

Relaxing Into Oneness, by Emanate Presence.

This breathing mantra is a guide for relaxing into a conscious state of oneness. It is meant to be made your own, and practiced at the pace, and in the way, of your choosing. Breathe smoothly and regularly, and take breaths as needed.

In the conscious state of oneness, there are no mental concepts. Still your mind, clearing it of thought.

Relax your body into a state of receptivity. Deeply relax all your muscles. Begin at your feet, by tightening and releasing. Use whatever means works for you. Release tension, letting it go, allowing muscles to loosen. Move up the legs, relaxing the muscles of your calves. Relax the muscles of your thighs. Move up to the hips. Progress up your body, up through your lower torso, relaxing the inner, and outer, layers of muscle. Continue relaxing, up through your upper torso. Relax down your arms, to your hands, and fingers. Relax the muscles of your shoulders, neck, and face.

Now, calm your mind, and relax your body into a deeper state of receptivity. Become aware of your breathing. As you breathe out, say the word, "One", silently to yourself.

Feel the yearning of your heart for direct experience with the True Self, the cosmos of consciousness.

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 'One', as you slowly exhale, feeling the vibration of the humming. Feel the relaxing warm energies, radiating through your whole body. Pause, relax, and feel.

Inhale deeply, into your chest, pulling present moment light into the sphere around your heart. Hum 'One', as you slowly exhale, feeling the vibration of the humming. Feel the relaxing warm energies, radiating through your whole body. Pause, relax, and feel.

Inhale deeply, into the center of your brain, pulling present moment light into your pineal gland. Hum 'One', as you slowly exhale, feeling the vibration of the humming. Feel the relaxing warm energies, radiating through your whole body. Pause, relax, and feel.

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energies, radiating through your whole body. Pause, relax, and feel.

Feel the cosmos of consciousness. Feel the boundless, radiant, joyous, Union suffusing everything. Feel the immense power of conscious pure potentiality. Feel the ocean of unconditional love, the love for love itself. Feel that in consciousness, you are one with all of these. It is your True Self. Attune your life rhythm to the rhythm of the waves. Now integrate your three breaths into one full breath.

Inhale vital life energy into your lower belly, filling your energy sun with vril, inhaling up into your upper lungs, up to the heart center, then seeing the energy lighten the center of your brain, then breathe out smoothly, releasing the air, allowing it to escape naturally, and feeling the vril radiate through your body.

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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.

Remain quietly in position, for several minutes.

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. Credits and links are appreciated.

May your days be blessed.