

## Mindful Meditation for Greater Enlightenment

In the name of my Holy Christ/Buddha Self, I call to you, beloved Lanto, Chohan of the Second Ray, to help me reach greater enlightenment.

Lanto, your BTUs increase the radiance, the amperage, and the flow of your illumination through my being this day. Love-wisdom flows through my heart and mind now. *(Visualize the light flowing from Lanto's cosmic consciousness to you.)*

I AM focusing my mind, my will and my love as ascension currents enter my form and raise me to eternal life. *(Visualize your threefold flame in the secret chamber of your heart.)*

I AM focusing my attention through my third eye and crown chakra as the pinnacle of God's self-awareness within me. *(Meditate on your third eye, moving your point of focus up to your blazing crown chakra.)*

I AM catching the flow and the glow of the fire behind the worded matrices, and I receive higher concepts and open new doorways to immortal perfection. *(Give any illumination decree in the 20.000 section with full intention. See yourself opening a door into heaven through the worded releases.)*

I AM experiencing the radiance, the tingling effect upon my crown that is the refiner's fire sent by the master. I accept the master's mind and my mind as one. I feel this fire all the time. *(As you are able, feel this fire. If you have no physical sensation, imagine the fire.)*

I AM walking the higher Middle Way of the Buddhas, accepting new concepts, paradigms and mental patterns of truth. *(Ask Lanto to mentally telegraph to you concepts you hold that may be shed. Wait and listen.)*

(Continued)

I AM telepathically catching the ideas that the masters convey to me as I pursue my higher cosmic studies. I am a magnet of fire drawing others into their own adeptship. *(Ask Lanto or another master to communicate with you telepathically what is the next lesson for you to learn. Record your message.)*

I AM grateful for this transmission. Day by day I AM mastering all the lessons that the masters convey to me through my continuing and ongoing spiritual education. *(Send and visualize streams of God-gratitude flowing from your heart to the master.)*

I AM divine. I AM truly conscious. I AM aware. I AM enlightened. *(Visualize and experience your Causal Body [upper figure in the Buddha Nature Chart] all around you.)*

I AM in the stillness of the Uni-verse, the one OM of the All. I AM in the center point from which all emanates. All is One. *(To conclude, you may choose to chant OM and visualize your light traveling across the universe. Or you may remain in quiet meditation for a period of time.)*