

Connecting with the Cosmos (12,0)

While grounding and earthing are important, connecting with the cosmos equally is. Just like grounding is done with the first chakra, the connection with the cosmos is done through our 7th, or crown chakra.

A person who is not connected with the cosmos generally gives too much importance to earthly material things. S/he can become possessive and experience a lack of ideas for problem solving.

To connect you with the Cosmos, I emit the (12,0) wavelength at the top of the head where the 7th chakra is and wait for the antenna to tip thereby signalling that it has resonated with the vibration.

How can you establish a connection with the Cosmos?

For those who don't have a Lecher Antenna, **intent** is the most powerful method to connect with the cosmos. Allow yourself to receive guidance to connect with universal potentiality and possibilities. By welcoming new ideas you allow yourself to receive energy from the Cosmos.

To pray and ask for help or information from your guides can be especially helpful. When you practice meditation and put your questions out there, you put yourself in a welcoming state of mind and heart. Listen and look out for your answers and you will get them.