

# Instructions



1. Put the palms of your hands together and let your finger tips touch each other like the “catholic prayer posture”. That is a powerful CLEANSING POSTURE.
2. Concentrate at your mental HEART. That is the point in your breast where you feel your feelings. The anatomic heart which pumps the blood through your veins is not meant, here.
3. Say to yourself in your mind: “I’m going into resonance with UNCONDITIONAL LOVE.” The origin source of these is words is CHRIST and means, that your HEART is swinging in this LOVE.

You are now in UNCONDITIONAL LOVE, which has nothing to do with the love so far with its sorrow and its pain. It can be, you sense something like calmness and vastness. Because this LOVE is more a state than a feeling. Or you remark, there is currently a pressure in your breast . That would be a blockage which will disappear, if you continue LOVING.

It also can be, that you still sense nothing. But, this technique works nevertheless. Continue being in this LOVE until you sense something. You may ask GOD who is the LIGHT and the LOVE in your HEART for support, here. If you don't succeed in the long run keeping your palms together, that is OK. It is important that your mind is in LOVE and stays in LOVE. If you like, close your eyes while you are WORKING with LOVE for a better concentration.

In LOVE, you are angry to nobody and you can't harm anybody. You respect the FREE WILL of every human. You have no more fear and feel no more rage and you judge no more. Otherwise, you may go in LOVE, again. That means either you LOVE or you LOVE not. A compromise is not possible, here.

You can direct this LOVE with your will. For that, you say to yourself in your mind per example: “I LOVE me.” In this manner, you will hold the LOVE longer, until you are always in UNCONDITIONAL LOVE. Because that is the aim! Additionally to you, you also may LOVE another human: “I LOVE my wife /my husband/ my colleague/ my neighbour...” or another person. The relation to this human will be harmonized from now on. It can be, you will better understand each other. It also can be, she or he will get out of your life. If she or he wanted to harm you before, she or he will behave neutrally from now on.

You also can directly resolve your problems. To do so telling to yourself in your mind: “I LOVE my fear, my anger, my money problems, my problems with other humans or all what is still not LOVE between us, my illness, my limiting beliefs, my insensitivity, my impediments to personal growth, all obstacles to have a happy life” or what you like. It is also important to LOVE your bindings and resolve thereby, because to hold someone means rigidity.

If you are in LOVE, be relaxed and open your HEART as wide as you can. GOD is LIGHT and

LOVE. There, where you lay on your hands to you or to another human, HEALING is possible.

If you have difficulties at the beginning WORKING with LOVE habitually, spend a fix amount of time of at least one hour. In this time, you only care about your spiritual development. Later, it will be going easier and it can be you will WORK some hours or a whole day at yourself.

If you have more experience with UNCONDITIONAL LOVE, you can take effect with more POWER LOVING the problems, the situations and the pain of the world. If you are LOVING the money problems in the world per example, you are also resolving this theme in you and faster than only WORKING on yourself. Be in HIGHEST and MOST INTIMATE LOVE (“I’m going into resonance with HIGHEST and MOST INTIMATE LOVE.”) you are able to without to want or to wish a change. Look and sense only, what is happening.

You also can help with an intercession. For that, ask GOD in your mind: “Please WORK through me for this human” or “for this people”. Be herein in LOVE and let it happen. For yourself, you don't need to pray, because with LOVE, you can help yourself.

You reach a greater spiritual progress, too, if you meet periodically with other people to WORK together. As time frame, I suggest three hours which I call the THREE HOLLY HOURS. In this time, every participant is WORKING on his or her individual blockages and themes. Questions about LOVE and LIGHT can be answered, there. The bundling of the POWER in LOVE performs, even if the single themes don't correspond to each other. Don't mix UNCONDITIONAL LOVE with other energies. Share all you need for the THREE HOLLY HOURS like rooms and chairs for free. That means, leave also a donation box or a collection bag aside to cover the expenses. But, that does not exclude that people, who are willing to offer the THREE HOLLY HOURS, pay the possible room rental together. The used rooms should be free of religious, esoteric, political and commercial symbols. Also, there shouldn't be any images of masters or gurus and deities. For the furnishing, the black colour should be avoided. In this way, you keep your LOVE PURE and POWERFUL.

Used sources: <http://www.puramaryam.de>, GODFATHERMOTHER within my HEART, my own experience