

EMC² Healing Meditation – Introduction

Evan Slawson – March 17, 2010

The EMC² Healing Meditation is a guided meditation currently available as an MP3 file. This document provides some context and should be read first.

Do not listen to the meditation while driving. Please do the meditation after you have reached your destination, when you can give the experience your full attention the same way that the experience of driving deserves your full attention.

Decide how you want to use this meditation. As with every mystical practice, it is best to do it daily. Though you can also set the intention to achieve the results with only one pass, the best results come from daily practice. Just as you cannot expect one massage to fully undo years of tension build up, you cannot expect one pass through a guided meditation to be as powerful and effective as regular practice. The audio program is only 14 minutes long so you will want to do it every day as you see how good it feels each time.

Study the picture of the AIM Trays. It may be handy in order to visualize them more clearly during the meditation. On the other hand, it's okay to allow your inner vision to freely imagine them, even if that vision doesn't correspond to the way the trays actually look. By doing this, you will connect to the intention of the trays which is more important than an exact mental image. Remember, the AIM trays are the output stage of a digital device that emanates balancing energies. Balancing energies are the same energy as healing prayer, thousands of healing prayers repeated over and over. When your photograph is in direct contact with the metal tray that is the AIM tray final output, you are connected and you are receiving these energies. During the meditation we'll visualize that connection and feel it. Notice that there are 8 separate cabinets. In order to receive all of the AIM Program's balancing energies, everybody on AIM has a photograph on a tray in each of the 8 cabinets.



Figure 0: The AIM Trays

This meditation has 3 parts. Like painting a house, the first part, preparation, is the key to the entire process and takes most of the time. In the first section, we use the breath and our intention to direct our Life Force to open pathways or channels in the energy body to prepare ourselves to purposely and consciously connect to the trays in order to receive the balancing energies with the intention to do so at the highest and most effective level of possibility.

As part of this opening process, we will direct energy through three separate organ or glandular processes:

First, the thymus gland and heart, lungs, liver, pancreas, spleen, kidneys, sexual organs and reproductive system.

Second, the esophagus, stomach, small intestine, large intestine, bladder and urethra.

Finally the brain and pituitary, thalamus, pineal gland, and the spinal column.

Remember, the thymus gland lies underneath the top of the breastbone. The pituitary, thalamus and pineal glands are in the center base of the brain.

Just like with the trays, an exact picture is not as important as the picture in your mind's eye.

As we go through each organ, remember to let it relax. Will the organ to become soft and supple.

This process ends with directing the energy at your whole body then collecting it in your center, at the navel.

In the second part of this meditation, once we have begun opening these energy channels and charging the organ and glandular systems with energy, we will look for specific blockages that are preventing the full flow of life force. Let yourself identify any that exist. These are one way that energetic imbalances manifest.

As you already know, the AIM energies are specific tools to help you remove specific blockages. By inventorying your energy body you identify exactly what you want to work on. You *can* release all of these blockages.

Some of them, as they disappear, will reveal other blockages as their underlying cause. This may happen in layer after layer. Be patient with yourself. The process *is* the journey. You may realize that the bottom layer, the root cause, for many of these imbalances is actually unresolved negative emotion, which occurred either in this lifetime or sometime before. These unresolved negative emotions are what we call karma. If you experience emotions as you focus attention on these areas, stay relaxed and let the experience happen.

In the third part, we make a conscious connection to the AIM trays, directing the AIM energies along the pathways we opened in the first part, to the specific blockages we identified in the second part. Then we set the intention to maintain our enhanced connection to the trays 24/7 as a flood of spiritual healing light that helps us stay fully charged and ready for anything.

For more information about EMC² and the AIM Program, please contact your Facilitator. If you do not have a Facilitator, please visit our website, AIMProgram.com or call us toll-free at 877-500-3622.

The microcosmic orbit and the Golden Light techniques are based on time-honored traditions of Eastern religions and their view of the energy body. The inner smile meditation is based on work by Mantak Chia who teaches ancient Taoist techniques for massaging the internal organs.