

SUN – BODY-EARTH PRACTICE FOR CLEANSING, REVITALIZING, & PROTECTING THE MIND/BODY/SPIRIT

1. Please watch the video for an explanation of the steps and health benefits: [CLICK HERE](#)
2. Sit outside on the ground or on wood/organic material with bare feet in the Earth
3. Clear excess electromagnetic energy and racing thoughts (explained on video)
4. Call in protection from spirit guides, higher self, golden or white light, etc
5. Set an intention
6. Slow down breath: Breath in through the nose for 4-counts, hold for 4 counts, exhale through the mouth for 8 counts, hold out for 8 counts (repeat 3 times)
7. Take a big breath in through nose, down through back of spine around to the root chakra, exhale through the mouth and push air up through each chakra envisioning each one lighting up with their corresponding color
8. Pop consciousness out of crown in a clear Merkabah
9. Travel up beyond Earth's atmosphere to the sun, envision opening and enter into the center
10. Anchor a tube into the core and travel back down to the Earth extending the tube with you into your chakras, down into the Earth and hook the tube into the core of the Earth
11. Travel your Merkabah back to your heart chakra and begin syncing your breathing by inhaling through your nose and imaging a waterfall of crystal white light from the sun flooding your tube into your heart chakra then exhale and push the light down through the rest of your chakras and into the Earth's core returning to the sun in a toroidal field pattern
12. Repeat for at least three big inhale and exhales
13. Pull the ends of the tubes back into your heart chakra and close your auric field
14. Take a large inhale through the nose and exhale through the mouth envisioning your breath vaporizing and creating a diamond-strength clear sphere around you 360 degrees



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