

Daily Practice

Quiet your mind for 5-10 minutes by sitting or lying down with your eyes closed and concentrate on your breath.

- ◆ Breathe in deeply, visualizing the light of your soul above your head.
- ◆ Gather all fractals of yourself, that you are aware & unaware of, from all over the times and places, into this light
- ◆ Breathe in the light through the top of your head into your body, and down into your heart space.

Ask *“What do I need to know right now?” or “What do I need to know for my highest Joy and the highest Joy of all?”*

and as you breathe, feel the light of your soul essence relaxing and healing your body.

Concentrate on your heart space, feel it expand and as you dive into your heart.

And now either:

- ◆ **Observe** your feelings and perceive everything your heart, intuition, soul and body want to tell you; allow your soul to express itself, or
- ◆ **Draw a Tarot/Oracle card** to see what message your soul has for you through this cosmic instrument & meditate with it.

Give your body and spirit the opportunity to guide you towards your Joy and Life purpose.

Breathwork to combat anxiety

Inhale twice powerfully and shortly - followed by 1 slow and extended exhale repeat 5-10 times
to calm nervous system and reduce negative stress accumulation.

If you find yourself in a difficult situation, stop & sit with it. Breathe in for 4 sec, hold for 4 sec & exhale for 4 sec to relax the body. In stillness identify the emotion you are you feeling. Ask yourself what has triggered the emotion, *why* you feel this way, and then from an objective point of view, become a neutral observer and ask *what you can learn from feeling this way* and *what do you need* in order to change it, how can you alleviate or solve the situation?

Here is an old video on how to create Protection/manifestation Spheres:

<https://www.youtube.com/watch?v=CoOdv0o6Mpw&t=33s>

On my Youtube channel I post videos on how to navigate certain difficulties, and share different perspectives and meditations: <https://youtube.com/c/AuraYouniverse>

