

The Twelve Insights of Harmlessness to Clear and Activate the 12 Ordinary Meridians

12 Insights of Harmlessness

1. Transparent Truth ~ Lung Meridian
2. Decisions of Empowerment ~ Large Intestine Meridian
3. The Fluidity of Time ~ Stomach Meridian
4. Spontaneous Becoming ~ Spleen Meridian
5. Embracing Endlessness ~ Heart Meridian
6. Endless Supply ~ For the Healing Small Intestine Meridian
7. Comfort with the Eternal Journey ~ Bladder Meridian
8. The Self-examined Life ~ Kidney Meridian
9. Choosing our Reality ~ Pericardium/Circulation Meridian
10. Creative Contribution through Emphasis ~ Thyroid Meridian
11. Miracles through Surrendered Trust ~ Gall Bladder Meridian
12. Immaculate Timing ~ Liver Meridian

Refer to the *Insights of Harmlessness pdf* for discussions of the insights, and to the *Table of Correspondences (Meridian-Planet-Spine pdf)*.

Know that as you clear the meridian system by living these insights, you are also impacting on the ley lines of the planet.¹

And the process is further enhanced by several orders of magnitude through use of the FA oils for the 12 meridians. Power wheels are also suggested for use (below).

There are 12 sigils presided over by 12 angels for each meridian, which totals 144 angels that work specifically in the 12 ordinary meridians to clear the distorted frequencies in the soul body. In the audio meditation, you will hear a track under the voice, which calls in the angels for each meridian, and the angel and sigil for each of the insights of harmlessness.

Suggested process to prepare for the audio meditation

- ⌚ Read over the insights before doing the audio, and see how you may live these in your life. Open to receiving the transmissions from the angels, through willingness to release the stories and attachments of heart, mind, and spirit.

¹This can be enhanced by calling the angels of Krihanash, the BVP for healing the soul body that will eventually be released as product by Spiritual Journeys.

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- ⌚ Apply the FA oils as per the suggested protocol, below. Refer to the Daily Meridian Circuit chart, below, to get a sense of the meridian pathways in the body.
- ⌚ Print the wheels for the process (separate pdf, **Wheels 12 Insights of Harmlessness Session**), and place them in a stack, as they appear in the pdf, the first wheel and the bottom (*Combined Realities*), and last wheel on top (*Wheel of the 144 Tones of Clarity*). Place the stack under your chair, or under the lower back if lying down.
- ⌚ Plan on 90 mins of uninterrupted time. If doing this for the first time, play the **12-Hidden-Planets-to-Clear-12-Meridians-Intro** audio.
- ⌚ Play the **12 Insights of Harmlessness with Affirmations** audio (1:02), and feel what life is like through the lens of these insights.
- ⌚ Remain in meditation for as long as you wish. If doing this in the evening, ask that the activations work deeply in you through the night. Repeat the affirmations for the 12 insights of harmlessness before going to sleep for several consecutive nights (given below).



You may use the FA oils for the 12 meridians while contemplating the insights of Harmlessness. Blend of the Gods (on the crown), and Goddess blend (rub into the bottom of the feet) is also appropriate. “The dynamic balance they bring to the inner masculine and feminine is a source of deep peace – an essential component of well-being.”

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Affirmations for the 12 Insights of Harmlessness

1. In **transparent truth** I flow with Infinite Intent, on the river of benevolent life, with the open heart of a trusting child.
2. In trusting life as benevolent and releasing all protectiveness, I mobilize the support of the cosmos to triumph over all challenge.
3. In allowing past to arise only as inspiration, and future as whispered potential, **time fluidly** emanates from timeless eternal existence.
4. I release reference points and belief systems, which gives way to **spontaneous becoming** that brings with it the gift of self-regeneration.
5. I **embrace endlessness** by allowing eternity to flow through me without resistance.
6. I live the reality of **endless supply**, gratefully acknowledge the valuable gifts of all of life's experiences.
7. In **comfort with the eternal benevolent journey**, I embrace whatever form that challenges to expand my horizons comes in. In appreciation of all experience, I walk the

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peaceful journey of evolving awareness.

8. In self-responsibility, I live the **self-examined** life—becoming harmless to all life and thereby flowing on the river of grace.
9. I **choose a reality** of ever greater refinement through releasing all that has become obsolete.
10. I contribute to creation through what I conscientiously **choose to emphasize** through perception and feeling. I empower only that which I choose to live.
11. In **surrendered trust**, the mind empties of old knowledge and the heart opens to new **miraculous** possibilities.
12. In knowing that **timing is immaculate**, I release fear of making a mistake, and cooperate fully with the rhythms of Infinite Intent in the moment unfolding.

Meridian Flow through the Day

