



ROYAL TETON BREATH EXERCISE

June 15th – July 14th
December 15th – January 14th

1x daily

1. Sit comfortably and calm your mind. Practice a Meditation you know.
2. Visualize the Royal Teton Retreat in front of you and imagine the Altar with the gold-green flame of precipitation by Lord Konfuzius, in form of a calla-lilie. Request the gold-green flame of precipitation from Konfuzius.
3. Breathe in calmly, count to 8 inside and breathe in, the "gold-green" flame from Royal Teton.
4. Then hold your breath - count to 8 - and take the flame within you. Become that flame. Imagine how your body becomes completely empty and is only filled by this flame.
5. Then exhale - count to 8 - and visualize this flame as it envelops the whole earth and every being.
6. Hold your breath - count to 8 - and imagine this flame circling the earth.

7. Repeat this process 12 times.
8. Relaxe and enjoy.

