



Monad Meditation Instruction

PER MINUTE INSTRUCTION

This meditation should ideally be done before dawn. And, ... everyday. This is what Jesus of Nazareth did. It is an ideal way to stay "Connected" consciously. See what happens when you do this practice for 10 days or more...

MINUTE 1

The Undoing

- Sit in a comfortable position, spine straight, hands resting open on your thighs, eyes closed.
- For a full minute, silently repeat:

"I am not this body. I am not this name. I am not this story. I am the light that witnesses all of this".

- Don't rush through these words.
- Let each sentence take the time of several breaths.

This first minute will unprogram the false identity the world has instilled in you. From birth, you were defined externally. You received a name, were assigned a gender, a race, a nationality, a religion. You were conditioned to a personality, a set of preferences, a collection of beliefs.

MINUTE 2

This is a specific breathing pattern that Jesus learned during his time of study with eastern mystics.

- Breathe slowly through your nose counting to four.
- Hold your breath while counting to four.
- Exhale through your mouth while counting to four.
- Keep your lungs empty while counting to four.
- Repeat this 444 pattern
- Continue this breathing for the entire second minute.
- Your mind will wander.
- Thoughts will arise.
- Don't fight them.
- Simply return to counting.

MINUTE 3

Activating the inner eye.

- Place your right index finger gently on your forehead directly between your eyebrows.
- Apply the lightest pressure possible just enough to feel the contact.

This point which yogis call the third eye and gnostics the eye of the soul is the physical anchor for spiritual perception. It corresponds to your pineal gland, a pine cone-shaped organ hidden in the center of the brain that contains photo receptors similar to those in your physical eyes.

- While keeping your finger on this point
- Visualize a small sphere of white light emerging from under the skin
- See it growing brighter with each breath.
- Don't rush.
- Don't force it.
- Simply observe as the light intensifies.
- This light is not something you are creating.
- It is something you are revealing.
- It has always been there.
- Maintain this view for the entire third minute.

MINUTE 4

The sonic alignment.

- Remove your finger from your forehead.
- Breathe deeply. And as you exhale, produce a low “om” sound. Not loud, not theatrical. A gentle sound that you feel vibrating in your chest, your throat, your spine. The exact frequency doesn't matter.
- What matters is that you feel the vibration.
- Continue this sound for a full minute.
- Long breaths, long sounds, brief pauses to inhale.

On a physical level, you are stimulating your vage nerve, activating your pineal gland, and tuning your brain waves to a frequency that aligns with the monadic band. On a spiritual level, you are literally announcing your presence to the source. Sound is a signal. It says,

“I am here. I am awake. I am ready.”

In ancient mystery schools, sound was understood as the fundamental creative force of the universe. In the beginning was the word, the vibration that spoke reality into existence. When you chant, you are participating in that same creative act.

MINUTE 5

The unity declaration.

- Stop chanting.
- Return to silence and for a full minute repeat these words internally:

“I and the father are one. I and the source are one. I and the Monad are one.

When you pronounce these words in this state, after the first 4 minutes of preparation, something changes. The boundary between you and infinity dissolves. Not permanently, not yet. But for a moment, for a flash, you experience what Jesus constantly experienced. The knowledge that there is only one power, one presence, one consciousness. And you are that. This is not arrogance. It is the recognition of what mystics call the drop and the ocean. You are a drop of the divine ocean. The drop is not separate from the ocean. When the drop declares I and the ocean are one, it acknowledges that it is made of the same substance imbued with the same essence.

MINUTE 6

The receipt.

- This minute is pure silence.
- No words, no visualization, no technique.
- You simply sit in the space that the first 5 minutes opened up and receive.

Many people never reach this level because they can't tolerate silence. Their brain craves distraction. Their body aches and trembles. They convince themselves that nothing is happening and give up. But if you can remain present in this sixth minute, if you can simply be without doing, you will feel a peace in your chest, a tingling in your hands, a sensation of being enveloped by something vast and intelligent. This is the monad's answer. This is grace not granted by an external god but recognized as the fundamental nature of who you are.

MINUTE 7

Gratitude.

- After receiving you give thanks not to an external deity but to life itself.
- For a full minute recall everything you are grateful for.
- Start with the obvious. Breathing heartbeat the fact of being alive.
- Then delve deeper.
- Let gratitude fill your entire body.
- Feel it as a physical sensation, a warmth spreading from your heart to your extremities.

This is not a mental exercise. It is energetic. Gratitude is the highest vibrational state a human being can achieve. It is the frequency of the Monad itself. When you embody gratitude, you become a perfect receiver resonating with the frequency of the source.

MINUTE 8

The intention.

- Now you set your direction for the day.
- Not your to-do list or worries, but your intention.
- A single sentence, a clear statement of how you will manifest in the world today:

"Today I will see the divine spark in every being I encounter".

Your intention could also be: ... It could be today I will only speak the truth or today I will act out of love not fear. Whatever you choose it should be an internal process about your state of mind, not about controlling external outcomes.

- Silently repeat your intention for a full minute.
- Let it imprint itself on your consciousness.

- This intention will operate as a baseline program throughout your day, guiding your choices even when you're not thinking about it.

MINUTE 9

The Sealing.

The last minute is crucial. Everything you've built in the previous 8 minutes needs to be sealed within your energy field. Otherwise, the moment you get up and return to normal life, the world will drag you back down.

- Place both hands over your heart.
- Feel the warmth of your palms and visualize a sphere of blue light surrounding your entire body.
- See this sphere as approximately 3 m in diameter with you at the center.
- This is your protection, your boundary, your declaration that you are no longer operating on the frequency of the world.
- You are operating on the frequency of the Monad.
- Maintain this visualization for 30 seconds.
- Then during the last 30 seconds, say these words aloud:

“ I am sealed in the light. I am protected by the truth. I am a vessel for the Monad. And so it is”.

The words and “so it is”, are crucial. They are the signal to your subconscious that the ritual is complete. That the work is done. That what has been established is now real. And that's all. 9 minutes, nine components. An unbreakable connection. But understand this, it's not an occasional practice. Jesus did this every day at dawn. Without exception, not because I was disciplined or special, but because I knew the world is designed to make us forget, the moment you check your phone, turn on the news, or engage with the energy of fear and distraction, the signal begins to deteriorate.

You use those 9 minutes before dawn to reestablish a conscious Connection.
Thank you!