

Introduction to Ascension Training

Guidelines on Meditation

The information in the Introduction to Ascension Training for educational purposes only and **should not be construed as medical advice, medical diagnosis, professional mental health advice or nor mental health diagnosis**, nor is the information a substitute for professional medical expertise or treatment or mental health expertise or treatment. If you have a physical or mental medical concern, you should consult with your health care provider or seek other professional medical treatment. Never disregard professional medical advice or professional mental health advice or delay in seeking it because of something that you read in this educational report or in any linked materials in the Portal. If you think you may have a medical emergency, or a mental health emergency such as feeling suicidal, call your doctor, mental health professional or emergency services immediately.

This handout is designed to help you get started with the free guided Ascension YouTube meditations to make sure you're doing the meditations optimally so you get the most out of them.

How Long to Meditation For Daily

- Ideally, we don't recommend doing less than 15-20 minutes of Guided Meditations at a time because it takes that long for the body and mind to settle down.
- You can split out your meditations to 15-20 minutes, or do an hour in the morning and an hour the same in the evening, whatever works for your convenience.
- We do not recommend doing more than 2 hours per day total of the Guided Meditations.
- If you get detox reactions, please read the handout on Dealing With Detox Reactions

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Where to Meditate

- We recommend that you meditate in a place where you won't be disturbed,
- Turn off phones, notification sounds, computer messages, and place a "Do Not Disturb" sign on the door if necessary.
- Your meditation time is important, it's your time. If you're living with other people, make sure that they know that at a certain time of day you're meditating, and you're not to be disturbed.
- Make sure you meditate in a comfortable, warm, well aired room

Wearing Headphone when you meditate

- The healing source codes in the meditations will only be received if you play the meditations with the sound on, never if they are played on silent
- The healing source codes are only transmitted when you are wearing headphones.
- If you're playing the Guided Meditations on an external speaker system, like through a HiFi system, speakers in a car, radio, computer or other device, you will not be receiving any healing codes.
- All types of headphones are fine to use including wireless headphones.
- If you are sensitive to earbuds or rubber, you can get the cloth sleep headphones at www.sleepphones.com or headphones that work outside the ears like: <https://shokz.com/>
- Don't just use one earbud at a time you need to use both to create a deep enough experience to receive the healing source codes.

Falling Asleep

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- Please note, the Guided Meditations are not designed to fall asleep to. We have not created any meditations for that. There are other meditations that you can buy that are just for sleep specifically.
- If you want to meditate right before bed, we recommend you do them sitting up with the intention to stay awake and aware throughout the meditation.
- Always aim to be awake and alert when using the Guided meditations
- To begin with as a new starter, you may find that you do end up falling asleep. It happens for a variety of reasons. One is your nervous systems calming down, you're getting theta and delta waves, which you're often not used to having while you're awake and your brain is being retrained to integrate these deep heart healing calming frequencies while you're still awake. Sometimes people fall asleep because they're just overtired, and they've been not getting enough sleep and you need to catch up. Falling asleep should just be a temporary issue and not last more than 3 months or so.

Food and Drugs

- No eating or drinking while doing the portal meditations
- Marijuana and THC is completely contraindicated while you're doing ascension work. Marijuana and THC can open portals to the fourth dimension and allow in negative entities.
- We do not recommend CBD use because it interferes with the development of psychic abilities .
- Moderate alcohol intake does not interfere with the meditation healing codes

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Position when Meditating

- Your eyes should be closed during meditations and your hands and arms just need to be in a comfortable position. You don't have to clasp your hands or hold them in any special positions.
- Avoid humming, avoid stating mantras out loud or inside your mind.
- Don't walk around, do exercise or do any other activity or any other energy healing while meditating,
- Your Source team are working with you while meditating and they need you to be still and not have any frequency or movement interference
- It is fine to use other devices like vagus nerve stimulators, Mihealths, footbaths, saunas, or HeartMath while meditating with the Healing Circle meditations.
- We recommend sitting up while meditating and make sure you're well supported so that you are in a good postural position
- For general well-being it is good to make sure you've got solid support to help keep your back straight, you don't have to be doing the lotus position or any of that, just be comfortable.

Type of Meditation Practice

- As a general rule, we recommend simply practicing the witnessing state during meditation. This is a simple state of focused observation, no matter what the physical sensations, emotions, thoughts or sounds arising around you. It is just a simple focused observation with your concentration and adherence to one thing like the breath or the music or the guided words.
- “Monkey mind,” which is a lot of mental thoughts when we meditate is really common, especially at the beginning. When you do meditation practice, don't let this deter you or think the meditation is not working, or you are failing.

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- Even if you have a lot of Monkey Mind, this is gradually going to improve over the months that you practice the meditations, you're not doing anything wrong, it's normal, just continue your daily practice and you will continue to receive the healing source codes to help improve your ability to meditate
- When “objects” come up such as an emotion, a thought, a physical sensation, or a sound, just observe that with no judgment, just neutral acceptance, don't get caught in a conversation as best you can with it. Just observe it until you naturally come back to your breath, or that listening to the music, or whichever is your point of focus.

Communication with Your Source (Divine Guide) Team

- If you get a download of ideas, images, communications or inspiration during the meditation, we recommend not to close off to that, don't shut it down and go back to the music, be open to it, because most likely, it is a message from your Source team who are trying to communicate something to you, which can be important. So stay open for that, if it does happen, it's quite common for Portal members, including people who've never had that experience before.

Technical Support

- If you wish to play meditations offline, you can purchase the MP3 download versions of all 4 Guided Meditations only in the shop at: <https://nikiskye.com/shop/guided-meditations-2/>. All other meditations must be streamed online due to copyright.
- You can purchase the monthly or annual YouTube premium account and create offline playlists with this account.

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- Instructions on creating Playlists on YouTube while either on or offline are here:
<https://www.youtube.com/watch?v=vTgTi85H6Pw&feature=youtu.be>
- To prevent advert disturbances while playing meditations on YouTube you can access the meditations through the free internet browser called Brave - it is an Ad Blocker. <https://brave.com/download/>