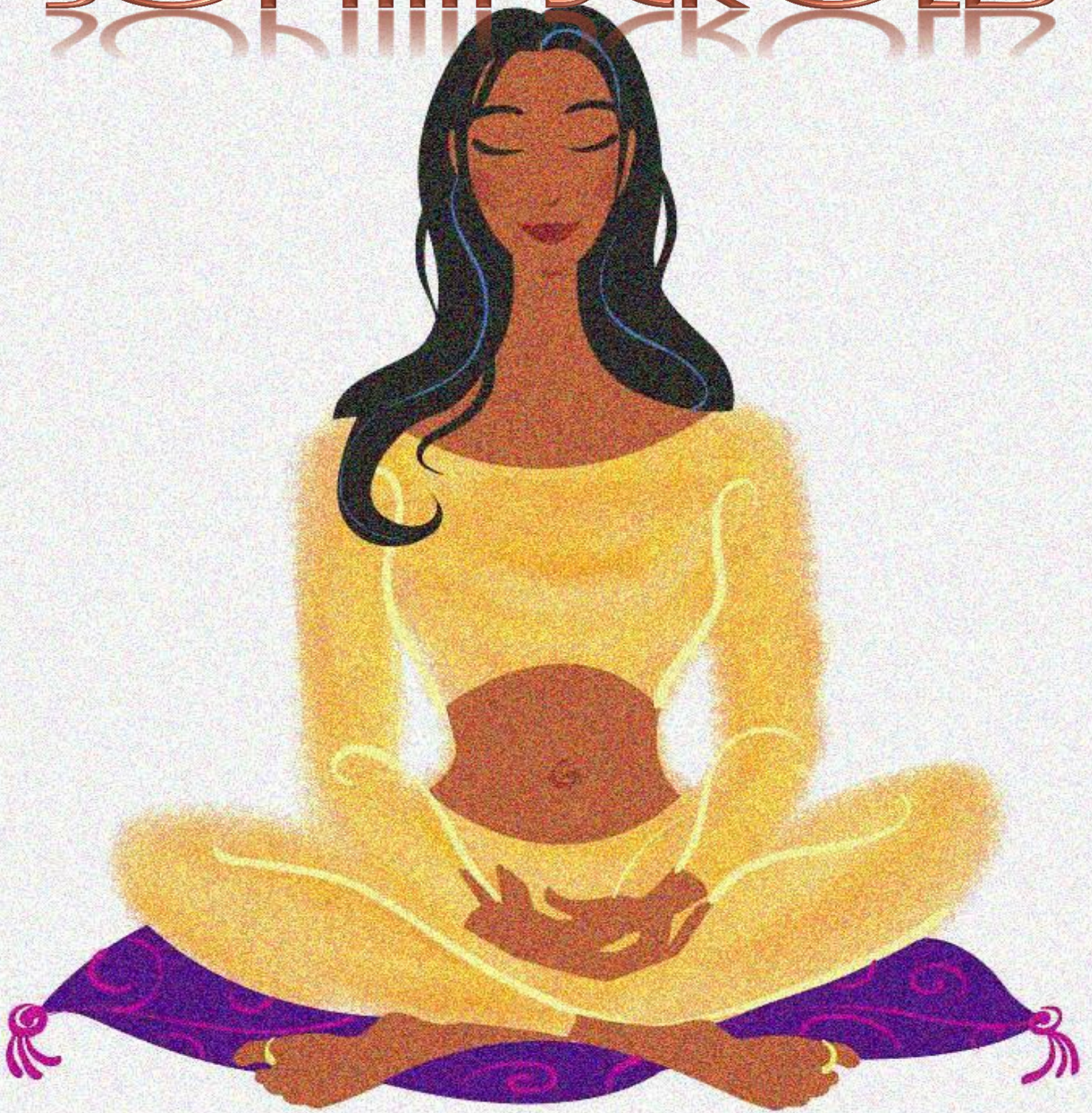


SOPHIA SCROLLS

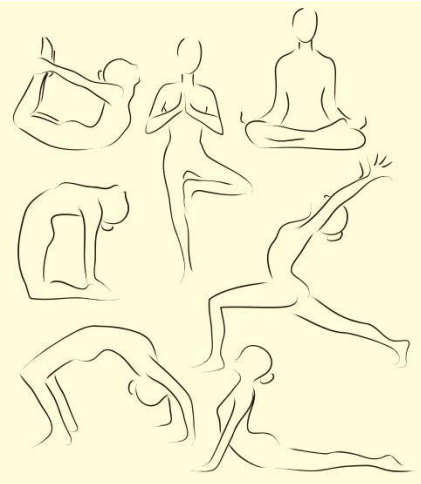


Exercises



In previous exercises, we have talked about the importance of practicing basic relaxation, in order to work on the awakening of our Meta-senses. In this lesson, we will talk more about specific techniques to accomplish it, so we can progress to more advanced techniques.

When we relax the physical body, we also



unwind our mind and spirit. The same happens when we relax our mind, our physical body will follow. Any change in one of these three systems will influence the others.

Prana

For the eastern civilization, Prana is the vital energy of the Cosmos and is akin to spheres of light. These spheres of vitality are a dispensation of the solar energy and are dispersed though out the day time, through light. Usually pollution and contamination deplete the spheres of their original power, which naturally diminishes as night comes. That is the reason that sleep before midnight is more rejuvenating and pleasurable than the one afterwards.

The waning of the Prana energy during the night cycles can explain why most of the natural deaths occur during the overnight periods. The definition of Prana is fairly simple. It is referred to as the “breath” or “life force” that exists within all living beings and the natural universe. Stretching far beyond this simplified definition, the physical manifestation of Prana is portrayed by the manner in which our bodies carry out

simple, involuntary acts, such as breathing, hunger and thirst.

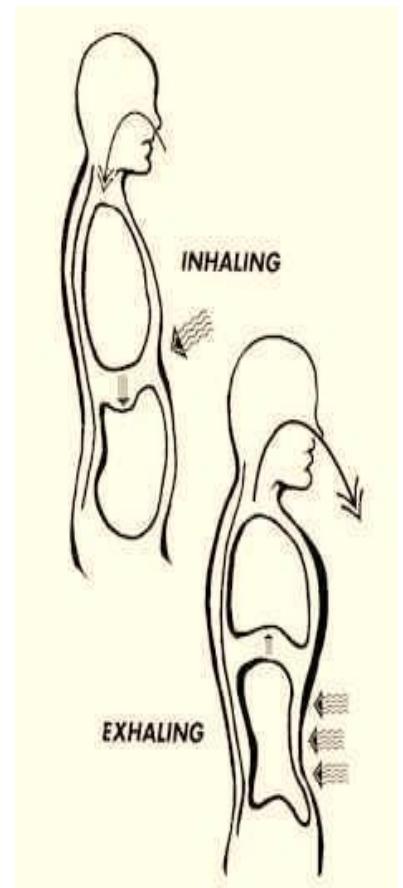
Prana can also be understood as a potent source of power intimately related to the act of breathing and to the control of this function through the training of Pranayama.

Pranayama

Pranayama is a series of techniques that are commonly used in yoga, the martial arts and various meditation practices. It is the control of vital cosmic energy through the education and regulation of our respiratory processes. Our respiration is our primary source of living energy: we cannot live without breathing.

You may have noticed that every time you are about to catch and hold something heavy, you unconsciously tend to inhale and hold your breath: you feel stronger and you also slow down your breathing.

The area of storage of your Prana, or vital energy, is located mainly in the solar plexus. Those that can receive, transform and store more amounts of Prana in their bodies are able to perform healing with more efficiently. This can be done through the training and





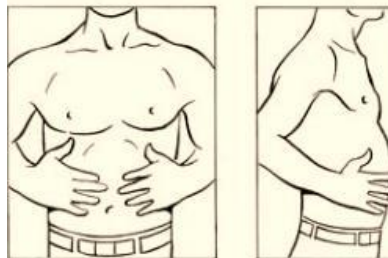
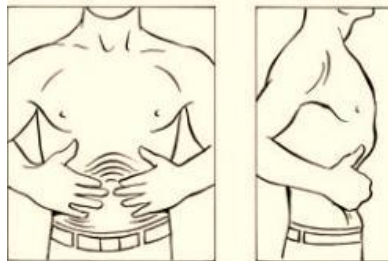
development of your regular channels in order to transmit these influxes of energy to others.

Pranayama Exercise

We recommend that the following exercise should be practiced before going to sleep for the night. This technique should be practice sitting comfortably (it can be at your bed). This way you may perform the entire exercise before you fall asleep.

Do not perform this exercise with a full stomach and remember that is necessary to keep your spine erected in order to have all the energies circulating properly.

1. Start by mentally ordering your feet to relax, do not move beyond your feet until you have the complete feeling of realization that they are completely comfortable. After that, move progressively from your feet until you reach your head.



2. As you finish step 1, you will notice that your body will be completely relaxed. Take a deep breath in through the nose filling your lungs and expanding your diaphragm calmly and harmoniously while mentally counting: 1, 2, 3, 4, 5, 6
3. Hold the air inside of your lungs while you mentally count from 1 to 6.
4. Exhale the air slowly through your nose while you mentally count from 1 to 6.
5. Hold with your empty lungs count while you mentally count from 1 to 6.
6. Repeat this sequence for at least 7 cycles. Keep the count and the rhythm steady: not too fast, not too slow.

7. With your body completely relaxed, and oxygenated, now breathe normally with your eyes closed, visualizing a point of light in a light tone of the color blue, just like the blue of the skies.
8. This blue light is progressively growing in your mind's eye and it is now descending from the heavens in the direction of your crown chakra with a powerful Blue Ray.
9. Slowly the Blue Ray is taking over every single part of your body, filling your lungs, your blood stream, all the meridians, and your auric and energetic fields.

10. Mentally visualize this powerful blue heavenly Light energy around your body, protecting you from all bad and negative energies, thoughts and self-destructive feelings. As the effect of the blue energy increases in your physical body field, your mind gets progressively silent, bringing you more energetic power as you are working to awake your meta-senses.

11. When you feel you have absorbed all you can currently hold, begin to come back to yourself.
12. When finished, move your articulations, your feet, and your hands softly and also your body. Bring your mind to the awareness of where you are and open your eyes.

This practice should last at least 30 minutes a day and should be practiced at least three times during a week.