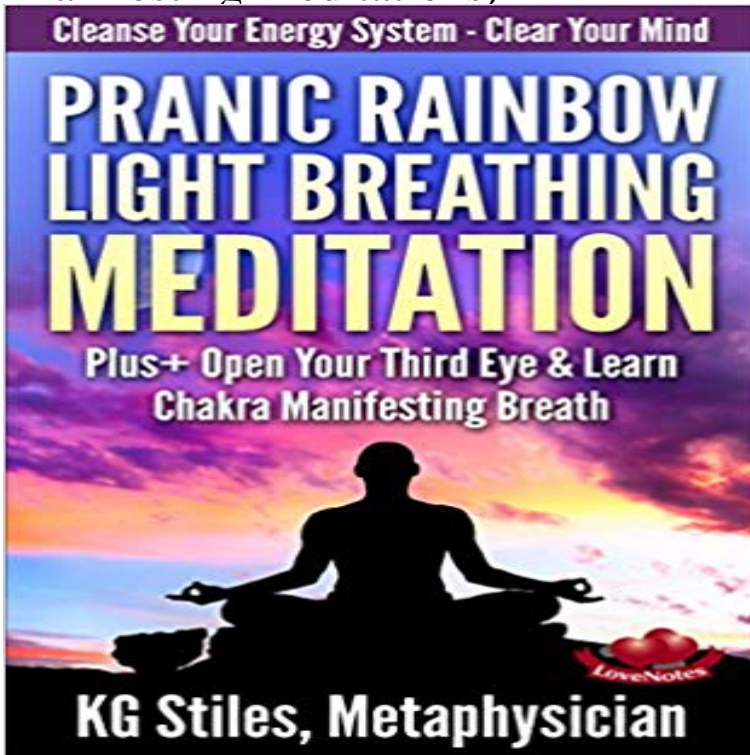


# PRANIC RAINBOW LIGHT BREATHING MEDITATION - CLEANSE YOUR ENERGY SYSTEM & CLEAR YOUR MIND: Plus+ Open Your Third Eye & Learn Chakra Manifesting Breath (Healing & Manifesting Meditations)



Learn Pranic Rainbow Light Breathing to cleanse your entire chakra energy system. You'll be guided step-by-step through six (6) transformative energy clearing and chakra healing breathing techniques to clear space, remove obstacles, and any feeling of blockage within yourself or in your life situation and experience emotional healing. Breathing connects you with your spirit, clears your nervous system and calms your mind and emotions.

As your diaphragm is the organ for processing emotions breathing is an essential tool for releasing old, stagnant chi, emotions and memory that could block your natural creative powers to manifest.

Performing any one of these powerful breath work techniques will immediately give rise to a deeper sense of spaciousness, well-being and ease at all levels of being for body, mind, spirit and emotions. Techniques include: 1 - Pranic Rainbow Light Breathing Pranic breathing is a powerful antioxidant stimulus as it increases oxygen to your cells for enhanced cellular nutrition, and removal of metabolic waste and toxic residue. Freeing your creative life force energy (prana) supports the process of manifesting the life you truly desire for yourself. Learning to use your breath to cleanse your energy system is also your first step for clearing and balancing your chakras, your windows of perception. 2 - Chakra Breathing Use this chakra breathing technique to clear, balance and heal a particular chakra. Through clearing blockages from your chakra energy system you can begin to identify the patterns of energetic blockage that surface for release and experience full integration and healing for your body, mind and emotions. 3 - Ajna Breathing The Ajna breathing technique stimulates and increases your imagination and psychic capacity, as well as your ability to visualize and see colors and images. 4 - Fire Breathing A powerful yogic breathing

technique that strengthens your nervous system, cleanses your blood, increases the amplitude of your bodys electro-magnetic energy field, builds your personal power and self confidence. Fire Breath stimulates the nerves in your nasal passage ways to elevate your mood, clears your perceptual chakra based system, and charges your body with vital life force energy. 6 - Clear Mind Breathing Pose Stimulates your pituitary and endocrine gland axis which helps develop and increase your psychic abilities, including your ability to receive intuitive insights, and your ability to visualize and project images.? Your focused breath stimulates your Ajna chakra and activates your pituitary gland. 6 - Thousand Petalled Lotus Breathing Meditation ?In this breathing technique youre focusing your breath on the micro-cosmic orbit to amplify and strengthen the circulation of prana in your energy system. This enhances the health and well-being of your entire bodymind system. This meditation balances the relationship between your pineal and pituitary glands. Clear, simple, and straightforward suggestions for working with these energy centers in a multitude of ways. KG Stiles has done a remarkable job of condensing these complexities into a form thats both informative, and easy to read. Dr. Steven Farmer, Best-selling author Animal Spirit Guides and Earth Magic KG Stiles 30 years of experience combined with her compassionate passion to assist and facilitate the personal growth and wellness of all is unsurpassed! Eldon Taylor, Ph.D., New York Times Best-selling Author, Choices and Illusions. About the LoveNotes brand: LoveNotes are short reads and summary books created with the intention to inspire and support you to create the truly satisfying life you desire. Each LoveNote focuses on a specialized topic of interest and is created to help you save valuable time and get to the heart of whats most important to you quickly! Hope you love your LoveNotes as much as

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Remember to breathe pranic, rainbow light energy into the chakra for 1-3 minutes. **Pranic Rainbow Light Breathing Meditation Plus+ Open Your Third CLEANSE YOUR ENERGY SYSTEM & CLEAR YOUR MIND: Plus+ Open Your Third Eye & Learn Chakra Manifesting Breath (Healing Learn Pranic Rainbow Light Breathing to cleanse your entire chakra energy system. Learning to use your breath to cleanse your energy system is also your first step for clearing and Pranic Rainbow Light Breathing Meditation Plus+ Open Your Third** Pranic Rainbow Light Breathing Meditation Plus+ Open Your Third Eye & Learn Learn Pranic Rainbow Light Breathing to cleanse your entire chakra energy system. Be guided step-by-step through six (6) transformative energy clearing and. with your spirit, clears your nervous system and calms your mind and emotions. **PRANIC RAINBOW LIGHT BREATHING MEDITATION - CLEANSE** Learn Pranic Rainbow

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