## RHYTHMIC BREATH, A GUIDED EXERCISE

*(Music at the discretion of the Leader*)

## PROJECTING GOD REALITY INTO THE PHYSICAL HEART FLAME WITH THE HOLY BREATH

Become relaxed but poised; begin with three deep breaths in and out: Feel the Holy Breath ... Enter now the Sacred Presence of your Three-fold Flame within the Heart;

1. A Slow deep inbreath, contemplating the "I AM" Presence ... hold it in for a moment and become the Presence.

B. On the slow, controlled outbreath, affirm positively: "I AM" consciously ·breathing into my Heart Flame the Divine Pattern of my own "Mighty 'I AM' Presence".

(A and B three times)

2. A Slow deep inbreath contemplating the Causal Body ... hold it in for a moment and become the Causal Body.

B. On the slow, controlled outbreath affirm positively: "I AM" consciously breathing into my Heart Flame the full gathered momentum of my Causal Body.

(A and B three times)

3. A Slow deep inbreath, contemplating the Holy Christ Self .. . hold it in for a moment and become the Holy Christ Self.

B. On the slow, controlled outbreath affirm positively: "l AM" consciously breathing into my Heart Flame the Love Nature of my Holy Christ Self.

(A and B three times)

Entire exercise repeated twice more -- as the Heart Flame becomes more of the Reality of your Permanent God Nature. Then on to:

## PERFECTING THE LOWER VEHICLES IN THE HEART FLAME --USING THE HOLY BREATH

Now, centered in the ever-increasing power of your Three-fold Flame in your Heart, REALIZE that the fullness of the Sacred Fire of Purification, Mercy and Forgiveness in NOW within that Flame.

(Pause and contemplate this REALITY)

A. On a slow, deep inbreath, consciously draw all impure substance from your emotional body into this beautiful Transmuting Flame; hold the breath within the Flame and visualize all impure substance dissolve before your eyes!

B. On the controlled outbreath, consciously expand into your emotional body all the transmuted and purified substance from the Flame; feel it radiate its new found perfection through your emotional body; and then hold the breath out of the body for a moment projecting the Ascended Master Feeling of the Sacred Fire of Transmutation and Freedom into the world around you (or wherever you choose to project it).

(A and B three times)

Repeat A and B for mental, etheric and physical bodies, three times each. (i.e., for pure thoughts, memories and a physical healing)

*NOTE: 'A Service of Transfiguration, Resurrection and Ascension for a Departed Soul' and 'The Golden Chalice Ceremony -- Holy Communion for the New Age' are two Services available in booklet form from THE BRIDGE TO SPIRITUAL FREEDOM.*