

20 STEPS TO PREPARE THE TEMPLE

HOW TO PREPARE THE BODY TO RECEIVE MORE CONSCIOUSNESS

This technique is to prepare the human planes for the increase of consciousness, so that God can inhabit them. This technique must be done without haste, softly and patiently.

Because of past experiences of rage and suffering in our lives, we build walls within us in the form of potentials. At first, we need explosive experiences of blessing, with the necessary pressure in order to enable the destruction of the wall and the feeling of the emotions. After the walls collapse, we need to proceed softly and patiently and, with time, it will become powerful, and you only have to allow it, patiently.

Preliminary preparation:

First, enter into a state of soft and simple happiness, deep within you, and nurture it effortlessly, without explosions, give yourself time. Without leaving or forgetting this state, now look at the soft and deep love in the body. Allow it to naturally appear, arise and intensify by itself, without control. And begin to produce the fusion of love and happiness, becoming a soft and profound blessing, nurture it.

Take a deep breath and relax.

To prepare the human planes to be the Temple of God, we will use the 5 introductory mantras (previously charged) and the transmigration into the 4 human planes (Physical, Vital, Emotional, and Mental), 20 seconds per plane and mantra, a total of 20 steps.

Process:

We begin with Peace: **Om Shanti Shanti Shanti**

- 1) We transmigrate into the body. As you repeat Om Shanti Shanti Shanti, it will naturally allow your body to enter into a state of peace and relax itself (20 seconds)
- 2) Then we transmigrate to the vital plan (use your imagination – it more or less has the same shape as the body) and we repeat the mantra, allowing the energy to softly and peacefully flow (20 seconds)
- 3) We transmigrate to the emotional plane, which doesn't have the form of the body but is more like glue and once there we do the mantra, the emotions will softly calm down (20 seconds)
- 4) We then transmigrate to the mental plan. Give it a form with your imagination and repeat the mantra, allowing the mental plane to enter into peace (20 seconds)

5-8) We continue with the Mantra of Compassion: **Om Mani Padme Hum**

Repeat the previous steps (1-4), this time reciting the mantra of Compassion.

9-12) We continue with the mantra of the 3 suns: **Om Vajra Agni**

Repeat the previous steps (1-4), this time reciting the mantra of the 3 suns

13-16) We carry on with the soul's awakening mantra: **Aham Nivedin
Aham Atma**

Repeat the previous steps (1-4), only this time recite the soul's awakening mantra

17-20) We continue with the mantra of the 3 Living Forces: **Ni Na Ra Ra
Hum Ra**

Repeat the previous steps (1-4) this time, reciting the mantra of the 3 Living Forces

Final:

Return to a soft state of Joy, Love and Blessing. Shiva is the joy and will softly enter the Temple. Vishnu is the love which will softly enter the Temple. Brahma is the blessing which will softly enter the Temple

The 5 introductory mantras in the 4 planes of human existence will transform your human body into a pleasant and agreeable temple for God to inhabit, and with this contemplation, you prepare the Temple in 20 steps, and when the human nature feels physical and powerful, then you can place soft happiness there since Shiva is in the Temple, you place soft love since Vishnu is in the Temple, and the blessing is present as a fusion of all, and then Brahma will be in the Temple, or more accurately said, we should say that it is the Temple which is in Brahma..

Preparing your temple because God is coming, with a feeling of joy, love and blessing, where there is no separation, there is no difference between the Temple and the Consciousness that inhabits it; the container and the content are one and the same

This body of yours is precious, yet not important. If your body is alive then it has value for you, if it's not alive, then the value to you is lost. Your interaction with the body is what matters; the totality of human nature without living it consciously is useless.

Note: Preparing the Temple in 35 steps is to do the same process for the 7 planes of consciousness, that is to say, add transmigration to the 3 planes of the soul or of consciousness, and do the same process with the introductory mantras, 20 seconds for each one.