

The little esoteric



You can see yourself reflected in some stones...

Michael Hannes Schefberger

A day in the life of the little esoteric

The little esoteric wakes up. Still half asleep, he feels all his muscles and tenses them. He is happy about the new day and sits down on the edge of the bed.

The little esoteric imagines a shower above his head with white light running down from above to his feet. Then he imagines white rays of light shining through his knees, lower legs and the soles of his feet to the center of the earth, twelve times in succession.

The little esoteric now says the following sentences out loud:

"Spiritual helpers: I ask for support, help, protection and guidance."

"Higher self: Please take charge of my thoughts, words and actions."

"Earth self: Please work with me today within the framework of the abilities and possibilities given to you for the benefit of the whole personality."

"Lord, thank you for this night. I am aware that I have my tasks on this day. I also ask for help during the day."

The little esoteric makes a special resolution for this day, something that is usually difficult for him. He also says this resolution for this day out loud, for example:

"I will only speak what is true, loving and necessary. The angel of the creative word guides me."

Now the little esoteric takes off his nightdress and gets up.

Dressed only in his pants, he clenches both hands into fists and strokes the joint bones on the back of his hand vertically up and down the back of his body twelve times alternately next to his spine.

He then places the palm of his left hand on the lower abdomen and his right hand over it (women do it the other way round) and pulls both hands in a circle around the navel twelve times with light pressure, then moves the hands twelve times in the other direction. The little esoteric does this regularly to support his digestion and kidneys, once in the morning and once in the evening.

Now the little esotericist reads the "Intercession to the Spiritual Helpers of the Earth" aloud, as he does every day:

Intercession to the spiritual helpers of the earth

*"I greet the spiritual helpers of the earth, first and foremost
Archangel Michael, Archangel Gabriel,
Archangel Raphael and Archangel Uriel.*

I greet the Christ energy.

*I greet the representatives of the mineral kingdom in this house,
in this village, in this country, on this continent and
on and under the earth.*

*I greet the powers, thrones and authorities,
the seraphim, cherubim and rulers
on, above and below the earth.*

*I greet my personal spiritual helpers and especially
my guardian angel.*

*I greet the angelic princes of Europe, Asia, Africa,
Australia and New Zealand, from
North America, South America,
Antarctica and the oceans.*

*I greet the Ascended Masters and Guardians of the twelve Divine Rays:
Sanat Kumara, Hilarion, St Germain,
Lady Nada, Lady Rowena, Kuthumi, Confucius,
Jesus Sananda, El Morya, Paolo the Venetian or Maha Cohan,
Serapis Bey and Maitreya.*

I greet the other angelic princes, archangels and angels of the earth.

*And I greet the other spiritual helpers on, above and below the earth,
who have not been mentioned here by name
and I ask all the spiritual beings mentioned,
the Christ energy and
the representatives of the mineral kingdom
for support, help, protection and guidance
in my thoughts, words and actions.*

*Finally, I greet the Lord who watches over everything.
Thank you in advance, in retrospect and in the Eternal Now."*

The little esoteric knows that these intercessions have enormous power and are effective, because he has learnt that "thought power is creative power".

At least once a week, the little esoteric practices an earth meditation during the course of the day, either alone or together with other people.

To strengthen the group's sense of togetherness, all participants repeat one of four affirmations one after the other:

*"The cosmic power fulfils us.
It helps us to master the tasks of our lives.*

*The cosmic love fulfils us.
It helps us to open our hearts to our neighbor and embrace him (or her).*


*The cosmic wisdom fulfils us.
It helps us to recognise where and how we hinder ourselves.*


*The cosmic light fulfils us.
It lets our divinity shine."*

The following earth meditation is now read aloud by a person - or played back by a hi-fi system:

Earth Meditation

YouTube-Videos:

 Erdmeditation mit Klangschalen

 ERDMEDITATION komplett - geführte Meditation ohne Gong und Klangschalen (für ...

Everyone except the speaker closes their eyes during this meditation:

*"We join hands in spirit and embrace the globe.
We now consciously breathe in the pure cosmic energy.*

The next energy we breathe out, we send ...

... to the mineral kingdom - and think of the stones, mountains and rock formations.

... to the plant kingdom - and think of the flowers, shrubs and trees.

... the animal kingdom - and think of the animals, from the smallest to the largest.

... the human kingdom - and think of people, regardless of their skin color or religion.

... the element earth - and think of the soils, especially the arable soils that provide us with food. {Spiritual addition possible: "We ask Archangel Uriel for support and guidance."}

... the element of fire - and think of the volcanoes. {"We ask Archangel Michael for support and guidance."}

... the element of water - and think of the rivers, lakes and seas. {"We ask Archangel Gabriel for support and guidance."}

... the element of air - and think of the winds, storms and hurricanes. {"We ask Archangel Raphael for support and guidance."}

... the element of ether - and think of people's thoughts. {"We ask all archangels, especially El Morya, for support and guidance."}

... the buildings and structures on earth.

... to the disaster areas.

... in the earthquake areas.

... in the areas of famine.

... in the epidemic areas.

... in the war zones.

Now we want to envelop the earth

... in a pink cloud - pink, the color of love.

{"We ask Lady Rowena, Jesus Sananda and the Christ energy for support and guidance"}.

Next, we envelop the earth

... in a green cloud - green, the color of healing and growth.

{"We ask Archangel Raphael, Hilarion and the Christ energy for support and guidance."}

Next, we wrap the earth

... in a purple cloud - purple, the color of forgiveness. {"We ask St Germain, the Amethysts of the Earth and the Christ energy for support and guidance."}

And finally, we wrap the earth

... in a white cloud - as a protective cloak against what influences the earth from the outside.

{"We ask Serapis Bey, the white and transparent rock crystals of the Earth and the Christ energy for support and guidance."}

Thank you."

The little esoteric knows about the enormous effect of this meditation, which is why he would like to do it every day to give his life a deeper meaning and also to help others who are not doing so well at the moment.

In the afternoon or evening - if time permits - the little esoteric likes to do a chakra meditation, of which there are several to choose from.

(Downloading the following files is recommended, as longer audio files are usually not played back in full, but stop during playback.)

[The Crystal Island - Sanat Kumara](#) (Kristallfamilie.de, only in German)

[Chakra Journey Merkaba - Sanat Kumara](#) (Kristallfamilie.de, only in German)

[The light by the sea - Sanat Kumara](#) (Kristallfamilie.de, only in German)

To deepen the connection with the earth and everything that lives on it, the little esoteric likes to hold the following meditation once a month:

[Earth Meditation with the Four Elements - Sanat Kumara](#) (Kristallfamilie.de, only in German)

The little esoteric has endeavored to give this day a deeper meaning. Before going to bed, he says four words of thanks:

"Spiritual helpers: have thanks for succor, help, protection and guidance today."

"Higher self: Thank you for your guidance."

"Earth self: Thank you for your cooperation."

"Lord: Thank you for this day. I also ask for help in the night."

The little esoteric now lies down in bed, whose geopathic interference fields he has diverted with a layer of wood at least 34 millimeters thick over the entire surface in order to sleep better. Right next to the bed, the little esoteric has a dictation machine with which he can later, without having to move much, record what he has dreamed while the memory is still fresh.

A "meaningful day" draws to a close. The little esoteric is satisfied.

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The meditations used can also be freely copied, provided the author is named:
Channel medium Gerold Voß from www.Kristallfamilie.de with Sanat Kumara meditations;

original earth meditation (without spiritual angel invocation) around 1995 by channel medium Magrit Siegl (died 2010), Breitenbrunn;

otherwise Michael Hannes Schefferger: www.a-meaningful-day.com/en

{Google Drive link in progress, not ready}

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<https://youtube.com/@MichaelHannesSchefferger>

Clicking on and recommending the homepage www.a-meaningful-day.com/en is also an advantage, not only in German, but also in other languages such as English.

This document will gradually be translated into many languages.

(Translation in progress - the original language is German.)