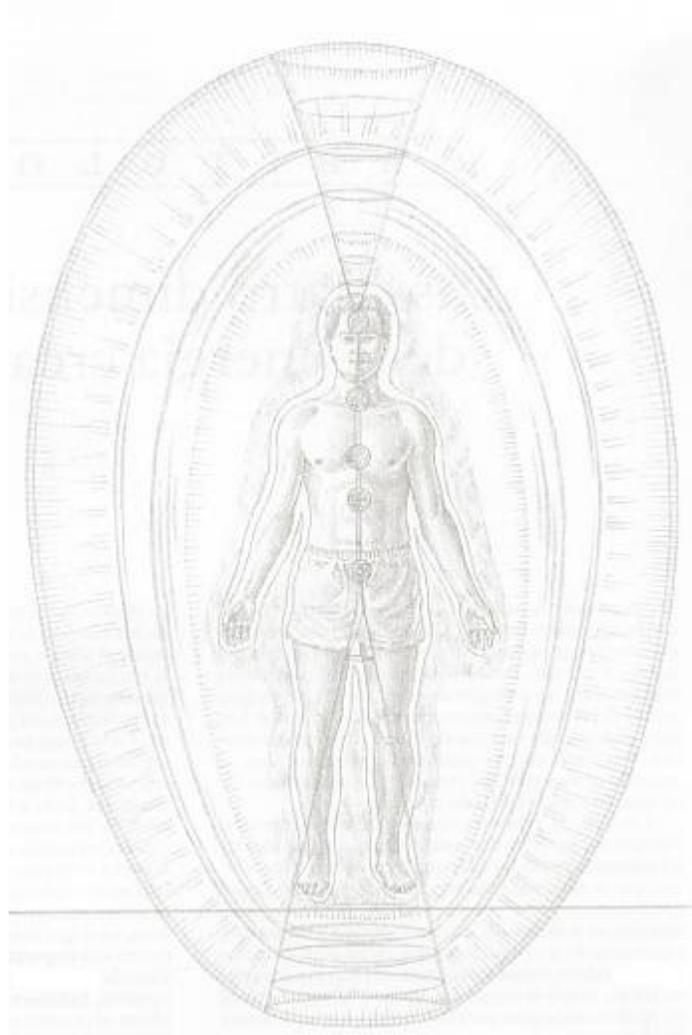




EXPERIENCING THE DIMENSIONS OF THE ETHEREAL REALM



Exploring the circulation and the flow on the ethereal realm

Understanding the vibration of the ethereal outside of your body



This exercise is best practiced when performed in natural surroundings, such as in a park or a little wooded area. A backyard with grass and at least one tree will do the trick, especially if you have plants around.

Sit calmly and comfortably with your back straight, try to relax most of your body and concentrate your attention into the region between the eyebrows, maintaining a position for meditation. Keep your eyes closed during all this procedure.

Rub your hands firmly but keep the rest of your body immobilized; after the friction, place your hands with both palms of your facing upwards. Be aware of the vibration you initiated through your hands and use this same friction to change the frequency of your throat, and your eyes. If you wish to activate other power centers in your physical body, use the vibration of your own hands to do so.

Keep a focused attention at this region as you breathe in, hold for four seconds and release in four seconds. Be aware of the vibrations produced by your body both internal and external. Allow your sense of perception of reality to be overcome by the frequencies.

The moment when you feel the vibration, you start to connect with taking over all your physical body is the precise moment when your light switch changed your level of consciousness from the mere physical realm to the ethereal realm.

Keeping your awareness mainly focused on the region between the eyes, try to enter in free sympathy with a tree, a plant, or other living being, trying to see inside of them, with your eyes closed. Explore the qualities, frequencies and try to understand the levels of consciousness of your chosen element (tree, plant, grass) for a couple of minutes.

Try to perceive how their energies circulate through their matrix,

How far can their vibrations reach and interact with other beings?

How are the energy flows? Are they warm, are they cold?

Are they intense? Or are they short and weak?

Is your tree associated with any element: fire, air, earth or water?

Can you hear a heartbeat? As strange as it seems, you are going to be able to perceive sounds through your eyes, knowing that sound is just a higher pitch polarity of a frequency.

Try to place your hand closer to the tree, without touching it and try to feel its qualities, virtues and even read its feelings. How is the flow on its channels?

Now try another plant, a different one. Go through the same routine, analyzing through the vibrations you can perceive, when you are completely connected with the ethereal.



When you feel confident enough, try the same exercise with animals, and attempt to perceive not only the flow and fields of energy, but also the data that is attached to their fields of consciousness.

This technique brings an entire new dimension to our natural surroundings, and we can see that Nature is much more than just a field of exploration: it is a reservoir of Wisdom, diversity and plurality that only can enrich our evolutionary Journey.

The more you get used to understand and deepen your knowledge of how energy operates inside of your physical and extra-physical bodies, beyond the realms of common perception; the more familiar you will be with the flow of vital and

Divine energies outside yourself. With times, this extra-perception will surpass the ethereal level, to encompass all the spheres of your subtle bodies-realities.

It is imperative to keep the understanding that, when performing this exercise, that you should keep your attention focused at all times on the space between the eyebrows, no matter what information you are getting, project it to this point, feeling and translating it through this area.

Practice this exercise as many times as you need to. It will keep refining your sensibility to more subtle realms and also will deepen your ability to “exercise the ethereal muscles”.

