

POINTS OF LIGHT ALIGNMENT PRACTICE

Begin your transition from outer to inner focus by closing your eyes and bringing your awareness to your breath. With each exhalation, relaxing into a deeper state of receptivity and stillness.

Let go of any sense of holding or tension in the body-mind ... surrendering into spaciousness and peace, allowing any sensation or perception to be known simply as energy... breathing with and into and through all the energetic movements as you focus your attention on a point of light, a star, sparkling at the base of your spine.

Energize and align your base with another point of light about 10 feet down into the earth beneath you... deepening your ground.

Imagine yourself as a tree. Breathe into the stability and strength and nourishment of the Earth. Align your nervous system with this vibration.

Invite awareness into and through the core of your body, igniting a point of light in the heart... begin to breathe heart radiance.... Fill all chambers of the heart - the front, sides, and back of the heart with this clean, clear energy ... fountaining out and around, filling the body-mind, and the room.

Inviting awareness to rise into the center of the head... a point of light.... opening this intuitive wisdom center, ... surrendering, relaxing, allowing the whole body-mind to become receptive to intuitive perception.

Turn your attention now to a point of light several feet above your head... a point of connection to the GREAT LIGHT... and inviting this Great Light of Higher Self to pour down as any color that feels just right for this moment... energy and light pouring down through the body.

Bathing in the light, the light of Higher Self, the Real You. Allowing the personality structure to release even more into the presence of Higher Self as Light is FLOODING ALL DIMENSIONS OF BEING. Radiating and manifesting your heart's true desires and intentions freely from a point of absolute silence, presence, and essence.