



## ***SHAMBALLA BREATH EXERCISE***

November 15th – December 14th

1x daily

1. Sit comfortably and calm your mind. Practice a Meditation you know.
2. Visualize Shamballa in front of you and imagine the "threefold flame" of love, wisdom and power by Lord Gautama (blue, yellow, pink). Request the threefold flame from Lord Gautama.
3. Breathe in calmly, count to 8 inside and breathe in, the "threefold flame" from Shamballa.
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.

