



## ***RESURRECTION TEMPLE BREATH EXERCISE***

March 15th – April 14th

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1x daily

1. Sit comfortably and calm your mind. Practice a Meditation you know.
2. Visualize the Resurrection Temple in front of you and imagine the Altar with the pearl-colored flame of Resurrection by Beloved Jesus and Mother Mary, in form of a lillie. Request the pearl-colored flame of Resurrection from Jesus and Mary.
3. Inhale calmly, count to 8 inside and breathe in, the "pearl-colored" flame from the Resurrection Temple.
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.



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