

Heart Breathing Mantra, by Emanate Presence.

This breathing mantra is designed to be made your own, so it can be practiced at the pace, and in the way, of your choosing.

When you are ready, move into a comfortable position, with your eyes open or closed.

Calm your mind, relax your body, and connect to yourself as pure, radiant, consciousness.

Visualize, with feeling, the Present Moment Sphere encompassing your body.

Breathe Present Moment Light, deeply into the sphere around your heart.

Exhale the Light from your heart sphere, out through your body, radiating the energies into your Present Moment Sphere.

Continue to breathe light energies, between the sphere around your heart, and your Present Moment Sphere, for as long as you choose.

Allow the rhythm of breathing to carry you. Be the breathing, and feel the deeper energy of the mantra, as you continue to visualize the Present Moment Sphere. Now, add these words to your breathing, and feel them deeply.

Inhale: O, deep of consciousness.

Exhale.

Inhale: I am, that I am.

Exhale.

Inhale: It is, what It is.

Exhale.

Inhale: Let my mind, remain still.

Exhale.

Inhale: Let my heart, remain open.

Exhale.

Inhale: Let my spirit, remain free!

Exhale.

Inhale: Free to express, the source of all love.

Exhale.

Inhale: Free to express, the source of all life.

Exhale.

Inhale: With all my being, so let it be.

Exhale.

Continue to breathe light energies between the sphere around your heart, and your Present Moment Sphere, for as long as you choose.

When you are ready, breathe smoothly and regularly, and smile with appreciation. If this breathing mantra is helpful, please copy it to others.

May your days be blessed.