

----- Original Message -----

Subject: [Reiki_On] Responding to requests

For this list I use a very modern procedure :) I place every request in a separate folder in my mail client. After a week I remove them. But that doesn't mean I stop meditating on them, it is to put it in my unconsciousness for as long as needed.

Erwin:

This is exactly the Procedure I use with AGE.
Except I use a different folder...

I look at this to get a feel:

<http://www.sacred-texts.com/dna/hgp011k.htm>

(Select blue scroll bar at right ==>
with your mouse and move this in a
separate window while reading this
NOW)

Then select the AGE I WANT!

Decide every cell in my body will feel, and REMEMBER this age...
Knowing and feeling this DNA Spiral...

Then put this instruction into the "folder" right next to "Body Breathe" in my little brain cells... Knowing it will stay in my unconsciousness for as long as it's needed for me to experience this Age I Intend for my physical experience.

Thanks for Being so CLEAR
Namaste
e;-)

PS more detail to this is provided at the same like but "2": age1-2797.pdf

[http://www.starsusa.org/american_youth/1.3/
what%27s%20next/theory/DNA%20Folder/age1-2797.pdf](http://www.starsusa.org/american_youth/1.3/what%27s%20next/theory/DNA%20Folder/age1-2797.pdf)