

## Daana

Daana is a noble quality of the Soul. It means - to share. Sharing is part of Love. When you share, it means you care.

Daana when practiced with love and sincerity, can create profound changes in one's life. The very act of giving simply as a means to show love and care, opens up your energy field and acts as a cushion to support you in opening your chakra centers.

There are energy points within each chakra and one of the mechanisms to open these energy points is Daana. These energy points are shaped like Cone structures and the act of Daana will move the energy from the base of the cone to the top of the cone and will create an opening for the energy to flow.

Daana must first be practiced within oneself. Give to yourself - your love and your compassion. Go into the energy cones within your chakras and give yourself love and attention.

In each of the cone structures, there are mathematical frequencies, and these get stirred when you send love and appreciation to the cones. The mathematical frequencies are 111.

Bring this number in your mind's eye while you send love and kindness to the cones within each chakra. These vibrational numbers are translucent, and it will start opening up the energy of the original intent for your birth which are placed in your chakras.

When you practice Daana for yourself, this will start to become a natural part of you.

Daana can also be practiced to support Mother Earth and all her creations. In addition to sending love to her, you can also place intent through a crystal, a leaf, a song, a geometry, a prayer, a dance, a tone and many other forms of expressing love and gratitude.

Consider practicing Daana on a daily basis even in minute form. When practiced with love and gratitude, it opens the door to the abundance of life. This is one of the basic secrets of life.

Sharing creates More  
Sharing opens one to Receive More  
Sharing transmutes Karma  
Sharing transforms fear into love  
Sharing creates a bridge for  
transformation  
Sharing creates healing between  
countries and nations  
Sharing opens the energy of  
appreciation and gratitude.

This simple quality of appreciation and  
gratitude is one of the Golden Keys to  
Self-Transformation.

Bring the vibration of the word Daana  
into your palms and let it become a  
hand for giving and helping.

Bring the vibration of Daana into your  
voice and let your voice become the  
voice of your Soul to serve humanity  
Bring the vibration of Daana underneath  
your feet, so that your feet only  
imprints thoughts of Love on Mother  
Earth's body.

Bring the vibration of Daana into your  
Soul Chakra (8 inches above your head)  
so that you have appreciation for your  
Life, For your Soul and for The Creator.

*You may also want to practice  
chanting Daana several times  
throughout the day.*

*Daana will transform you*

*Daana will invigorate you*

*Daana will support you*

*Be Blessed in Daana*