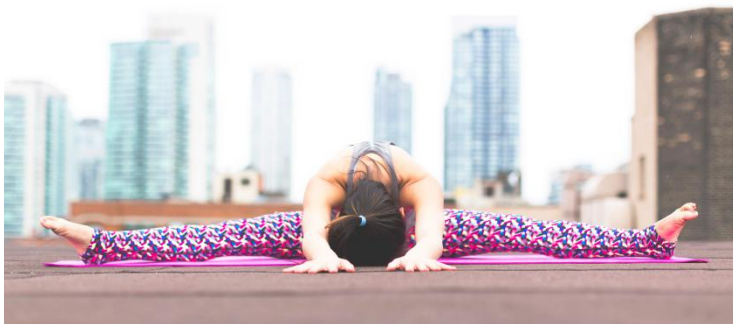


# **The most powerful meditation**



**Access an unimaginable potential that will  
improve your health, beauty, and success  
through this spiritual guide that will change  
your life.**

**By Cristian Soriano**

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Edited & Designed by Cristian Soriano

## **Dedication**

**This book is dedicated to my family, my mom Dora Solleiro, my dad Jesús Soriano and my two brothers Alex and Gibran.**

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## Preface

I Cristian Soriano wrote this book with my "own hands" to share strategic information about something almost no one is talking about. That made me felt an urgency for sharing the knowledge included here. Experiences during a time when my spirit was dark made me discovered why it is crucial to maintain the spirit healthy. The spirit is the invisible area of the body, a field of light around the person. When this part is robust and shiny our potential is increased and the attitudes are the best to have success in any area of life.

What was keeping my spirit dark was what could accelerate my spiritual development to the fullest but took me years to figure out that. Then, I noticed that my darkness was reflecting problems in my life, and my inner light was projecting a lot of good experiences and events. I found out an intrinsic connection between a chaotic life with having the spirit dark. For me, there is no doubt that my darkness inside was reflecting chaotic events outside. I was unable to solve those problems only cause they were mirroring me and when my spirit got light again due to my daily spiritual training, those circumstances found the solution naturally. This is how I realized that my inner light projects wonderful experiences quite often and that is why it is strategic to keep the spirit bright.

It is very important to maintain a shiny spirit not only to manifest goals with success but also to maintain "a real connection" with God. There are many people trying to feed their spirit by acting morally correct and this is due to ignorance because the spirit should be trained only by cultivating the light of the cosmos on it, there is no other way. Imagine that you want to grow your muscles and I teach you what to eat and which exercises you should do but you never do them. The muscles will never grow up, right ? Well, here you will learn the best method that exists to introduce large amounts of light into the body that will strengthen the spirit so that you practice it frequently. The people with a strong spirit act with compassion, love, and respect with society, their bodies, and nature as well. This is naturally achieved by cultivating the light and when the practice is maintained for quite some time, the spirit widens a lot and becomes completely bright. This book will help you get an idea of how to train the spirit to expand it and become a giant person. If after reading it you fall in love with me do not look for me in Tinder, just subscribe to my [newsletter](#) to receive notifications about my next books or mail to [pranachy@protonmail.com](mailto:pranachy@protonmail.com) if you think it is strategic that I will be your spiritual coach.

Cristian Soriano

## Introduction

The fastest way to enlighten is having sex. The act of procreation is the most powerful spiritual practice and is also very enjoyable, but it could be the shortest stretch to reach hell. Who imagines hell as something that will come after death is ignoring what it really is and is simply repeating what others say and imagine. Hell is the state of consciousness of a person with a dark spirit. I was in hell and some invisible friends helped me understand it and showed me the way out. Their teachings are transmitted to me in a very magical way, by signals, images or events that appear on my environment. My guides communicate with me with methods that break the laws of nature, but because of that, I discovered some aspects of the reality that almost no one is talking about and I am transmitting to the people able to understand them throughout my books.

Please, be open to what I going to talk about next, I promise you that everything described here could be proved easily with your own life experience so keep your rational mind a bit away during the lecture because many things that you going to learn here are completely new concepts that are strategic for a quality life, and it is essential that you take advantage of this knowledge.



Most people are closing the door to their higher potential by the excessive use of their rational minds because during childhood were introduced to them, old beliefs that greatly reduce their capabilities. So, It is hard for people to understand their whole abilities, especially the power of the imagination as the most potent tool to mold reality. The old inherited beliefs are stripping society of their most powerful tools, the imagination, and the coitus. However, this document will help society to recuperate their divine nature.

The community has been distanced from their ability to strengthen the spirit in a surprising way because sex is Tabu in many cultures. A healthy and light-filled spirit can be achieved with the coitus. By keeping the spirit robust it is accelerated the manifestations of goals, the health is improved and it is achieved a strong state of happiness because the emotions are dominated. When the spirit acquires shine the higher mind is activated and it is easier to perceive all these weird things described here. I will share with you the knowledge you need to embrace your partner with love using a method that will improve the lives of both.

***The Caṅḍamahāroṣaṇa Tantra declares, “There is no greater sin than dispassion and no greater virtue than pleasure.”***

# CHAPTER I

## Working out the spirit



### What is the spirit ?

The spirit is the invisible part of the body, it is a field of light around the body and it is the emotions, the mind and holograms of light. Some people can see it as Barbara Brennan. That area grows considerably with spiritual training and the colors change when the vibration increases due to daily and constant practice. A person can literally be a diamond from another perspective after storing the light in the spirit for years.

Some people by ignorance confuse an intellectual practice with the spiritual. For example, studying the Bible, Buddhism, Kabbalah, about the

Chakras or even the Mystical art is not a spiritual practice, it is an intellectual activity.

**The cultivation of light in the spirit is the only thing that makes the spirit widen, strengthen and shine.**

*Barbara Brennan said that before any disease appears in the physical body it is visible in the spirit as a dark fog, from those obscure spots normally the light is leaking from the body. She has the ability to see the spirit of the people and the information stored there.*

A person becomes peaceful, happy and wise naturally when the spirit is enough big and bright after the training for years. In this stage no one needs to do any effort to be a good person, they naturally are. Most people have a small field of light around them. Who exercises the spirit can make it grow so much that it could become 80% of the body being the physical part only 20% or even less. In other words, this field of light could reach meters around the person. They become more light than physical matter while most of the people have a body that is approximately 70% organic matter and only 30% light. People with a big spirit are in an upper dimension, their bodies vibrate faster because they are more light than solid matter. Let me explain, everything is energy, everything visible

is only energy that vibrates slowly, consequently, if the invisible area of the body is wider than the physical part, the whole body becomes more vibrant in its entirety.

The body of light is invisible for almost everyone because vibrates quite fast; when a person achieve a high vibration life becomes very interesting. This state empowers the person tremendously and by having sex, the spirit is strengthened and greatly expanded. Sounds good right ?

***But be aware that sex could be also the shortest shortcut to get to hell as well !***

## **How can we train the spirit ?**

In order to improve the strength and appearance of the spirit is necessary to cultivate the energies around, inside the body. **By taking care of the spirit, the health is improved and the lifestyle as well.** A healthy spirit brings a lot of creativity, good ideas or smart solutions because the mind is part of the spirit and operates with a higher potential when the spirit is bright. By harvesting the cosmic energy in the body, the spirit is filled with light and the darkness is diluted. Later, the defects disappear even if the person made no effort to eliminate them. Many people make too much effort to be a good

person and end up creating 2 personalities because the only way to become a Saint is by cultivating the light within the spirit. We are living in a Universe where everything is vibrating and it is strategic to vibrate higher, my friend !