Dispelling the Eight Primary Illusions of the Eight Extraordinary Meridians
(Audio Meditation)

Inspired by an audio of Almine from the Russian retreat, Understanding Duality as a Tool, the narrative blends parts of that audio, with the many teachings from the Altantean angels, Saradesi records, and the 144 illuminations of higher living.

For each of the 8 primary illusions of the extraordinary meridians, the meditation leads you through a short contemplation followed by affirmations. For the affirmations, you may add tapping of the point on the sides of the hands, Small Intestine 3 (SI-3). Tapping on this point helps to integrate more deeply. Another tapping option if the illusion feels challenging to you, is the temporal tap, where you tap along the sides of the ears. Both locations are depicted below.

SI-3 tapping point, used to integrate affirmations more deeply

Temporal Tap, suspends the mind from negating what is being affirmed

I am also adding the 'meridian art' light elixirs that Almine produced during the Shamanic Retreat (2014), for the eight extraordinary meridians. I ask that you not share these with others without asking for my permission. These are given in a separate pdf.

These light elixirs are very powerful non-cognitive tools to experience existence beyond duality. They cause white and black light to combine, which eliminates illusion and brings us to a state of oneness. With one foot in white light and one in black, we are supported “to walk as a resurrected being—combining life and death inseparably, into a timeless life”.

In the full meridian art that Almine is producing to purify and clear the meridians, trees, flowers, birds and bees are used. In these images, mostly flowers are present, and these promote proper fluid distribution, and also the proper flow of "chi", or life-force along the meridians. The flower images
help restore innocence and promote joy. Joy is the vibration that activates the eight extraordinary meridians, in particular.

**Using the Light Elixirs:**

- **During the meditation, and while taking in the affirmations, you may choose to open your eyes and look at the meridian’s light elixir, while tapping on SI-3 and/or around the ears.**
- **You can also use the light elixirs with the alchemical equations for the 8 extraordinary meridians, while you apply the FA-oils in the protocol to dispel illusions.**
- **Another option is to place the images where you will see them often. Print them and pick one to work with a full day, taking frequent pauses to look at the images while stating and feeling the affirmations. These are very potent tools that we are blessed to have!**

**Fragrance Alchemy:**

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Apply the 8 alchemical oils for the protocol to dispel the 8 illusions from the 8-extraordinary meridians. Make sure you understand the sequence of two points per meridian.

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Eight primary illusions have trapped consciousness in duality, and prevented the knowing of the fluid, boundless, unfathomable nature of being. Cut off from the eternal, formless part of ourselves, we have lived separated from our Source, and have lost sight of the dignity, the beauty, the flawlessness, and perfection of life that is ever present.

The ever-present flawless perfection of life is revealed to the one who lives from knowing he has neither beginning nor end, and that nothing has power over his incorruptible core.

It is time that the illusions dissolve now, that the nobility of being be revealed. May the meridian system become a unified field that catalyzes evolution through the perpetually vitalizing flow of Infinite Intent moving through our being. May this transpire in those awakening from the dream of separation, so that all life begins to flourish.

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All opposites open up a space of expression. This only lead to hardship when we forget their usefulness and live in self-reflection rather than expression.

In the tension of opposites, we've lived in the mirrors that are always antagonistic to existence. They dim awareness and drain consciousness. Your environment is a mirrored aspect that changes when you change. When you believe life is real in the mirrors, then you lose yourself. On the other hand, with continual praise, love, and gratitude, life changes from a reflection to an expression...and the mirrors
eventually shatter and you awaken from the dream of separation.

Polarity arose from the Infinite's focus on a part of creation. When a sphere is examined in one part only, for example, it appears to be a flat surface with boundaries. Much like we believed the earth to be flat, so in the same way we believed in separation and opposite poles. And just as the earth was discovered to be round, so we discover that the two poles are mere perspectives along a continuous Möbius circuit...there has no opposites, just expressions or nuances that may be characterized in relation to their position on the circuit.

The Infinite's focus was necessary to birth individuation, which is the gift of the One life. When we realize that we are also all that was not focused on...that we are as vast as All That Is, and that we are an expression that is indivisible from the One Life, then polarity is no longer an oppositional experience, but rather is a tool of expression that is not at all bounded...

The Infinite's focus created the unique individuated expressions, and now that awareness is dawning within the unique individuations, we are invited to bring attention to all that has not yet been focused upon, in the fashioning of our being. In this manner, we have the thrilling adventure of discovering what we already are: an expression of the Infinite, without limits or bounds.

We are learning to live the poles simultaneously rather than alternatively...merging, activity and inactivity, life and death, oneness and individuation. Examining the poles separately has served, and now we are ready to move into spiritual maturity. Beyond tension with outer life, there is no illness or death....as we become self-responsible and all inclusive, the illusions dissolve and mastery of life is established.

Through the illusion of opposites, illness did come
1- Remove the Illusion of activity or inactivity (Ren meridian – FA Arabian Nights)

Extract from audio:

Anything that has an opposite in unreal. Motionless existence is no more real than the disc of life, as they are opposites. Stillness within movement comes from the trusting acceptance of effortless knowing.

When you live from the stillness and depth of the eternal self that is unfathomable, you are observer and observed...the creator of your life and the creation. Your unique perspective is what is you...yet it is also in all things.

In living simultaneous activity and inactivity, you are the evolved expression of awareness.

**Optional Tapping:** Breathe out all tension and linear time, from head to toe, before taking in the affirmations. If you wish, you may tap on the SI-3 point on the side of the hand, which can assist in integrating...If you do this, alternate hands on each statement.

| I am in surrendered stillness during automatic, proactive expression |
| I am the motionless movement of timelessness |
| I live the integrated oneness of the observer and the observed |
| I am the evolved expression of awareness |

**Breathing through the Pranic Tube to Clear Obsolete Programs:** Breathe in through the Crown and pranic tube, and intend to release all obsolete programs on a powerful purging exhalation from the navel center and down the pranic tube into the ground. Do this a few times, then resume normal breathing.

2- Release the Illusion of permanence or transience (Yin Qiao meridian)

All moves within the One Life...life is ever changing Infinite Intent that permeates all expressions. You are an ever-new spontaneous expression of Infinite Existence that is neither transient nor permanent. Nothing static is real, and nothing transient...that has a beginning or an end, is real. You are beginningless and endless—life is motionless movement of timelessness...you are ageless newness, in self-discovery of what you already are, within an undefinable reality...you will find the self at the end of each journey that has no end.

...When you live from that paradox, the movement of the tube torus stops and you become its impelling force.
Feel into your life where you have put security in externals—things, roles, identity, belief systems...let it all go now...live from the wellspring of the ever-new that can vitalize your life and all life around you in every moment.

Optional Tapping and breathe out all tension and linear time before taking in the affirmations.

I am an ever-new spontaneous expression of Infinite Existence.
Beyond permanence or transience lies eternity as the ever newness of the moment.
I live in the recognition of the deep peace of the eternal fluid moment
I am becoming the contradiction of the perpetual regeneration of the eternal self

Follow with pranic tube clearing, as described above.

3- Release the Illusion of life-enhancing and non-life-enhancing (Governing meridian)

Everything serves the impeccable unfolding of Infinite intent, or it would not be. All unfolds within the One Life with flawless perfection. That which you judge as good or bad.. benevolent or hostile...is not real, for whatever has an opposite is not real.

In our existence, all things are mutually supportive, allowing us to flower and bear fruit. Opposition has given us the robust abilities to transcend existing limitation. See this in your life...

The pain of another that you think is unjust, may be the very condition that catalyzes their awakening or that of another. What you judge as wrong is reinforced—look within and release the distortion within that might contribute to what is without. Only in self-responsibility can you become the lucid dreamer that changes the dream...into one beyond struggle and hardship.

Let there be restored a sense of wonder and adventure through life, in the unshakable knowing that as you discover the exquisite perfection of life, so you discover yourself.

Look into your life, where new perspective of life, beyond the face value of judgments may revitalize and break up the stagnation that has come from assumptions and thinking you know...

Optional tapping and breathe out all tension and linear time before taking in the affirmations. Follow this with pranic tube clearing, as described above.

I live in the unshakable faith that everything serves the impeccable unfolding of Infinite Intent or it would not be there.
I trust the perfection of unfolding life, and courageously surrender to and
engage with it, knowing I cannot make a mistake.  
I embrace the fluid regeneration of life without the illusion of beginnings or endings. 
I live in surrendered trust in the mutually supportive and magical nature of existence.

**4- Release the illusion that some things are evident while others are hidden from us. (Yang Qiao meridian)**

Beyond the game of hiding things so they may be re-discovered, is the reality in which all is equally known.

Nothing is hidden that cannot be revealed through focused attention and in the humility of not assuming we know. In the re-discovery of the Infinite Being through its creations, is the sense of individuation forged. **Look into your life and see where you've lost the sense of lightness on the journey, where you've felt victimized and lost...**

Occlusions in you or the players in life are temporary timing mechanism to steer direction along paths of Infinite Intent. All the triggers you experience are nudges from life that dances flawlessness in step with you—they are doors of opportunity for you to courageously walk through. The time of awakening or revelation for any being follows impeccable perfection—be responsible for your own and not the triggers and awakening of others.

Rather than seeing the moment from lack, recognize that all that you need to live the moment in fullness is revealed as you rise in full presence in aware appreciation. The moment is not lacking; from your recognition of its fullness are things revealed...and effortless knowing then follows.

Look into your life...see areas where you may benefit from living from the fullness of the moment, in surrendered trust and open to the deeper promptings that the moment brings.

Optional tapping and breathe out all tension and linear time before taking in the affirmations. Follow this with pranic tube clearing, as described above.

**I delight in being able to see behind appearances, and explore any part of creation through chosen focus and emphasis.**
**Guided by the inspiration and promptings of the moment, I relish the never-ending game of self-discovery.**
**In aware recognition of the infinite possibilities presented by the moment, all that I need for glorious living is revealed**
**I live the purity of a life of revelation of the Infinite's design through effortless knowing.**
5- Release the illusion of individual choice versus Infinite Intent (Chong meridian)

Does the current flow against the ocean? Does the summer breeze struggle with the air? In flawless execution, like dancers becoming one in movement, and one with the orchestral music that supports their dance, we are inseparable from the Infinite Being and all of creation. Each of us represents a specific quality in expression, in the indivisible Infinite being.

...All life is the One Life...only the real exists. There is ever only Infinite intent. Consider the roads in a city—you may travel along any road you wish, but along the roads you must travel. We choose the level of reality we operate from, but all choices are along paths of Infinite Intent. Nothing exists outside of this.

When expression became reflection, the illusion of individual choice arose, because we then lived by the mirrored reflections. The appearances of opposite behavior found in mirror images suggested that the image could do something other than what the Infinite expressed. This gave rise to the illusion of individual choice...then to guilt which then caused the need to justify...noise in mind...and linear time.

Without self-reflection in mirrors, individuation becomes the fluid ever new expression of our unique interpretation of Infinite Intent...Our gift to creation is our unique perspective. We are the dream of Infinite Being. Awareness of being dreamt is a privilege. Flow with the dream and dreamer and you will know your indivisibility, and Infinite Intent and individual choice will blend as one.

Feel into your life at areas where you struggle. Make a decision to live those areas with exuberant authenticity...without attachment to reflections, and the mirrors will shatter. Let the insecurity of personal will and having to force life, be replaced by graceful unfolding of the surrendered life. Only in complete surrender can you maintain oneness with Source...or only in oneness can you know your uniqueness. Feel this deeply now...feel into being free from the bondage of mirrors.

Optional tapping and breathe out all tension and linear time before taking in the affirmations. Follow this with pranic tube clearing, as described above.

- My divinity arises in full expression of unique individuation beyond the programmed life.
- In the humble surrender to the Source from whence I sprang, I discover the unique and irreplaceable contribution or my everlasting existence.
- Inspired by the gentle stroking fingers of Infinite Intent upon my being, I exuberantly release the Song of Self upon the eternal winds of creation.
- I delight in the timeless artistry of Source in diverse expressions—I rejoice in the glory of the Holy Embodiment.
6- Release the illusion of inner and outer (Yin Linking Meridian)

Nothing is outside of our being... some things are more emphasized and expressed, and others lie as potential yet to be discovered. When we no longer operate from lack in the moment but rather from its fullness, then the longing for external is replaced with the rapturous journey of exploring within and seeing the Self in all expression without.

Each being is a portal of infinity, flowing through you is inner space and outer space, until all is one—like the breath in your lungs and the air in the sky.

The depth you reach within is the breadth of your impact without. The master who knows himself to be all things permeates all things. In reverent recognition of the Infinite expressing without do you discover all is within. We then live beyond relationship and are at one with all.

The inner becomes the outer eternally in this revolving opening door of expression—there is no inner and outer, just an imagined portal of formless form. As you live from this seamlessness of inner and outer, you claim the fullness of indivisibility...of the One Life, and all changes around you as you do, for you are the One. Feel life move through you like a conduit, the ocean moving through the current, and you as current moving through the ocean. A Moebius circuit of indivisible expression.

Optional tapping and breathe out all tension and linear time before taking in the affirmations. Follow this with pranic tube clearing, as described above.

- Through merging inner and outer realities, I awaken within the Infinite Being slumbering in me.
- In the innocent existence of releasing judgments and programmed expectations, I live in resonant responsiveness to the Source of my inspiration.
- Through perceiving inner as outer and outer within do I awaken the magical eyes that see behind appearances.
- I am a portal to infinity—a revolving door of ever greater and more glorious expression.
7- Release the illusion of past and present (Belt meridian)

The present is the focused perception of a light that shines down on a dark area—the bright spot at the end of the light beam is illuminated through focus, and is the moment. In every small part of the cosmos, the whole is contained. You cannot change a single part, without everything being impacted. As life unfolds from the expressions of the Infinite, it unfolds equally in the lit areas of the circle of observation and the unlit dark portions.

All moments alike reflect the changes of Infinite life flowing through eternity. And all happens at once. Feel the boundlessness of your being spread out across eternity, renewed in every second by ever new Infinite life...

If we remember a past moment, it was just the way it was then—a captured snap shot of the moving river...There is no past or part that retains the old expressions. We think we are shaped by our past, but it is our belief in the stories that binds us—they have no impact without the mind. Without mind, we unfold as the One in No Time.

There is no linear becoming as we are all...and so no linear time. Memory is an illusory concept that perpetuates the illusion of the passage of time. There is no past, neither is there a present. There is only expression...there is only the ever-unfolding newness.

There is no need for ageing or death any more than a movie image needs to age. When life is lived from the timeless existence of the One Life, it is incorruptible and spontaneously renewed.

There is only one eternal moment unfolding and we are present within it having no beginning. Feel the complete peace of living in no mind and no time..

Optional tapping and breathe out all tension and linear time before taking in the affirmations. Follow this with pranic tube clearing, as described above.

- In releasing the illusion of linear time, I enter into the still power of timeless existence.
- The boundlessness of my being that spreads out across eternity, is renewed in every moment.
- Living from the timeless existence of the One Life, I am incorruptible and spontaneously renewed.
- In the timeless core of being, I experience the all-pervading presence of the Infinite.
- I live in the standing waveform of exponential time, wherein all potentials reside.
8- Release the illusion Individuation and Oneness (Yang Linking Vessel)

In our oneness do we observe life as the expression of individuation. We dance upon the stage of eternity while the oneness of our being watches from the audience.

We are the observer and the observed...the one and the many, for that which is without is also within. Contraction or focus need not result in separation and space, when we know that we are all things—the part of existence focused on and the part that is not focused on.

We are the unfolding nuances of the Infinite, playing with the many expressions for the sake of delight. We are the eternal One Being that has orchestrated the Creation of individuated forms, yet there are no separate pieces within the One, and the individuations contain the whole.

We are the beginningless and real unfolding nuances of the Infinite. Fluid boundaryless impressions of the Infinite...This is unfathomable to the mind, yet we can experience it.

The Infinite has no actual movement, but unfolding, alternating impressions within embodiment. Release the need to know, as the mind separates. Effortless all knowing, is accessed through integrated oneness. Surrender to the perpetual unfolding of the Infinite's emphases within you.

Let there dissolve the illusion of anything being created, that Creation merge with its Creator, and only life incorruptible, fully awakened from the Dream be known.

Let the tension of form leave your body, completely and deeply. Without illusion, there is no polarity...no tension..only the fluidly reshaping ever-newness of the One Life.

Optional tapping and breathe out all tension and linear time before taking in the affirmations. Follow this with pranic tube clearing, as described above.

- I dance upon the stage of eternity while the oneness of my being watches in delighted anticipation of the miraculous.
- I am the observer and the observed, the one and the many, all that is without is within.
- I am a beginningless unfolding nuance of the Infinite, its delightful play of expression.
- I am the eternal One Being, that orchestrates creation—I am the whole within individuation.
- In the deep peace of indivisibility, Creator and Creation merge in me.
- I live in reverent appreciation of all manifested expressions of the One Life.
- The potency of my life is in its archetypal expression as a unique aspect of the One Being.
In Timeless Existence, the poetry and artistry of life reveals a life of miracles

~ Altantean Wheel from an Angel of the Restoration of Purity (210) ~