from top of head to feet
- Then visualise the following colour (sorry I couldn't get it to show correctly on the scanned image. The colour is **SHINY PINKY/SOFT PEACHY/ WITH A SILVERY SHINE/SPECKS TO IT LIKE GLISTENING!** It's important to visualize this loving **pink/peachy** colour as this represents **LOVE essence** and the **shiny silvery specs** are the minerals pouring all over your body and nourishing from top to toe.

- I am being told the minerals can rebuild cartilage/spinal damage/neck/bone/skeletal problems so please allow yourself undisturbed time whilst doing this meditation. It should last approx 20-30 mins.
- Visualise the colours moving over the whole body/head to toe and when you get to the toes, see the **negativity/stress/etc** leaving the body as a **brown mush/goop** that **dissolves into the floor**.
- If you fall asleep that is fine.
- If you feel tingling and warmth that is fine.
- You may sense Pleiadian Beings around you, that is fine.
- When finished say "thank you/appreciation" for the healing given.
- **Only practice this once a week as it is quite a powerful healing energizer.**
- If you are Reiki attuned you can use **Cho Ku Rei (x 3)** to enhance the healing process but it is ok to use on its own.
- When finished drink a **glass of luke warm water**.
- You cannot overdose on the minerals, they know what they are doing so no worries there!



Dae Yin **Mental Release**

This is a relatively easy one to do anytime you like. It's for mental release/mental fatigue/irrational thoughts/mind stabilizer.

To activate the balancing/healing process the instructions are as follows:

- Find yourself a relaxing posture lying down or sitting up comfortably/no distractions at all!
- Ground yourself first; **visualize roots growing** out of your feet or an anchor or the usual method you use for grounding before meditation.
- Mentally call out "**Dai Yin**" **3 times**.
- Bring in the scent of Peppermint/mint – cleansing and uplifting/clarity for the mind. Try and hold this throughout the meditation.
- Close your eyes and visualise in the mind's eye three Pyramids positioned as follows around the head: **Gold to the Right** (reversal of image as you are lying down), **Silver at the Crown, and Bronze/Copper to the left side**. Imagine the Pyramids are **humming/vibrating**. You should begin to feel a **metallic/magnetic pull all around the head**. Allow this to happen it is fine, it is balancing and bringing equilibrium to the brain fluid and mind matter.
- **Visualise violet electricity rays (like electric shocks) all around the body from top of head to feet, this is vibrating and pulsating.**
- **Do not do for more than 15 minutes maximum.**
- At the end of the meditation give thanks and drink a glass of **luke warm water**.
- This meditation exercise can ease mental anguish/mental exhaustion/tension/stress/worry/anxiety and headaches. It can also be used for people that suffer from Epilepsy and Migraines/head trauma victims.



SAI YAN **PEACE & TRANQUILITY**

To activate the relaxation/healing/revitalizing process the instructions are as follows:

- Find yourself a relaxing posture lying down or sitting up comfortably/no distractions at all!
- Ground yourself first; **visualize roots growing** out of your feet or an anchor or the usual method you use for grounding before meditation.
- Mentally call out "**Sai Yan**" **3 times**.
- Visualise yourself getting very very small, almost miniscule and go and find a lovely flower in the garden, visualise this, picturing getting smaller and smaller and then go and find a flower, climb up/onto the flower, and sit in the centre. Feel yourself being enveloped by the **sweet scent of the flower** (the Scent of Violet or the scent of the flower you choose Jasmine/Honeysuckle etc. The scent of the flower is the healing essence in this meditation.
- So visualising yourself sat in the centre of the flower, safe and secure and just allow yourself to relax and unwind.
- Stay as long as you like, you will know when it is time to come out of the meditation.
- This is for soothing the soul and relaxing the mind, body and spirit.
- Give thanks at the end of the meditation.
- Drink a glass of luke warm water.

I have been instructed to pass on that this meditation is very powerful for relaxing and unwinding and helping us find peace and tranquillity when we need to get away from it all. Remember to make yourself very small and almost feel like a child whilst sitting in the flower. How Beautiful!



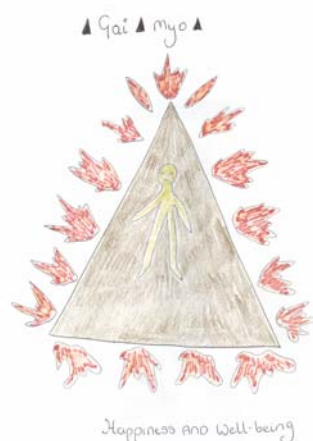
Dai Ram **Past Issue Release**

This meditation is one to be done where you are not going to be disturbed. It has some powerful emotional release elements to it, so allow this to happen either during the meditation or up to 5 days that follow. There is no questioning needed here, just allow your body to release whatever it needs to release.

To activate the releasing/meditation process the instructions are as follows:

- Find yourself a relaxing posture lying down or sitting up comfortably/no distractions at all!
- Ground yourself first; **visualize roots growing** out of your feet or an anchor or the usual method you use for grounding before meditation.
- Mentally call out "**Dai Ram**" **3 times**.
- Visualise yourself **surrounded by clear blue water**, that you have stepped into and **are floating on the surface**, so gently, there is a **warm summer breeze, and you begin to relax.**
- Visualise now a **rainbow of energy surrounding you**, from head to toe, like a rainbow mist – this is important that you can visualise this **Rainbow mist/fog.**
- The scent to bring in is the **scent of summer fruit or summer breeze**/scent of the ocean it is up to you. The scent helps to relax and unwind.
- The purpose of this meditation is to allow yourself, once you have visualised as above, allow yourself to completely unwind and relax in the water, try to feel yourself actually floating. If you nod off that's fine.
- Stay in this meditation as long as you like 10-30 minutes is ample.
- There will be a cleansing process after this meditation so allow this to happen and to take whatever form it does. You may feel quite sleepy during and after allow this to happen it is part of the cleansing and healing process.
- Drink a glass of luke warm water after this meditation and allow your self time to relax.

This meditation deals with past issues/trauma and past life trauma/issues. It is very clearing and very cleansing and very powerful. It is advised to do this meditation just once to start with and leave it a few weeks before doing it again. It may only be necessary to do this once. You will know yourself how often you need to do it.



Gai Myo
Pronounced 'Guy Mayo'
Happiness & Well-being

This was an odd one. I didn't feel comfortable with engulfing myself in flames but...the whole reason for the flames is to show how protecting the golden pyramid is and how much inner strength it can give to you and when we are happy inside the world is a much nicer place.

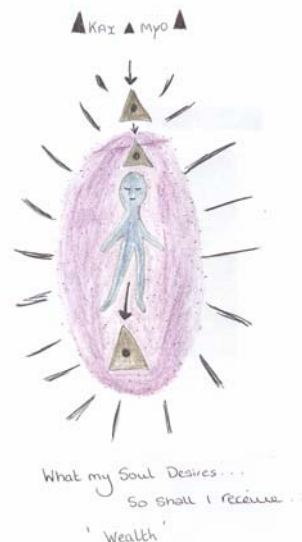
There is an entrance to the Pyramid at the back. So when you visualise walking around the Pyramid you must find the little door, tap 3 times, say 'Gai Myo 3 times and you will be given access to the guarding Pyramid.

To activate the Guarding/healing process the instructions are as follows:

- Find yourself a relaxing posture lying down or sitting up comfortably/no distractions at all!
- Ground yourself first; **visualize roots growing** out of your feet or an anchor or the usual method you use for grounding before meditation.
- Mentally call out "**Gai Myo**" **3 times**.

- Visualise yourself in the Desert and there is a very **large golden Pyramid** in front of you made from solid **gold**. It glistens and shines in the sunlight. **Walk around the back** of the pyramid and **tap on the door 3 times**. Say **'Gai Myo' 3 times** and the **door will open**.
- There is a **stone table** made **from pure diamond** to lie on. Lay down and relax/close your eyes.
- Begin to visualize and hear the **sound of burning crackling flames** all around you, and visualise the **coolness and protection of the gold** pyramid. You are filled with a sense of security, safety, and feel very protected. Allow yourself to gaze around the inside of the pyramid. There are **symbols here and gemstones** to pick and choose from. They are gifts to you to take home.
- You can stay here as long as you like, visualising the strong, golden pyramid, and visualizing the blazing flames outside. There is a lot of energy that will be given to you in this meditation but you must visualise the colours/sounds and feel the **coolness of the Pyramid against the heat of the flames**.
- When you are ready to finish, give thanks for the healing and exit through the little door, be sure to close it behind you. Know that you can come back to this place at any time you choose. Have a good stretch, feel the sun on your face and feel at one with the Universe.
- Drink a glass of luke warm water.

This exercise is all about protection and feeling safe. When we feel safe and protected we open ourselves up to so much more in life. The gold of the pyramid brings with it healing powers and equilibrium. The Diamond stone table heals as you lay on it. This is a meditation you can do at any time you choose it is very uplifting and very revitalizing. It brings a sense of inner peace with it to.



Kai Myo **Wealth**

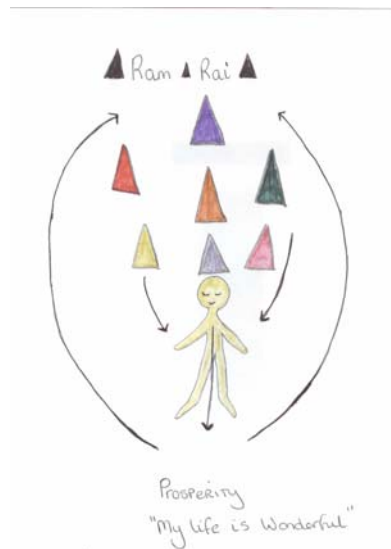
This meditation is to bring wealth into your life. Not necessarily of a monetary value but more so wealth for your heart and soul. Bringing you gifts and ideas, thoughts and processes that can enhance your life today.

To activate the healing/meditation process the instructions are as follows:

- Find yourself a relaxing posture lying down or sitting up comfortably/no distractions at all!
- Ground yourself first; **visualize roots growing** out of your feet or an anchor or the usual method you use for grounding before meditation.
- Mentally call out **"Kai Myo" 3 times**.
- Imagine yourself surrounded by a vibrant magenta/indigo light that encompasses your whole being and you begin to feel lighter and lighter.
- Now imagine the crown chakra opening up and a beautiful large golden pyramid with a big dark sapphire in the centre, begins to beam down from the top of your head, and passes throughout the whole body down to the feet where it begins again, keep this routine going so top of head, down body to feet and back up again, try and almost feel the pyramid as it passes through you and as it does, ask for what you would like i.e. "I wish my life to be more..., I wish I was more, or anything you choose. Please note, don't ask for things such as a Mercedes etc! try and ask for the things in life which would help you at this time and make you wealthier from within. Remember it's not about monetary wealth; it's about the things that will make you feel better. You don't need to ask for things, the Pyramids will instinctively know but you can give them a little hint!

- When you have finished the meditation, allow yourself to relax and come round when you are ready.
- Give thanks for the healing.
- Drink a glass of luke warm water.

This meditation is about inner strength building, emotional strength, strength for those that are not coping right now, and for those that need a little boost. If you know in your heart what you truly want out of life, then this is the place to ask.



Ram Rai **Prosperity**

This card is all about prosperity, bringing it into your life in abundance so that you feel balanced in all areas of your life. Prosperity brings with it many gifts that can bring us harmony and equilibrium to our lives. It doesn't have to be anything major, just the little things in life help us to feel better about ourselves. This card is about feeling better about ourselves with a help from a few little gifts from up above!

To activate the releasing/meditation process the instructions are as follows:

- Find yourself a relaxing posture lying down or sitting up comfortably/no distractions at all!
- Ground yourself first; **visualize roots growing** out of your feet or an anchor or the usual method you use for grounding before meditation.
- Mentally call out "**Ram Rai**" **3 times**.
- Now when you are ready imagine you are surrounded by a crystal clear cocoon that envelopes you from the top of your head to the tips of your toes, its see through but is very magical and glistens and you know it is protecting you.
- Now visualise 7 Pyramids made from gemstones at the top of your head: Red – ruby, Yellow – Citrine, Pink – Rose Quartz, Green – Emerald, Orange – Calcite, Purple – Amethyst and Blue – Aquamarine.
- Feel the solid shape of the pyramids as you bring them down in turn, red, yellow, pink etc, and allow them to pass through your body from the head to the tips of the toes as they pass through and follow up back to the crown and begin again the cycle. Do the cycle 3 times only, so up and back, up and back, up and back.
- Then allow yourself to relax.
- Say to yourself 3 times "my life is wonderful" and relax.
- You don't need to ask the pyramids for anything here, they are bringing you gifts, of exactly what you desire and need at this time to prosper.
- Give thanks for the healing process and gifts.
- Drink a glass of luke warm water.
- There is a healing crisis after this meditation, that is your body will be cleansing and ridding itself of toxins etc so please be gentle on yourself over the next 5 days and drink plenty of water.

This meditation is all about bringing prosperity into our lives. We don't need to ask as the pyramids bring with them gifts and healing properties, especially working on the emotional body and aura.