



Return to Oneness with Shiva: Why I meditate on Hanuman ji with You Hold the Healing Codes

Ricardo Serrano

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The goal of the fifth book *Return to Oneness with Shiva* is to offer a solution to most people whose life challenge is battling their monkey-mind (ego) which I believe is the cause of suffering and can be conquered by becoming like Hanuman whose love and devotion to his Sadguru is shown by the application of Hanuman Qigong and Hanuman ji's mantras and self-realization teachings of Kashmir Shaivism. Healing with the hologram of love merkaba energy ball of light encoded with the healing conscious mind encodements is also included.

Most people are not aware that their healing and spiritual ascension are essentially associated with the functioning of their thyroid gland or throat chakra.

Who and what you meditate on, you become.

The unified chakra and aligned energy fields are very important, not just for survival, but - more importantly - as vital tools for ascension, healing and channeling.

"Ascension is basically a change in frequency and a change in focus of consciousness. Because the energy you are has frequency, you can change it. The low-frequency stuff of fear and limitation will fall away and you will live in a state of what you would today call ecstasy, at one with your spirit and with the spirit of everyone else. That's ascension." - Master Enoch

"Spiritual oneness means the incarnated soul is achieving a higher degree of oneness with the higher soul, and a certain degree of oneness with God and oneness with all." - Master Choa Kok Sui

"Use the Triangles Work with the Great Invocation by Holy Master Djwhal Khul and encourage others to use it." - Mang Mike Nator

"This universe, which is created in His Consciousness, is dependent on that Consciousness. It is always dependent on that Consciousness. It cannot move outside of that Consciousness. It exists only when it is residing in His Consciousness. This is the way the creation of His universe takes place.

You must understand that this universe, which is created by the Lord of Consciousness, is one with that Creator Who is wholly self-luminous light with Consciousness." - Swami Lakshmanjoo

"When one finds true Oneness, there will be no words. Nothing can explain what Oneness truly is. One will only have the experience of Love and a smiling heart. No words can express that happiness and peace. It is beyond words. Oneness is everything. Oneness is the only truth worth seeking. Oneness is a gift from Heaven." - Hanuman Qigong, origin of the heart, a form of Sheng Zhen Gong

The Shamballa Temple of Love with its Ascended Masters can be experienced through the Merkaba meditation facilitated by Ricardo B Serrano of the Melchizedek Order of Mastery (Shamballa Temple of

Love).

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