



## KY meditation to maintain the body without eating

### *What It Will Do for You*

This meditation will build up your circumvent force and electromagnetic field. It allows you to draw in free energy (electrons, protons, neutrons) from the universe so that you can maintain your body without having to eat.

### *How to Do It*

Sit in easy pose, spine erect, with your arms extended out in front of you parallel to the ground with palms up (1). Very slowly move the arms back as far as possible, keeping them parallel to the ground and keeping the palms up (2). Then return the arms very slowly to their original position, so that the sides of the palms almost touch in front of you. Continue this cycle of movements.

While you are doing the meditation, imagine the circumvent force coming from the crown chakra (top of the head) to the palms. As the palms approach each other, feel and resist their attraction. It is this resistance, that builds energy in you.

Continue this meditation for 11 to 31 minutes. As you end, relax the arms down to your side, hands at the center of the chest, palms 2 - 3 inches apart (3). Move the palms back and forth slightly. Feel the attraction between them. Visualize a ball of energy between your palms.



1



2



3