



**SPIRITUAL COHERENCE
EXERCISES**



Coherence and Anchoring Exercises

Breathing Exercises 1 & 2

As any spiritual exercise, to perform this application, you will need to find a quiet place where you can dedicate at least a half an hour to yourself.

These exercises were designed to implement a harmonic frequency among your bodies, which will facilitate their coherence, their synchronization and the anchoring of their energies. This way you will be able to absorb and retain larger amounts of energy, which is the primary requirement to enlightenment and self-realization.

Preparation:

Calm your mind down for a few moments, even recite one of your favorite mantras if you may, and activate your Soul Star using the Soul Mantra. After repeating mentally the mantra three times, start the following exercises.

Exercise 1: Breathing Meditation

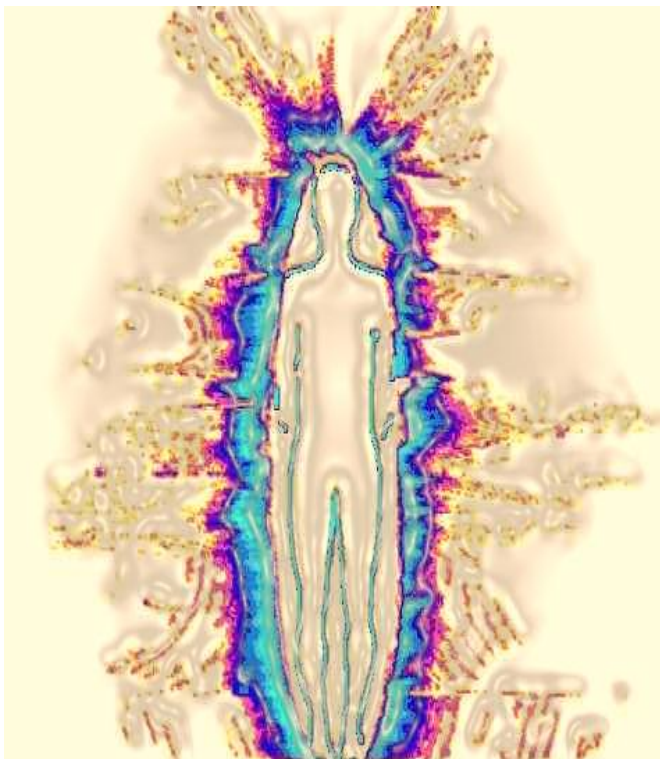
Begin by breathing deeply and fully, taking several deep breaths, connecting the inhale to the exhale. On every out-breath, feel your body relax, allowing tension to leave you.

As you breathe, become aware of the areas of your body where you feel tense and breathe into those parts, imagining that the in-breath is loosening the tension and the out-breath is carrying away stress and tension, creating space inside you to relax more and more with each cycle of your breathing.



Be aware of your body, of sensations and feelings, of the mood you are in as you breathe, relax, and let go.

Notice your thoughts as they come and go. Simply observe, being aware, letting thoughts and feelings flow, and as they flow, let go with every breath, relaxing and releasing tension ... relaxing ... allowing the tensions to melt ... to dissolve and disappear with the slow, steady rhythm of your breath ... becoming relaxed and aware ... calm.



Allow yourself to be in this mindful yet calmly place for a few moments and feel yourself being rejuvenated.

Exercise 2: The Rainbow Cocoon

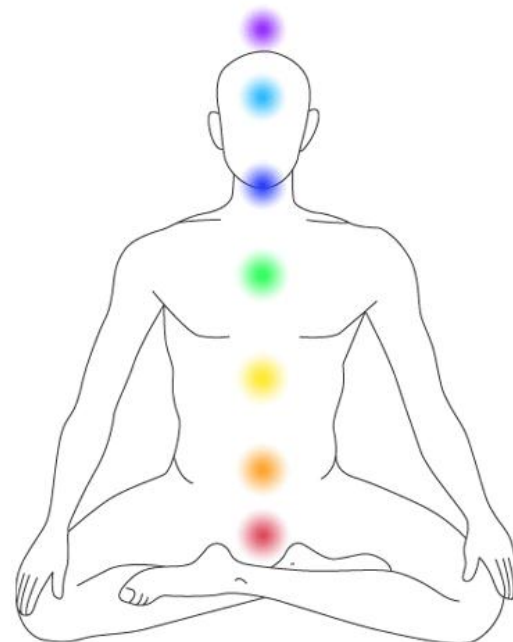
This exercise helps you create harmony between the various levels of your being.

Begin with the first breathing exercise. When you are fully relaxed, imagine that your aura is being surrounded by a soft blanket of pure energy.

Visualize it taking the shape of a spherical cocoon. Let the space within your cocoon become magnetic and let your intuition choose one of the pure colors of the rainbow. Accept the first color that comes.

Visualize the color filling the cocoon. Let yourself bathe in its pristine clear light.

Let your whole being be immersed in it. Imagine that, like a sponge, your whole being is absorbing light through the pores of your skin, penetrating, cleansing and healing your etheric and astral bodies.



You are now completely purified and sealed in your cocoon of pure Light. Remain in it for a few minutes, breathing its purity.

A variation of this exercise can be practiced as one is taking a shower, as you imagine the cocoon forming around your body; you imagine at the same time the water washing down all the blockages, impurities and negative residues that may have been accumulated on your auric field (outer bodies). As the water runs down your physical body, imagine the cocoon solidifying and getting stronger and cleansed enough to radiate your pure internal brilliancy.