



~Energy exercise to feed nourish the solar plexus, heart and third eye chakras with or without Sun being out!~

Not many have heard of this energy practice, it easy to do but it must be done in the order and manner explained to gain the benefits! One of the biggest benefits is that this exercise removes the not human programming, re inserts our true human abilities, primes us for the incoming return of our abilities! I have had it reported to me that this simple exercise, if done correctly has made people astral project/OBE! So please read carefully ok as there is consequences if one does not follow the instructions, as in damage to the 3rd eye..

Our bodies chakras are energy centers, natural specific energy vortexes. Not created! but they do need to be maintained, energized.

Sun gazing and grounding, earthing does energize our chakras, energy centres. But so does just breathing! Just as Earth, our planetary body Soul Mita/Gaia has chakras, She breathes! We can breathe the energy from the Sun and the Galactic Central Sun, even though it cannot be seen with the naked eye..it can be seen with the inner eye, 3 rd eye..no need to worry of visualizing this, it will occur naturally if one lays down with the intent to “energize your chakras with breathe” Remember all the worlds mediation practices, healing practices centred on breath work..it is a very real way of accumulating energy..and very natural and easy! If this is done correctly and on a regular basis it will open the 3rd eye in an amazing way!

Of all our chakras ARE energy centres, like battery storage hubs, a few are more key than others, these will be recharged in this exercise!

The first step to this energy exercise starts at the roughest toughest one, our Sol-ar plexus. Yes Sol-Sun area is our largest energy storage area. This is the navel area, it is the bridging chakra between the lower to upper chakras..if the navel chakra is filled, fully charged we are ready for anything, it is a the warrior chakra. It is very tough, it is the seat of our Will!

The Solar chakra, naval area must be filled, recharged first for the the heart to be recharged, if one is skipped the breathes charge will only go to fill up the biggest battery area first and one will not have the attention and correct amount of breathes done to fill the chakra fully. So please do this in the order given, most will actually feel the fullness of the charge at each chakra area once the number of attentive breathes is done, its way cool!

Let your mind rest it s attention on your navel area, as you breathe in allow the energy of your breath come in through this structure, relax, imagine each inhalation coming in though your belly button/navel... take exactly 27 breaths in though your navel.

- 1) Then allow your attention, your mind to rise up, don't "pull" energy up to heart! ~just bring awareness 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.
- 2) Then and only then do you rise up to the third eye...delicately bring your attention to your third eye area, it is like brittle crystal, brain sand is there that is the results of the calcification of the pineal..so really lightly focus attention on the breathes here and you will start the flow, to clear this sand..breathe in ONLY 9 breathes..feather touch with this area..if you breathe too strongly to this area it may hurt..remember only the open hand has the bird land upon it..if you want to "See" be calm, gentle with this area!

So again, 27 breaths to the navel area, 18 to the heart, and 9 gentle breaths to the 3rd eye!