

This is a simple breath work practice that will greatly help you activate and charge up your bodies energy centers. Our energy centres aka chakras are essential to our soul growth while we are incarnated on a planet.

Lay down someplace comfortable,

where you will not be disturbed for at least 15~ minutes.

Focus your attention on your navel area, your awareness to this area of your body will direct your drawing in of

\*Consciously breath in through your navel exactly 27 breaths.

(This area of our body, our Solar plexus, is our main energy centre for our mind/body and soul- it is our warrior's will! filling this energy centre with the consciousness of your attention will chafe you to be an even stronger warrior)

When 27 breathes completed for the Solar plexus-allow your attention, your mind to rise up, don't "pull" energy up to heart! ~just bring awareness to to your heart..the heart is like a gold centre, its a very valuable, a place to protect, guard it!

\*breathe into your heart centre only 18 breaths.

(when I was first doing this not only would i lose count of the breathes but the "symptoms" of the energy attacks would return, which freaked me out at first then I realized it was the residual energy of what they had/were doing being cleared. After a week of doing this daily no more heart palpitations were ever felt after years of having them.)

Lastly, when Heart centre is full and protected,mentally raise your mental attention to your third eye area, it is like brittle crystal, so really lightly focus attention on the breathes you draw in thru this energetic structure..breathe in ONLY 9 breathes..feather touch with this area..if you breathe too strongly to this area it may hurt.

(inner sight will be returned in full awful and wonderful glory- knowing a bit what you have gone thru it may help you to locate your own "soul tag" that allows them locate and take you, let me know if you do and if you need help removing it, as I and my partner have been successful in several successful removals starting with my own.)

So again, 27 breaths to the navel area,

18 to the heart,

and 9 gentle breaths to the 3rd eye!