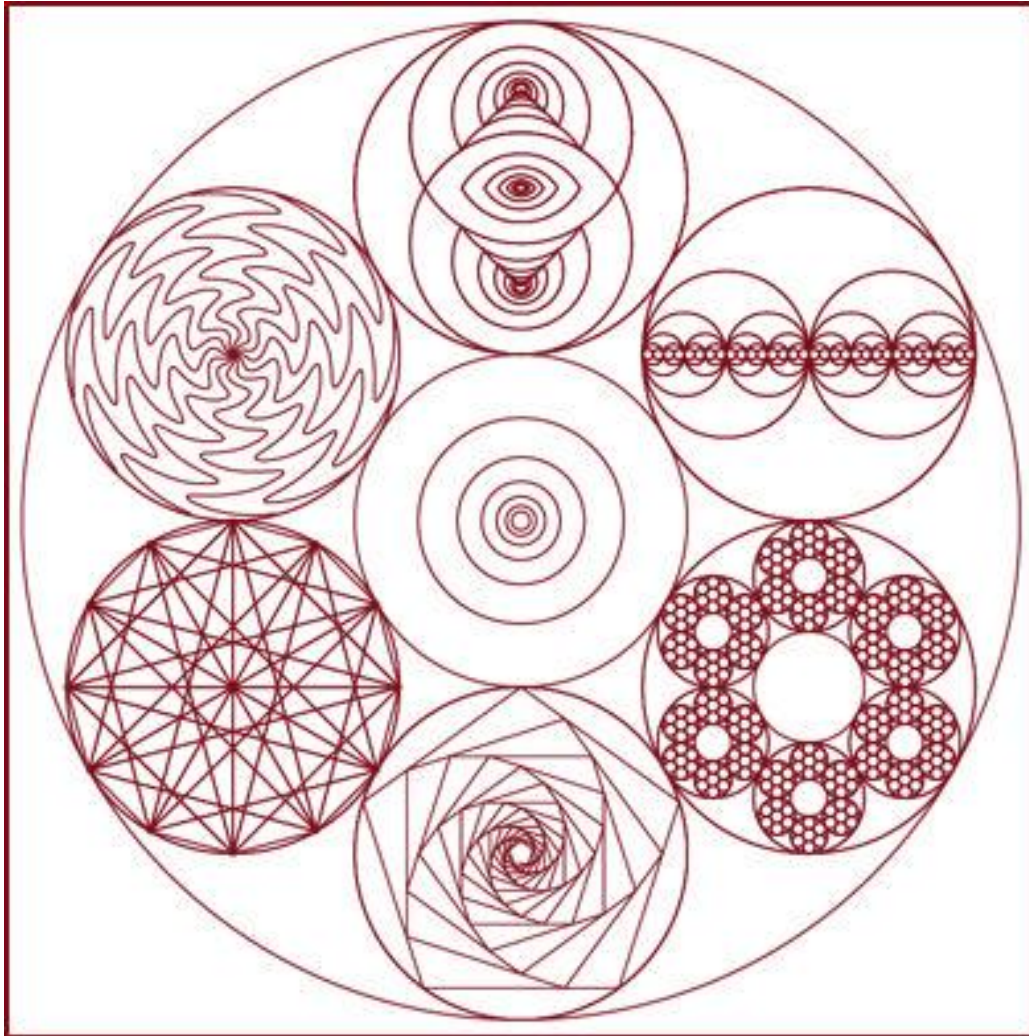




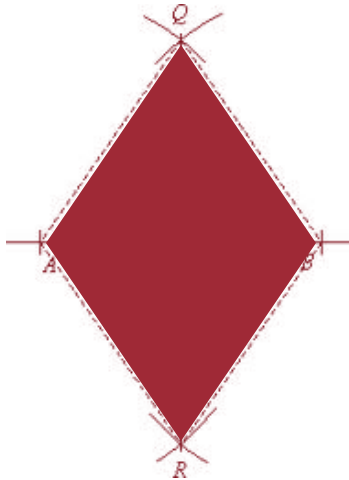
Sacred Geometry

Spiritual Exercises

Number I



The Exercise of the Magenta Rhombus

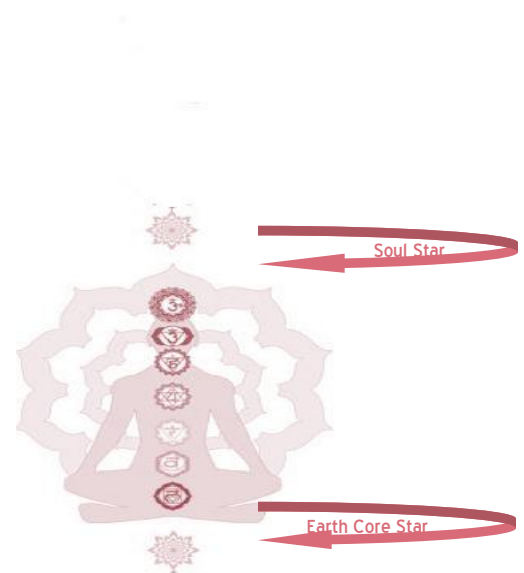


In geometry, a rhombus, or rhomb, is a quadrilateral whose four sides all have the same length. The rhombus is often called a diamond, after the diamonds suit in playing cards, or a lozenge, though the latter sometimes refers specifically to a rhombus with a 45° angle.

The Exercise below is a powerful exercise that improves your ability to reach others and heal at distance.

1. Sit comfortably and take some deep breaths, allow all the tensions and outside energies to leave your immediate auric field.
2. Elevate your thoughts to your Spiritual Team (Angels, Archangels, Masters and Spiritual guides). Intentionally establish a loving connection with these Spiritual Beings.
3. Visualize in a point below the sole of your feet a magenta colored rhombus¹, alive and vibrant, that pulsates and emanates a bright radiant light. As you visualize this geometric shape, try to intuitively absorb this energy.

Take deep breaths and practice at least the respiration 4X4 (4 seconds inhaling, 4 seconds holding the breath and 4 seconds exhaling).



¹ In the location where you Earth Core Star is located

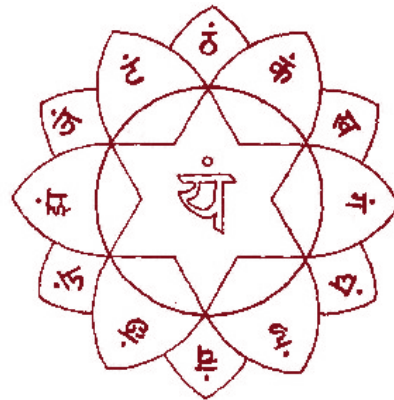


4. Now, with your mind's eyes, visualize another Magenta colored rhombus located just at the same point where your Soul Star would be (6 to 8 inches above your Crown Chakra).

5. Visualize both of the rhombs together, both very much alive; like living beings. They both pulsate radiant magenta light, like beaming diamonds of light.

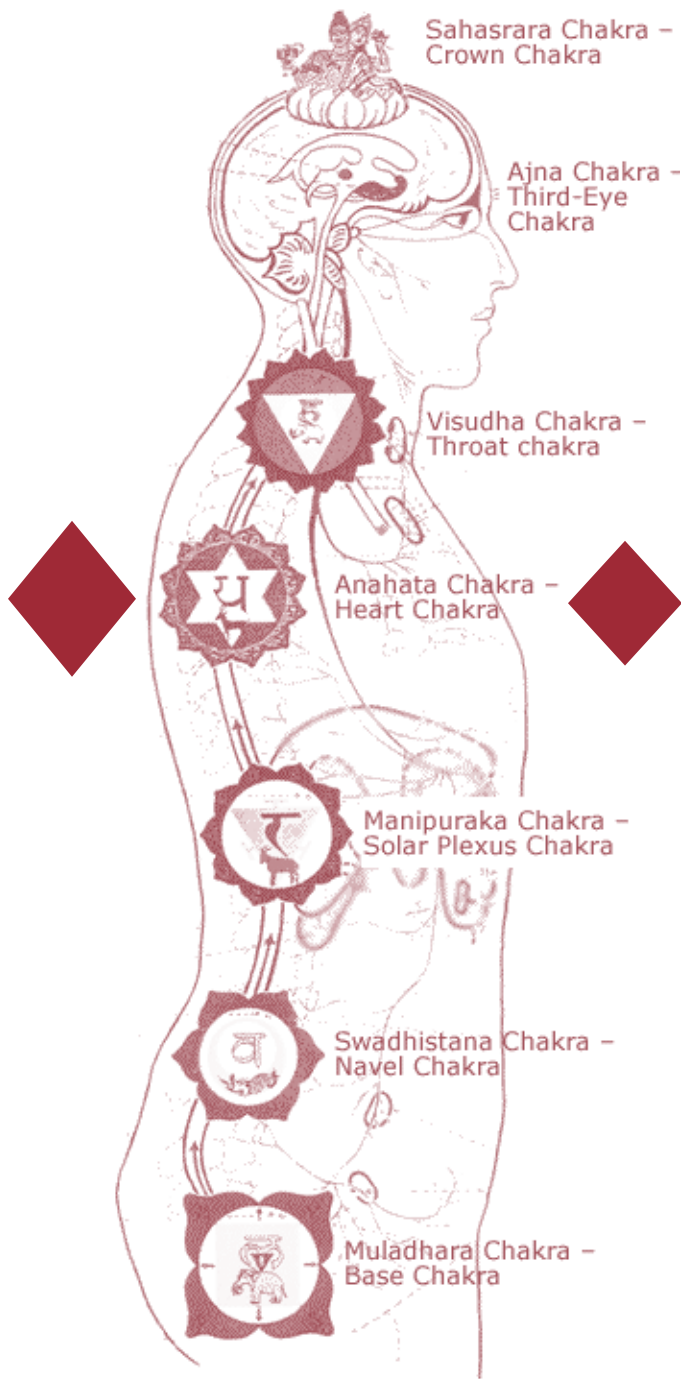
6. Try to concentrate into both rhombs at the same time, and at the same time allowing the energy to rise from the one rhombus below your foot and the energy to descend from the rhombus above your head.

Take a few moments and retain this image and thought inside your conscious mind.

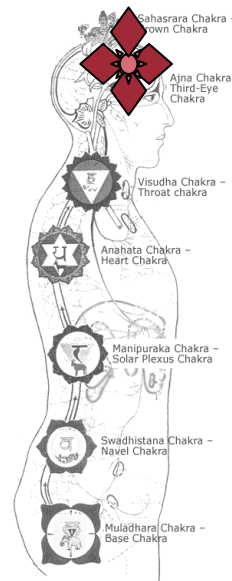


7. Now visualize two more magenta “diamonds” - rhombs, one in front of your chest and another in the back part of your thorax. Those are very important, because with the auxiliary energy of these “diamonds” you will pump up the potential energies of your heart chakra and start to develop the “Sacred Heart energies”. Now, feel your heart receiving the radiant energies from the “magenta diamonds” at the same time.

(diamonds) forming a cross in the center of your thorax, at your Heart Chakra.



8. Carefully visualize all the four rhombs



9. Slowly start forming at your heart level at the intersection of the cross inside your chest a beautiful jewel.

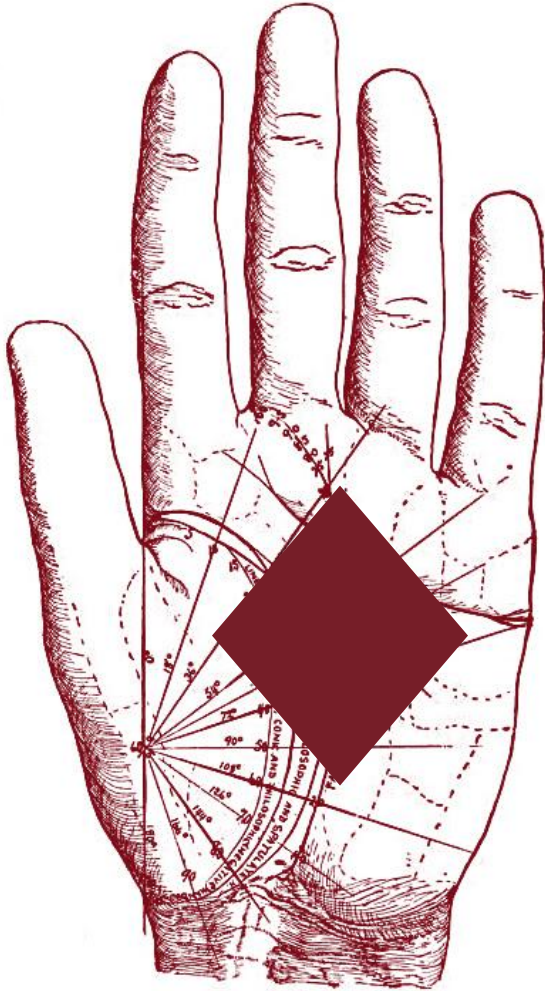
With the power of your imagination conceive this jewel to be also of an intense Magenta color, with beaming crystal tones to it.

This jewel is a Gift from Avalokiteshvara², the Bodhisattva of Compassion.

You may keep your level of concentration high at this point, this is a jewel, but also will serve you in further exercises as a key to open internal doors into your soul.

10. Now concentrate your attention to your jewel, and chant internally "**Om Mani Padme Aum**", the master Mantra of compassion and grace. Allow the chant to vibrate and the energy to travel upwards and downwards to all your energetic centers. Seal the jewel into your heart afterward saying: Om Shanti Om.

² In Sanskrit, Avalokitesvara is also referred to as Padmapāni ("Holder of the Lotus") or Lokeśvara ("Lord of the World"). In Tibetan, Avalokiteśvara is known as Chenrezig



11. When you feel ready, bring two of the rhombus from the cross of your heart, (but allow your jewel to be guarded by the Sacred Chambers of your Heart, and place them into the palms of your hands. Let this energy to vibrate and freely emanate from your hand chakras outward.

In Sacred Geometry, the rhombus represents the Divine Union with all. It is a special geometric shape and should be activated frequently when you decide to perform and anchor light in the world. Every time you set this energy in motion, do not forget to include its expansion outward by intentionally

dedicating some of this energy from the Sacred Chambers of your Hearts, and allow it to flow outward through your hands and reach all the worldly hearts that are “petrified” by fear, anger, sadness and hatred to be healed, relieved and restored to the original thought conceived by Mother/Father God.

12. When performing this exercise, do it with a respectful attitude, with a deep feeling of Union with the Divine Will, with Christ Consciousness. This is a spiritual exercise that anchors light with the pure illumination at the heart. It helps the collective to a healing routine, eliminating obscure thoughts, the tendencies of service to self and instead activates the pure sense of Service to others.

It is in a long term, it is an exercise of purity.

As you progress in the spiritual path through the practice of this exercise, you increase the size and the beauty of your heart jewel, you create a potential lighthouse as an anchor of light in the world, and you align your Lower Self with more in-souled directives.

Namaste.