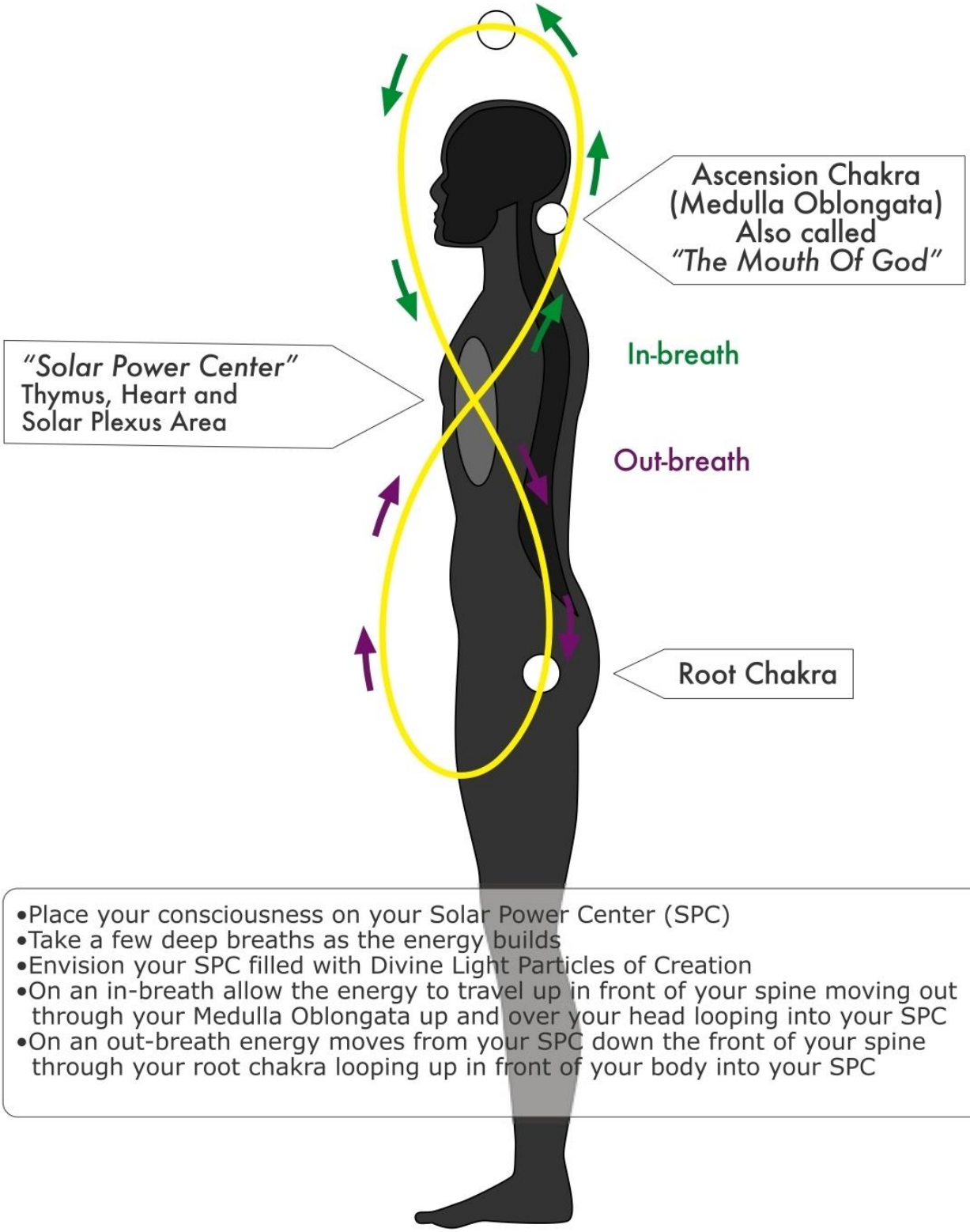
Infinity Breath I



- Place your consciousness on your Solar Power Center (SPC)
- Take a few deep breaths as the energy builds
- Envision your SPC filled with Divine Light Particles of Creation
- On an in-breath allow the energy to travel up in front of your spine moving out through your Medulla Oblongata up and over your head looping into your SPC
- On an out-breath energy moves from your SPC down the front of your spine through your root chakra looping up in front of your body into your SPC

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