

## HOW TO BECOME A CHANNEL FOR GOD'S CELESTIAL and EARTHLY ENERGIES TO FLOW FREELY FOR HEALING

1. As with all meditative exercises, it is important to do your meditations in a room where you have created your "Small Sanctuary." It's also important that you do this meditation with *kavvanah* knowing that God is all around you.
2. Sit in a relaxed, comfortable upright chair with both of your feet planted firmly on the floor.
3. With your imaginative faculty (*koach dimyon*), imagine that you have another set of legs and feet—energy legs and feet-- traveling down through the floorboards, into the core of the earth. Imagine your energy feet resting on the cool earth miles below.
4. Inhale gently through your nostrils God's *Ruach*, to the count of 6: 1, 2, 3, 4, 5, 6. At the same time, using your *koach dimyon*, imagine God's *Ruach* as a column of white-yellow light, filling your head through the crown and continuing to travel down and fill your heart.
5. Visualize your heart filled with God's light, as you hold your breath to the count of 3-1, 2, 3.
6. As you exhale through your nostrils, visualize God's light traveling from your heart, through your legs, through your feet and through your energy legs and feet, into the earth, at the count of 6—1, 2, 3, 4, 5, 6.
7. Do this 5 times.
8. Now as you breathe in gently through your nostrils to the count of 6, feel or imagine the energy of the lower waters or earth energy traveling up your energy legs and feet, into your physical feet, through your legs, and into your heart. At this point, you imagine your heart filled with this rich gold light. Hold this light in your heart to the count of 3—1, 2, 3.

9. You now exhale gently through your nostrils while visualizing or imagining this rich gold light traveling from your heart up through your head, out of the crown, like a fountain of gold light. Enjoy this wonderful feeling.
10. Do this five times.
11. Inhale gently through your nostrils God's *Ruach*, to the count of 6: 1, 2, 3, 4, 5, 6. At the same time, using your *koach dimyon*, imagine God's *Ruach* as a column of white-yellow light, filling your head through the crown and continuing to travel down and fill your heart.
- 12.. Visualize your heart filled with God's light, as you hold your breath to the count of 3-1, 2, 3.
13. As you exhale through your nostrils, visualize God's light traveling from your heart, through your legs, through your feet and through your energy legs and feet, into the earth, at the count of 6—1, 2, 3, 4, 5, 6.
14. In sum, you breathe in God's *Ruach* through your crown, visualizing this energy entering into the earth through your feet. This is done 5 times. You then visualize the earth energy moving through the earth, up through your feet and legs, through your crown. This is done 5 times. You finish this meditation by visualizing God's *Ruach* going through your crown, visualizing this energy entering into the earth. This is done 5 times.