

***Valaya Sarán®***  
***Awakening Your Heart-Field - Diving into the***  
***Vibration of Happiness***  
***~ Procedure and explanation ~***

At your initiation appointment take five minutes during which you are not supposed to do anything else. You should not drive a car, operate potentially dangerous machinery or do anything that requires your full attention. During the period of those five minutes you will receive your basic initiation. It acts like a seed.

There is no need to rest after the initiation. Because...

Next time you go to sleep for a few hours, there will be an extensive upgrade of the initiation through which the full spiritual empowerment unfolds. When you wake up, everything that is important has already happened.

Of course, what can happen is that you experience extraordinary dreams. You may decide to write down what often are precious images, insights, seeds of wisdom and vision.

The initiation will last for at least one lifetime and never needs to be renewed. And since the initiation is a gift from supreme Divine Beings, human beings are not able to alter or hamper, block or destroy it.

The Vibration of Happiness is and will always be your gift and nobody can take it away from you. Since the initiation into Valaya Sarán® makes the Divine Vibration of Happiness accessible to you, it is perfectly compatible with all other spiritual initiations.

Yes, you will even discover that other forms of lightwork which you have been initiated into might have an even better, deeper, more constructive and more spontaneous effect. This is one of the many miracles of Valaya Sarán®...

More miracles will reveal themselves to you as you go along.

And - you certainly do not have to believe in it...

When the relevant potentials are needed in your life, miracles will knock on your door.

If you have made the decision to bring visions into this world which your Guardian Angel would like to support, miracles will happen to complement what you cannot create on your own... And yes, by all means, you are allowed to go big with your visions and projects...

However, according to my experience even „small“ projects can often have amazing effects.

***Dare to live your Divinity.***  
***It does not matter to what extent.***  
***It is really worth it!***

If for some reason you are not ready on the chosen time and day, just say three times, „Valaya Sarán - not now!“ Then just register for another appointment and receive your key to the Vibration of Happiness.

By the way, there is no benefit in getting initiated over and over again — because you only need one key to unlock the door to your home.

If you would like to immerse yourself in the Vibration of Happiness and learn to enjoy your life even more, I suggest to do the simple, safe and intense exercises explained below.

*Based on my experience I would say you will love it...*

### *~ The practice of Valaya Sarán® ~*

#### ***Basic Exercise — whenever you like...***

Focus your attention on the center of your heart.

There is a tiny, very bright and warm spark of light.

You do not have to „see“ it. You only need to have the intention that it is there.

Say or think the mantra (sacred word) „Valaya Sarán“ as often as you feel appropriate.

Have the intention for the spark of light in the center of your heart to vibrate, resonate, radiate.

#### ***Advanced Option 1 - Whenever you would like to spend more time on Valaya Sarán...***

Sing out loud or in your mind a song that generates a kind and loving mood in you.

Keep your focus on the bright, warm spark of light in the center of your heart with the intention for it to vibrate with your song.

It does not always have to be the same song.

#### ***Advanced Option 2 - For a deep experience of the Vibration of Happiness...***

Do the Basic Exercise or Advanced Option 1 for several minutes.

Then have the intention to strengthen, to nourish the spark in the center of your heart with every inhalation — so it flares up brighter, warmer.

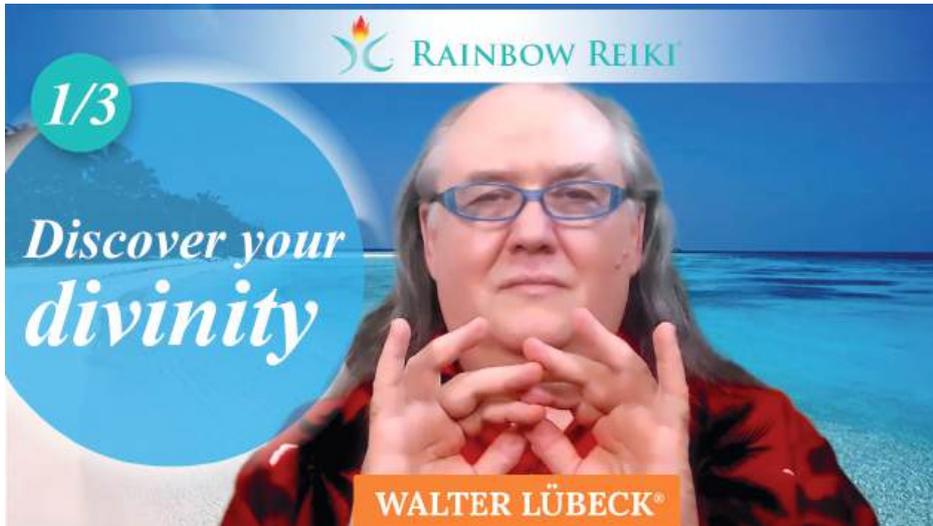
With each exhalation, have the intention to let the warm, soft light spread pleasantly from the center of your heart through your whole body.

#### ***Finishing an exercise...***

If you would like to finish one of the exercises, thank the Divine Source, whatever you call it, for its presence, its gifts.

~ Recommendations ~

This free video from me (YouTube) supports you with the topic „*divinity*“...  
<https://www.youtube.com/watch?v=bHE8RUq925Y>



...this video supports you with the topic „*Invite Miracles*“  
<https://www.youtube.com/watch?v=u8c08yqF6TQ>



***Discover and enjoy your calling.*** Since you invest so much of your energy, your lifetime, your attention in the job that financially supports your life — this major effort should not only be economically profitable. It should also increase your happiness in life and further you on your soul path.

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Your calling is something to nourish you. And the more of a spiritual understanding you have for the work you do, the more your heart will be supported — and your soul will be happy. My video will help you to discover your calling, to integrate it and to live it successfully and happily...

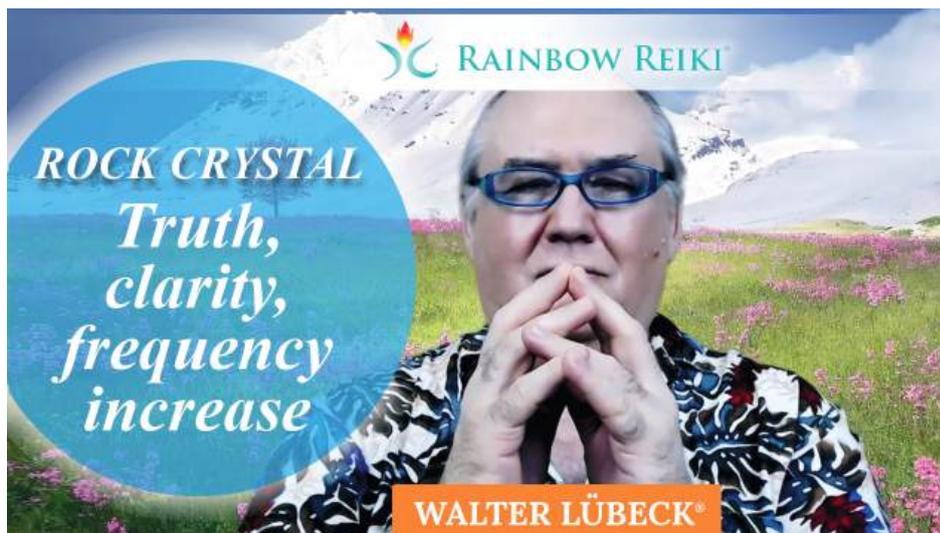
<https://www.youtube.com/watch?v=BagwV04b4Xc>



From time to time it is a good idea to immerse yourself in the spiritual *clarity of the Quartz Crystal's energy field* to further develop your resonance with the Vibration of Happiness. That way you will be better able to step out of the everyday confusion.

If you would like to invite support for that, my video will facilitate this process for you....

[https://www.youtube.com/watch?v=6fax4\\_BSdIU](https://www.youtube.com/watch?v=6fax4_BSdIU)



*~ Where does Valaya Sarán® come from ~*

My spirit guides provide me with valuable suggestions during my daily meditations. For several years now they have systematically paved the way with initiations, exercises and the revelation of past-life memories for me to take this tremendous next step of making the Vibration of Happiness - Valaya Sarán - accessible to you.

The term Valaya Sarán comes from a temple language of the highly spiritual culture of Lemuria which disappeared 12,000 years ago. There I spent several beautiful and very happy lifetimes as spiritual teacher and healer.

Over the last few months the project has been brought to its final phase for now.

The Angel-Light videos on my YouTube channel are also part of this.

During these difficult times they will help those of you who would like to invite and need the necessary support to implement the comprehensive transformation in the easiest, most complete and fastest way possible.

*The meaning of Valaya Sarán®:  
Kind, gracious smile of the Goddess (Mother of Life, Mother Nature)*

*~ The gifts Valaya Sarán® has for you... ~*

It will support the spiritual power of your heart. This is similar to filling up a bottomless pit. With each practice you fill your heart with Divine Bliss, also known as Ananda in India. To be more accurate — you are opening your heart to it. Eventually a threshold will be crossed and a huge, beautiful change, transformation, will be offered to you.

However, the process of replenishment already initiates many spiritual healing processes in you on different levels.

What happens for you here is a very personal, individual matter.

Just notice the minor and major miracles happening to your life „by chance“...

*And if you like, just say: „Yes!“ and „Thank you!“..*