

One Being Mantra, Version 23.1. 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. Breathe smoothly and regularly, and take breaths as needed.

Still your mind, clearing it of thought. Relax your body into a state of receptivity. Feel the yearning of your heart for direct experience with the True Self, the cosmos of consciousness.

When you are ready, move into a comfortable position, with your eyes open or closed. Connect with yourself as pure, radiant, consciousness. Visualize, with feeling, the present moment sphere encompassing your body.

Inhale deeply into your belly, pulling present moment light into the energy sun below your navel. Hum as you slowly exhale, feeling the vibration of humming in your body, radiating light energy out to your Present Moment Sphere. Feel the radiance penetrating and merging with your Present Moment Sphere.

Inhale deeply, into your chest, pulling present moment light into the sphere around your heart. Hum as you slowly exhale, feeling the vibration of humming in your body, radiating light energy out to the Sphere encompassing your body. Feel the radiance penetrating and merging with your Present Moment Sphere.

Inhale deeply, into the center of your brain, pulling present moment light into your pineal gland, the third eye. Hum as you slowly exhale, feeling the vibration of humming in your body, radiating light energy out, penetrating your brain, and outward, to your Present Moment Sphere.... Breathe smoothly, and regularly.

Now, calm your mind, and relax your body into a deeper state of receptivity....

Visualize all beings, and everything that is, as packets of light suspended in an unbounded ocean of consciousness. Feel the joyous union, a vast radiant sea, of pure potentiality. Feel yourself, as that ocean. Affirm to yourself. We. Are. One. Be-ing. Breathe to the rhythm of the waves of unconditional love, attuned and aligned with the True Self, the One Being.

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Like the ebb and flow of tide, the rhythm of breathing carries you. Be the breathing, and the One Being, in your everyday life. Continue breathing in this way, for as long as you choose.

When you are ready, move and adjust your body for comfort, and smile with appreciation. If this

breathing mantra is helpful, please copy it to others.

May your days be blessed.