

DEEP BREATHING MEDITATION DRILLS

Drill #1	10-15 Minutes	Drill #5	5 Minutes
Ground		Ground	
Center of your mind		Center of your mind	
Run Energy / Let go		Gold Sun	
Gold Sun			

Drill #2	20-25 Minutes	Drill #6	5 Minutes
Ground		Ground	
Center of your mind		Center of your mind	
Run Energy / Let go		Separation Rose	
Run Energy through your Aura			
Separation Rose			

Drill #3	20-30 Minutes	Drill #7	15-20 Minutes
Ground		Ground	
Center of your mind		Center of your mind	
Run Energy / Let go		Run Energy / Let go	
Run Energy through each Chakra		Run Energy through your Aura	
Gold Sun		Destroy Rose	

		Gold Sun	
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Drill #4	15-20 Minutes
Ground	
Center of your mind	
Run Energy / Let go	
Run Energy through your Aura	
Wish Rose	
Gold Sun	