The Infinity Breath Meditation

The infinity breath meditation allows us to stay in our sacred hearts while our radiance grows into greater concentric circles of light, expanding our spiritual work and influence.

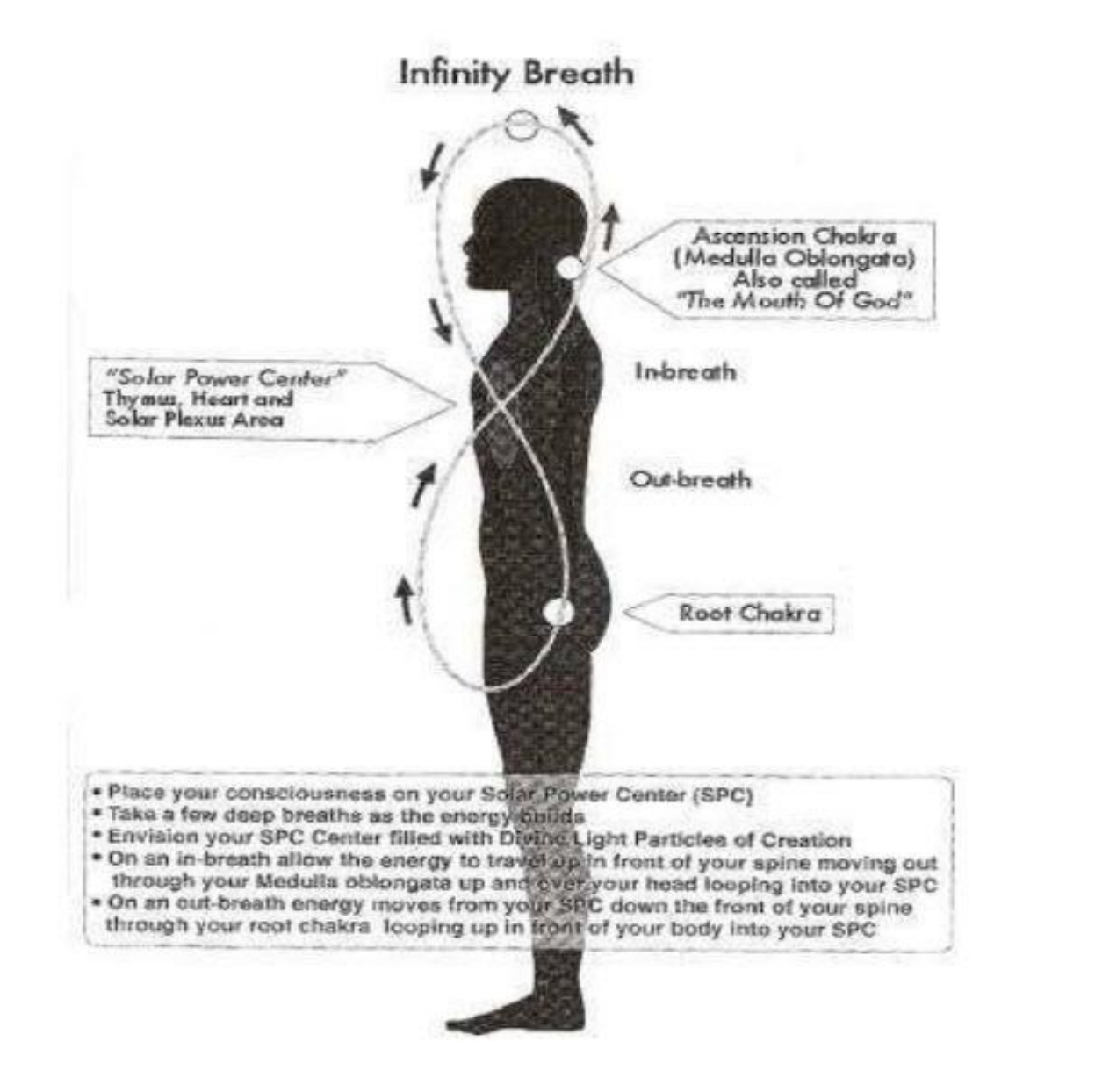
Practice this form of sacred breathing as follows.

Visualize your in-breath as it begins within the sacred heart centre, sweeping up and over the back of your head to reenter the body at the same place in front of the body.

The outbreath will continue down the pranic tube in front of the spinal column then exits through the root chakra.

The breath continues its path in front of the body and reenters once more at the sacred heart centre.

(Refer to image on following page)



With gratitude to Mary Mageau for this empowering breath mediation
Mary has worked for nearly two decades as a spiritual teacher and writer.