



INTERNALIZING THE DIVINE PRESENCE



This is an exercise that will prepare the seeker to receive and to be able to retain more of the Divine energy, Prana, and by doing so, all the chakras and stellium points will naturally open.

PREPARATION

Start by lying in a comfortable position and inducing a complete state of relaxation. Use the technique you most feel comfortable with to prompt this state. Close your eyes and try to keep all the impressions of the exterior world outside of your state of consciousness.

TECHNIQUE

Initiate the spiritual process by activating your Soul Star. The Soul Star is activated by invoking the Soul Mantra three times:

I AM the Monad,

I AM the Soul

I AM Light Divine.

I AM Love,

I AM Will,

I AM Fixed Design.

This time, as you imagine and invoke the Soul Star, you may bathe it with very strong and defined bronze / gold colors, as they are

continuously melting together as they radiate pure light.

Chant internally the following mantra at least three to open the circle of Divine protection.

*Kadoish, Kadoish, Kadoish, Adonai
Tsabayoth*

This mantra is your secret password inside of any divine circle of Light or temple in the multi-dimensional Universe. It vibrates respect, devotion, honor and divine alignment. As the gesture of namaskaram¹, the chanting of Kadoish brings the highest vibrations to the energetic grids inside, outside and all around the surroundings of body.

Now, lying down and completely relaxed, imagine the skin of your cheeks in your face is stretched wide open and all your pores are gradually opening. Imagine that suddenly large portions of your face are getting porous and creating lacunas in your face. It is not a scary experience, it is interesting. Since we have been working previously with all the memory cells debris and cleansing of spaces between chakras, vortexes and Meridian blockages, this will be a transmutation experience that does not need to be extended for long.

Spread this experience and visualization to the skin of your forehead, temples, nose and your whole face. Contemplate that in each and every part of your head, the skin is no longer composed of a uniform fabric of cells, but instead of huge holes and spaces, almost with the porosity of a sea sponge. Include the back of your head, neck and scalp.

¹ Namaskaram is the hand placement and bow for the physical expression of Namaste used in the Hindu culture. The same movement of respect is also referred to as Gassho in the Buddhist tradition.

Progressively, extend the sensation provoked by this exercise to the rest of your body, from the head down: shoulders, arms, thorax, spine, pelvis, abdomen, thighs, legs and feet.

As you progress with your virtual scanning of all your body and internal organs, try to visualize your organs just attached inside through a very thin net, a series of holes weaved knit together.

When you finally reach your toes, you should slow down, to obtain the full sensation of this exercise. The sensation, once attained will require no further repetition.

Start again, one more time from the top of your head. This time the visualization will be concentrating on the inside of the body rather than the outside. Start with your brain. Work on the sensation and the visualization that the space between the cells of your brain is full of holes.

Apprehend the visual in your mind that the interstitial spaces of the brain tissue are getting bigger and sponge like. This phase may take a little bit more time, but once reached it can make it easier to obtain it again in later date.

The feeling of a sponge-like organ should be applied to every single organ of the body, one by one, but always start with the brain. Replace gradually every single boney or hard tissue in your body to the sponge-like texture of your visualization. Everything should be looking like nothing but holes tighten together by a very thin membrane.

The objective of this exercise is to make the seeker aware of the real consistence of the physical and extra-physical bodies, and to induce the knowledge of our real holographic nature.