

YOGA AND MEDITATION

The Path of Inner Transformation

Yoga for Self-Healing and Self-Realization

The Key: Discipline - Focus - Perseverance

Ancient Wisdom of Yoga and Meditation

- Who You Are?

You are consciousness, awareness, Light Divine, pure energy, a child of God. You are sound - light - frequency - vibration - sacred geometry. You are eternal, immortal, timeless and infinite. You are multidimensional. You are an Avatar.

- Why are you here on this planet?

You came here with a specific mission unique to you, with an assignment to fulfill the Divine plan on Earth during the Ascension cycle - Transition to the next octave - and the Shift in Consciousness.

Through yoga philosophy and its practice, including meditation you will not only find the answers to these questions but also you will be able to find your inner peace, develop confidence, inner strength, vitality, balance, experience a Divine bliss, happiness, and realize your Infinite Potential.

The ancient art and science of yoga, meditation and sound/music therapy are tools for self-healing and self-realization that assist in bio-regenesis, restoration of the nervous system, 12 strands DNA (Christos) activation, inner alchemy, and mind-body-soul integration.

- Eight Stages of Yoga (Philosophy and Practice)
- Visualizations and Positive Affirmations
- Chakra Clearing and Aura/Energy hygiene
- Japa/Mantra Meditations and Relaxation Music
- Coloring Mandalas: Yantras - base 12 mathematics

Unlock your inner potential through Yoga practice

The word “yoga” means union with the Divine, and the goal is the complete integration of body, mind, heart, and soul, the Inner Self/Spirit.

Yoga is the art and science of living spiritual evolution.

Know Yourself and Be Free ~ Yeshua

Yoga practice on the physical plane addresses structural imbalances in the body, like bone and joint problems, and also organic dysfunctions, including hormonal and immune system disorders.

Through its meditation techniques, yoga helps heal the nervous system, alleviates mental and emotional tension, and dissipates psychological dysfunctions and difficulties from MK Ultra.

Yoga helps:

- Strengthen your body and physical coordination
- Increase self-awareness and self-confidence
- Promote focused mind and self-discipline
- Balance the brain waves frequencies
- Encourage a positive view on life

Yoga and Meditation helps:

- Acquire mental strength and emotional control
- Erase ignorance and expand consciousness
- Replace confusion with true knowledge
- Reconnect with your Divine Essence
- Cultivate Self-love and Compassion

Unite, Coordinate And Energize

Yoga has healing potential for body, mind and soul
Yoga brings peace, harmony and balance into your life

Know your true SELF! And then live your life from that knowledge!

Brahmacharya – one of the five practices of social and personal behavior, means avoiding sexual misconduct, which is a great cause of both deception and harm to ourselves and to others. Wrong use of sexual energy is the main factor of social and psychological suffering. Sexual energy used rightly is the basis for both healing and spiritual energies.

Through yoga and meditation:

- Liberate yourself from anger, fear, and frustration
- Release tension, increase energy, align with Divine Flow to feel your multidimensionality
- Experience the heights of joy and wellbeing
- Transform negative thoughts, feelings, and emotions into positive energies of peace, balance, harmony and happiness
- Transform the negative ego that causes suffering into pure love and light
- Christ-Sophia consciousness

Know and understand Universal Laws, The Law of ONE.

Overcome Stress, Improve Health, And Create Happiness with Meditation

Choose meditation for practical reasons: relaxation, physical and emotional healing, improved mental abilities, and a better quality of thinking and emotional intelligence

Explore meditation's therapeutic powers

Top scientists and medical researchers have explored:

- Meditation lowers blood pressure and decreases the risk of heart attack and stroke
- Meditation boosts intelligence and academic performance

- Meditation stimulates stem cell growth
- Meditation enhances athletic performance
- Meditation decreases substance abuse
- Meditation relieves depression and anxiety
- Meditation eases chronic pain
- Meditation increases longevity and vitality
- Meditation helps with centering and balancing of the body - mind
- Meditation helps you to find your inner peace
- Meditation promotes calm behavior and finding beauty all around
- Meditation is a tool for reconnecting to your original true SELF

Through meditation you can reprogram your subconscious mind, heal your trauma (PTSD: Time To Heal) and your pain body, release negative emotions and thoughts and unwanted attitudes and behaviors - Shadow work

**See yourself in a new light - you are the light of all creation
You are the microcosm of the Macrocosm**

Heal Hidden Issues with Chakra Light

The chakras are energy centers positioned from the top of the head to the base of the spine. They are nonphysical energy centers that resemble spinning wheels located along the spine. The life force travels up the spinal column and energizes these vortices.

Each chakra is associated with certain parts of the body. When the chakras become blocked or do not operate properly, illness occurs.

Each chakra corresponds to a color of the visible spectrum and a note of the musical scale; consequently sound therapy with crystal healing can be effective in chakra work.

Eastern spiritual traditions consider these seven main chakras (energy centers along the spine) to be the most important to start with:

Root chakra – located at the base of the spine, this energy center is associated with the survival instinct and your sense of security. It controls the bones, teeth, spine, rectum, and colon. The root chakra's color is red and its musical note is C.

Sacral chakra – found near the abdomen area, 2 inches below the belly button, this chakra is related to creativity and sexuality. The reproductive organs, kidneys, and bladder are influenced by the sacral chakra. Its color is orange and its musical note is D.

Solar plexus chakra – located at the solar plexus, 2 inches above the belly button, this chakra is connected to the will and personal power. It controls the stomach, liver, digestive system, spleen, gallbladder, the autonomic nervous system, and the muscles. Its color is yellow and its musical note is E.

Heart chakra – situated in the middle of the chest, this chakra regulates the heart, blood circulation, skin, chest, and upper back. The center of love and emotions, its color is green and its musical note is F.

Throat chakra – found at the base of the neck, between the collarbones, this chakra is associated with self-expression and communication. The jaw, neck, voice, upper lungs, and arms are linked to the throat chakra. Its color is blue and its musical note is G.

Brow chakra – located on the forehead between the eyebrows, this chakra is the center of intuition. It controls the endocrine system, the nose, the left hemisphere of the brain and the left eye. Its color is indigo and its musical note is A.

Crown chakra – situated at the top of the head, the crown chakra is associated with the soul and your connection to the Divine. The central nervous system, cerebrum, the right hemisphere of the brain, and the right eye are controlled by this chakra. Its color is violet and its musical note is B.

Restore your health and harmony through chakra balancing

Explore the chakras and the aura – your body’s energy system

Your body’s energy system links the mind, body, heart and soul and is interlaced with moving, vibrant, subtle energy of prana, Chi, life force.

- Know your chakras, your energy centers
- Feel their flow, harmonize and activate them
- Harness your energies by staying in your CORE - heart
- Be a master of your energies, your life, your destiny

Heal And Energize with The Natural Power of Crystals

- Detoxify the body of negative energies
- Promote contented, energized, and stress-free life
- Experience how crystals and their healing powers interact with the chakras, aura, and meridians to bring about positive changes in your life

The chakras are the doorways through which the positive healing energies of crystals can enter the body.

Crystals are naturally occurring solids made from minerals. They are formed on the earth’s surface or by inorganic processes, such as sedimentation. Crystals are natural energy boosters. They protect us by detoxifying our physical, emotional, and spiritual systems from stress, promoting well-being and serenity.

Explore the power of crystals

Spiritual Path is a journey that leads you to your eternal SELF.
You are a spiritual being having a human experience

- Replace fear-based consciousness of the negative EGO mind with love and compassion of your Sacred Heart - 8th chakra
- Reawaken and identify with your Divine SELF, Christ within

The only thing that matters is your spiritual growth and how much you have awakened to your Divinity.

Five tips to stay focused on your spiritual path:

1. Practice attitudinal healing:

- Stop any fear-based thought and replace it with self-love
- Follow 5D Protocol from Telos in the Inner Earth

2. Monitor your dreams:

- Make regular adjustments according to your dreams
- Write your dreams down and contemplate about them

3. Set evolutionary goals and realize them such as:

- Free your mind from MK Ultra programming
- Transcend your emotions through inner alchemy
- Invoke the Violet Flame and stay in your center - Heart Core
- Deprogram - rewire your subconscious mind
- Heal your DNA - the God code

4. Develop a longing for realizing your Infinite SELF

5. Align with Universal Laws, Cosmic Sovereign Law, Law of One

- Follow your path with iron discipline and total determination
- Stay attuned to your SPIRIT, Christ within and master the art of unconditional love - God's pure source energy
- Devote yourself to Ascension and planetary evolution
- Be the master of your Life Story - Divine Destiny
- Fulfill the Divine Plan on Earth - Gaia/Sophia

Recover from PTSD through the art of practical spirituality (YOGA) and the science of the spoken word (JAPA/MANTRA MEDITATION)

Stress and trauma are caused by energy disturbances in the electro-magnetic field that envelops the human body

- Cleanse and purify your chakras from all dark energies and supply them with light Divine - pure energy
- Cleanse your mind from the Draconian programming of imperfection, torture, tyranny and negativity
- Understand the Galactic Codex and the Divine Law of Oneness
- Replace negative thoughts of insecurity, doubt, and fear with positive thoughts of self worth, trust, faith and love - forgiveness and compassion
- Acknowledge and embrace your feelings and emotions - heal your soul and your divine feminine
- Learn to recognize your intuition and follow that inner voice

Yoga is a means of achieving union with the divine, the Christ within. Yoga leads one to harmony, unity, stability, and ultimately to the unification of the individual self with the DIVINE. The eight disciplines of yoga are:

1. Yama (abstention from unethical conduct)
2. Niyama (virtuous conduct/behavior)
3. Asana (physical postures)
4. Pranayama (regulation of the breath)
5. Pratyahara (withdrawal of the senses from the external)
6. Dharana (concentration - focus on breath and the pineal gland)
7. Dhyana (meditation - stream of energy from Source)
8. Samadhi (union with Prana, Chi, Cosmic energies)

Through self-control, one can achieve mental stability and maintain a proper balance between the conscious and unconscious, super conscious and subconscious realms of the mind.

Plug yourself into the Universal Awareness of All That Is and Exit the False Matrix of the Dark Forces

Yoga can help you attain a healthier body, a more peaceful mind, and a deeper understanding of the nature of life. The premise of yogic philosophy is that the physical and spiritual aspects of our being cannot be separated.

Yoga is the road to inner peace. Yoga has the power to lead you beyond time and space. Yoga can be practiced by people of all ages and no religious dogma is contained here.

Yoga is a means of self-discovery. Our breath and posture affect our mental processes. It should be approached more as an experience than as a philosophy. It allows us temporarily to withdraw from the chaos of the world and find a quiet space within.

The zone of peace surrounds the YOGI/YOGINI. Discover it for yourself.

The way to experience spiritual realization is through the expansion of consciousness that the yoga path embraces. It is a method of physical, mental, emotional, and spiritual attunement to the cosmic order of life, the Law of One. Yoga is a road to freedom that is available to all.

Yoga practice can help you understand your relationship with yourself, with others, and with the world in this multidimensional universe.

BIO

Yana Kalai - is a certified yoga teacher, energetic healer, and spiritual life coach. She has a bachelor degree in psychology and certifications in Ayurveda, energy work and crystal healing.

Yana has been practicing ancient healing arts for more than 25 years. She is devoted to her Yoga and Ayurveda lifestyle. She embodies the Divine Template/Prototype for The New Earth Galactic Beings. She carries the Ascension codes - Sacred Geometry in her etheric/ethereal lightbody. She understands the Universal Laws.

Yana is a transformer, alchemist and divine architect, spiritual warrior - Galactic Star Being - and a survivor of the MK Ultra Programming from MIC, and DARPA. Going through her turbulent, testing times and challenges she asked the Ashtar Galactic Command for help and healing.

During seven years, Yana had the chance to witness through her higher sensory perceptions and her etheric galactic chakras (her 3rd eye widely open) how her lightbody (mer-ka-ba) and her bio-neurology became transformed, transfigured and healed, repaired, reconfigured and reconstructed into a healthy and radiant physical-etheric multidimensional body.

Yana is on her mission to assist her soul siblings/family/tribe especially those serving in the military with their Ascension-Healing journey to feel their true identity - Diamond Avatar Self, and to reach higher states of awareness through the ancient art of Yoga and Ayurveda, bio-regenesis (set of technology and tools for consciousness expansion through the natural gentle stimulation of the individual's DNA template. kundalini and chakras - sound bath healing).