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## **Module 4 – Direct Experience Meditation 3 – Andromedan Space Station Journey**

This meditation was inspired by a Bashar “Place of Perfect Peace” Meditation, some visions I had during a group channeling session and visions of space stations from early on in my Journey.

As we activate and balance our chakras we gain access to our multidimensional nature through the pineal gland/third eye. Our pineal gland releases a chemical known as DMT which enables us to access interdimensional states. Through focusing our consciousness on the centre of our brain where the pineal is located, and visualising the release of DMT flowing from the gland, we can stimulate natural release of DMT. From here we can begin to access interdimensional realms. It was in this state several years ago that I began to see visions of ET ships and space stations that are part of the inspiration for this meditation.

There are many levels of consciousness we can interact with in this realm, from imagination, to something with more solidity in the Astral realm, to higher dimensions of consciousness where we’re interacting with extraterrestrials. If an experience is powerful and connects with



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beings that have a strong energy invoking emotions and insights in us; this is a sign we're connecting with real beings and not just our imagination. If the experience is more dreamy and lacking consistency this is a sign it's more connected to less solid astral realms or the imagination state.

