



TOLTEC PROTOCOL FOR ABSORBING THE ENERGY OF THE SUN



Much has been written of the "Toltec" and, in truth, little is really known about them. It has been said, wrongly, that it was a "people and culture" and often are confused with decadent postclassical stories of Anahuac (850-1521 AD). The Toltecs were a lineage of knowledge of the ancient wisdom of Cem Anahuac.

That means that Toltec is a "degree of knowledge" of the Toltecáyotl.

All ancient civilizations with autonomous origin had a "body of knowledge" that allowed them to develop a "cultural framework" with which to transform the world and give it meaning, both in the material and the immaterial.

The sum is Toltecáyotl, a systematized knowledge of the civilization of Anahuaca to achieve "balance", both in the outer material, as well as in the immaterial plane interior.

THE EXERCISE

This is a Toltec exercise, highly energetic, especially recommended to be done when we feel tired and powerless.

Step One

Make yourself comfortable; find the best position sitting down, in a place outside where you know you will not be disturbed.

Look at the sun with eyes closed. Depending in the time of the day, the amalgamation of colors can change, but do not focus your attention on the kaleidoscope of colors at the beginning of this exercise.

Step Two

You may chant for a while if you have your eyes closed, but if you have no mantra you know or wish to chant, try to repeat internally “I AM that I AM”. Do this for as long as your internal guidance feels it is necessary.

Step Three

Inhale deeply through your mouth and pull the heat from the sunlight to the stomach. Hold the air in the stomach for as long as you can. Swallow the air and exhale slowly. Repeat this breathing for 12 times. If you wish to find a rhythm, you should practice the 4x4 breathing practice.

Step Four

Within your mind’s eye, imagine that you are a sunflower. Always keep your closed eyes facing the sunlight, while breathing this potent solar energy.

Step Five

Now that you have a relative control of the entire protocol, know that the sunlight carries the breath power because of the many particles of prana that it contains. So be sure to take big gulps of air and the lungs are completely full.

Now you can move to the second part of this exercise

While performing this exercise, you will naturally feel that the energy from the sun will extend itself throughout your whole body. Now, with your mind’s eye, direct your attention to any part of your body that is in need of extra love and care. You can even deliberately send the healing rays of the sun to any area of the body you want, simply using the mind to direct the energy of the sun to the desired location. Remember where attention goes, energy flows.

Alternatively, you may feel compelled to send energy to a situation that is bothering your emotional body, such as a problem you need to solve or an old wound that needs to heal. Allow the solar energy to bring the cosmic waves of plenitude fulfill whatever is lacking inside in your healing process in any level you may need.

Circulating the Power

Before you decide to finalize this protocol, we would highly suggest that you practice the three breaths, breathing in through your nose and imagine the energy flowing inside of your chakra system, circling such as a mini-sun with its light energy along your spine. Allow this internal sun that has been feed with the pure energy of our solar logos to flood with its rays your body completely.