

The first book by the Masters of the Pyramids leads you on a journey into the Soul that you are...

It gives you a clear understanding on how to enter into this blissful state of awareness and practical guidance through the unique and powerful Meditation exercises

*Lifting the Veil of Oblivion,  
Connecting the Heart and  
the First Eye,  
Connecting to the Being Earth,  
Lose the Fear of Death,  
Embrace Emptiness.*

*In looking through these extracts you will get some idea on what you can learn from the Masters teachings. You will also find one of the unique meditations.*

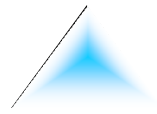
*This book will be available during Chris-Tian RA's stay in Tokyo and can be purchased in his Talk's, Workshops, and One to One sessions.*

Chris-Tian RA  
& Nina

# Awaken to your true self

*Journey into  
the Soul*

*Includes  
simple and  
powerful  
Meditations  
for your  
Awakening*



... **W**e want to

remind you of that, which you  
already know. We want to remind you  
of **YOUR TRUE SELF**,

meaning that you are light beings, without  
beginning and end.

When you become consciously aware that you are timeless,  
nothing will ever frighten you again.

When you know that you exist forever and that there is no beginning  
and no end, you are FEARLESS.

Many amongst you have a deep longing to wake up and to experience your  
**TRUE SELF** with **ALL-THAT-IS**.

Without knowing what you are, it is impossible...

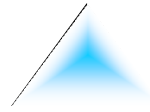
...WITHIN TIME, THE MIND IS ALWAYS RESTLESS.

To be restless means, that you cannot experience your **TRUE SELF**.

The people who rule you, keep you restless. Be conscious of that. They are powers who have tailored the reality of time for themselves in such a manner that they do not want to allow change to happen, because they see any type of change as danger. These powers sit in the most commanding positions worldwide.

They work on how this natural development in your evolution can be blocked and suppressed.

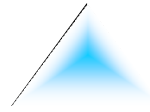
(Later on THE MASTERS OF THE PYRAMIDS will speak further about “power”)...



...we were connected with  
the Egyptians for a while and  
through this influence they were  
able to build the pyramids. We chose the  
people of Egypt and called them the People of  
Awakening.

We gave them tools to help them grow out of their  
darkness. It was a test at the time, and the test showed that  
they were not ready to open up the knowledge to their entire  
population, secret teachings were created from it instead and a few of  
those in the know used it for power. Consequently we withdrew and let them  
gain their experiences on their own.

**BECAUSE MANY OF YOU ON THE ENTIRE EARTH HAVE  
BEGUN TO AWAKEN, WE HAVE RETURNED IN ORDER TO  
SUPPORT YOU IN THIS PROCESS...**



...Earth gives you  
what you as a light being  
needs.

So give yourself nourishment which  
is given to you by the planet in a natural  
way.

There are foods for the mind (everything cooked and  
what makes the digestive process slow and difficult for your  
body) and there are foods for experiences (everything that is not a  
burden for your digestive system, i.e. fruit).

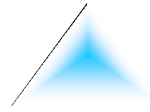
**STAY AWAY FROM THE FOODS FOR THE MIND.**

If you were already consciously aware that you are a light being, you would never eat  
meat. You would be aware that you are not made to eat meat and that it darkens you.

Give yourself the aim, to eat more and more RAW FOODS, to help your body raise its energy  
level. This will also help you in making your body more transparent.

In this way, less can get a hold in your body. I.e. viruses cannot take hold in a transparent body.

To enable your body to become more transparent, it is important that you become consciously aware,  
that “solid form” is a limiting idea of your mind...



...**T**he more you

remember your essential being,  
the more balance arises.

You are out of balance (we want to clarify  
this), because you are fed with the wrong  
assumptions.

**EACH ONE OF YOU EXISTS** (and this is also a  
point which needs to be clarified once again)  
**ON DIFFERENT LEVELS OF REALITY.**

Most of you have forgotten what you have already learned and developed  
in the different dimensions.

We are here to bring those levels of reality closer to you again, in order for you to  
have access again.

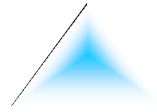
There is a horn of plenty which you do not use, because you have forgotten it and were  
supposed to have done so.

We want to show you a way, which accelerates your growth:

It is not necessary that you work through everything on your level of reality.

It is more important that you work your way towards and thereby re-open access to that, which you already know.

When you work your way towards free access to this reality of your self, you can always gain access to the abilities you  
have already acquired. Then you can bring your experiences gained on other levels into this level...



...Your consciousness  
cannot be separated from your  
heart.

The heart is your true brain and **ALL**  
**THAT IS** is stored therein.

It supplies you with all kinds of information,  
knowledge, in other words nourishment.

This is being activated in turn by the opening of your  
TRUE EYE which enables the stream of knowledge to flow  
unhindered.

**IT IS THEREFORE A FACT, THAT A HUMAN BEING WHO  
STANDS IN CONSCIOUS CONTACT TO HIS/HER HEART, IS  
NOURISHED BEST.**

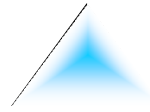
Due to the immense over-emphasis of your brain as a thinking apparatus, your heart does not receive  
enough energy.

Imagine two paths, one leads into your head, the other to the heart.

The main path which is being supplied with energy has up until now normally lead into the head.

In order for you to be what you are meant to be, it would have to be the opposite way around.

The main path leads to the heart, the side path to the head...



## EXERCISE LIFTING THE VEIL OF OBLIVION

*Visualise or imagine the colour green  
for a moment.*

*Then with the fingers of one hand touch the back  
of your neck in the middle, move them upwards above  
the base of the skull until you feel a small hollow.*

*This hollow is situated opposite the first eye, the first eye  
being an energy centre in the middle of the forehead a bit above  
the eyebrows. You can touch this area simultaneously. Close your eyes  
and massage this hollow softly counter-clockwise.*

**Chris-Tian RA:** This exercise is the perfect beginning to any meditation cycle.

The opening you achieve will allow you to experience all the other meditations more intensely.

In lifting this Veil that hinders our expansion from separation into a state of oneness you touch more and more on your True Self, the Soul that you are.

The first time you do the exercise, you might feel a bit dizzy and this is just a reflection of letting go of the mind. If you also feel a resistance or slight pain in the area that you are massaging, just acknowledge it and go on. It will turn into a very uplifting experience.

Even when you massage this area without stepping into a state of meditation, for example, when you are on the phone or brushing your teeth, it has a strong opening effect. The more you do it, the more you expand.