



PYRAMID MEDITATION

Spiritual Exercise



Preparation

As usual, before you start any meditative practice, chose a quiet place where you can remain undisturbed for a while. Sit quietly and breathe deeply a couple of times. Start forming your sacred space, by chanting at least three times:

Kadoish Kadoish Kadoish, Adonai Tsabayoth

This chant will create a higher vibratory pattern that will automatically raise the seven general frequencies, corresponding to the chakras, of the place you are, both internally and externally.

Next concentrate on your inner balance and when you find a place where you feel completely comfortable, recite the Mantra of the Soul, which will automatically activate your Soul Star.

*I AM the Monad,
I AM the Soul,
I AM Light Divine.
I AM Love,
I AM Will,
I AM Fixed Design.*

The Technique

Close your eyes softly and concentrate in your breathing.

Inhale without effort, retaining the air inside of your lungs for brief instants.

Next exhale the air forcefully out of your lungs.

Repeat this process at least 5 times.

While you are breathing in the air, imagine that you are in taking pure olden cosmic energy, and energy that revitalizes you and that dislodges all the stagnated and negativated energies that may still exist inside of your system.

This stagnated energy is now released to be purified and recycled by the spiritual beings that work through the Law of One and that abide by the vibrations of Christ-consciousness.

Repeat this procedure at least three more times.

Relax for a moment and now imagine with your mind's eye a Pyramid which surrounds you as a protective structure formed with intense colors from the blue and golden rays. Around this pyramid, you see a circle of white Light that guards the perimeter of this sacred space.

See yourself now entering this place and sitting down comfortably in the center of the space.

Body Posture

Sit in a relaxed way, but try to keep your spine straight and stretched.

Place your hands together in a prayer position, with the palms touching each other, in front of your heart chakra and in a ninety degree position in relation of your arms (such as a pyramid).

Breathe normally and softly.

Your head symbolizes the tip of the pyramid, which is the receptacle of the forces of Light and love of the universe.

Opening the Space

Slowly separate your palms a little and declare:

“I allow myself to open a new space in my life”. (Say it three times).

“I decree that any negativity, fear, illnesses, poverty depart from my life, now”. (Say it three times).

“I decree that_____ (state the name of the problem, emotion, and fact) be removed from my life right now, to be purified at the spiritual level, I am now allowing my personal liberation in various levels.”

Now, elevate your hands in the direction of the higher realms, and offer to the universe what you do not need or want in your life anymore. Offer it knowing that these are just manifestations of energies that can be recycled. Strongly will that what you do not wish to have in your life, be transformed through the lenses of love in energy of healing, restoration, health and prosperity by the heavenly beings to be used where is more needed by the Divine mind, for the greater good.

Unite now the palms of your hands above your head respectfully. Symbolically, give it to the universe. Bring your hands back down again to the point where you feel your heart chakra (as the Namaste position), and then transform it in a self-hug of forgiveness, release, self-acceptance and gratitude.

Occupying a new Space

After opening a new sacred space in your life by this ritual, it is necessary to replace the content that was taking out with new energies and intentions.

Repeat the process and movements you did before with your hands, separating the palms; breathe deeply and visualize between them love, light, colors, images of goodness, hope, intentions, and decrees. Visualize everything that is righteously desired by you. Elevate one more time your hands to the higher planes and send forth your intentions to the Universe. Thank the Universe for this opportunity of sharing.

Closing the Meditation

Without being in a hurry, breathe deeply, at least three times, letting the air out somewhat forcefully. Relax. After doing this, intentionally leave your pyramid and slowly bring your internal and external attention back to your present reality and your physical body.

Open your eyes and with an attitude of gratitude, thank the Spiritual plane for allowing you to receive these blessings and the opportunity to start anew another moment in your life.

Will that all your wishes and intentions be always permanently aligned with the greater good of all.