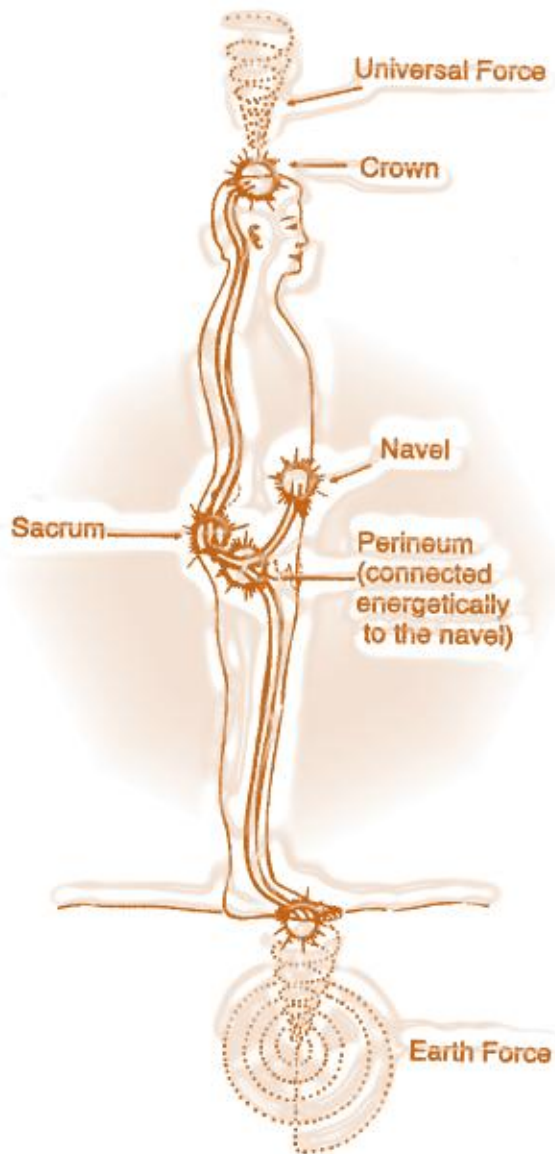


LIGHTPRAYER TECHNIQUES 1



These Lightprayers are some advanced techniques and exercises designed to help you mobilize the energies inside of your energy field and direct them voluntarily to accomplish certain tasks.

Before we start with more complicated techniques, we should concentrate on the ones that can give you a certain degree of self-

protection and mastery in moving energies through your energy circuit.

The Exteriorization of Energy: EE

The objective of this practice is to liberate the body of a dense and intense amount of energies that get accumulated during the natural energy exchanges with other people during the day.

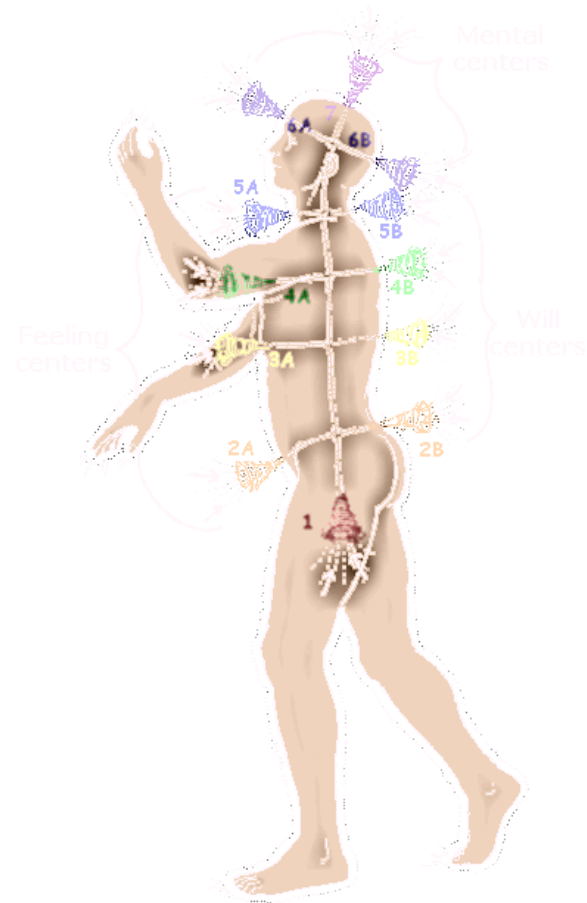
Many times during the night, while we are entering into the multi-dimensional realms of reality, we feel our bodies as being extra heavy because we are overloaded with stagnated energies, which presents concrete difficulties in keeping the lucidity of dreams.

This specific technique is easy to perform and it is intended to exhale your energetic “fluids” expelling not only through the breathing, but through your entire body. Your strongest ally will be the power of your imagination. Again, imagination is not the same as fantasy; imagination is rooted in the vibration of Intention while fantasy is on the waves of desire.

While you are in Light meditative state, breathe deeply a couple times, and using your mind’s eye, visualize yourself sitting in front of you and at each breathing out, you see a black energy coming out of yourself and dissipate into thin air. Bring the energy from your first chakra, the root chakra, up, imagining it coming inside and from bottom up traveling all your vortexes. As

you do these, contract your sphincter and bring the energy up to the top of your spine, more or less to the place where your throat chakra is. When it is there, exhale and swallow to make the energy go down to the origin, and redo the entire circuit again a couple of times.

If you feel that during this exercise your energy still overloaded, ask your Light Team to interfere and to facilitate the exodus of all harmful energies and attachments from others, as you vibrate your body



Energy Vibrational Reception: EVR

The objective of this exercise is to prepare your extra-physical body to receive and absorb a

charge of a more purified energy. It is always advisable that you keep your system clean to receive with ease all the more subtle and refined energies of the Cosmos.

In this technique, the order of absorption of energy is inverted, instead of coming from the base chakra, the focus is to concentrate on the breathing in coming from the chakra on the top of your head, receiving energy from above and letting the translucent white Light to enter your seventh chakra and from there through breathing, and slowly allowing it to travel through your meridians through the inducing of "horripilation". Horripilation is the scientific name for "goose bumps". Try to receive the energy from above and through the coordination with your rhythmic breathings transfer through your entire body.

The key element in this second technique is the feeling. If you can work through your meditational state and sensitize yourself to feel the energy flowing and then allowing it to move using your intentional and will, you will have developed the first of the many pathways of energy inside of your physical and therefore also replicating the same pathways through the extra-physical bodies. As the rule of thumb, we only have control over our physical body, but we can use the control of functions in the material body to simulate the same routes through the sheaths of the outer bodies.

Reaching Permanent Vibrational State

This one is another technique to facilitate the permanent connection with the Light Vibrational state, making it possible to activate the emission of Light energy at any time, once the anchoring of the Light paths are established and affirmed.

The focal point from where to start this exercise is your Spine; from the base traveling upwards until it reaches the cerebellum. From there the emanation of Light journeying through your meridians should reach and charge your pineal gland.

Imagine the energy traveling as a Liquid Golden Light traveling upwards, clockwise through the inner channel of your spine, where your spinal cord is located. Try to feel the trajectory of this pathway even before you consciously start to move the energy upwards. There are 33 degrees in this journey, move the energy consciously slowly through all of them. If you lose your concentration while moving the energy, stop, gather the energy again and continue. It is important to do it slowly and methodically for the first time, because as you consciously move this energy, you are opening the pathways and burning

any blockages and hindrances that many have been there for many reincarnation experiences. Through moving it all the way through your central spine channel, you are also opening the same pathways over your extra-physical bodies and facilitating the collapsing of space between these bodies and consequently the integration of them.

The importance of this perfect integration is enormous, because it is through amalgamation of this body that one reaches the Unification of its energy fields and only then the individual is able to breathe pure Light and harmonize its frequencies to prepare for ascension.

This exercise is known to provoke a stimulus into the entire nervous system, stabilizing its system and improving your ability to handle pain, to retain memory, lucidity even in deep stressing conditions and extra amount of physical energy.

With practice, one will be able to project the pathway of Light very easily through its system and it will perceive eventually the lightening up of the entire spinal cord. Through Lightpraying one is expected to become real column of Light, adding to these techniques the power of direct intention and the spoken words of the decrees.