

SPIRITUAL MENTAL EXERCISE

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This simple exercise can be your greatest life companion, and the "resource" that you must have in order to endure beyond any psychological and/or emotional interferences that are preventing you from living the life you want to live.

Now, if you already have your own heavenly resource in place, meaning that you practice a particular spiritual or religious faith and already have some concept of God that you can think of and rely upon whenever you need help, healing, strength, or guidance... Then you may not need this exercise. But if you do not already have a strong spiritual resource in place, then I would encourage you to embrace this exercise. You can even call it a prayer, if you wish. But from my experience and understanding, sometimes traditional prayers are not enough to deal with the many "demons" that come up in life. Most of the time, prayers come just from the head or heart. But a genuine exercise with God, is all encompassing throughout the entire body. So this work may better be described as a spiritual exercise.

Here's how it goes... Whenever you need help in life, no matter what it is, you can rely upon this technique. Whether you feel scared and need support and reassurance, weak and need strength and endurance, lacking focus or needing guidance, or in need of healing, you can access this divine energy whenever you like. It doesn't matter the time or day, it is always here for you to access. It is your best friend in any time of need.

And here's how you do it...

1. Visualize God as the Sun, picture in your mind's eye God's golden rays as energy shining down on you and into you.
2. Inhale God's golden light, the golden colored rays of energy that you need to endure and succeed in any given moment. It may be for peace or calming, strength or energizing, focus or intelligence, the ability to speak or express yourself clearly, the ability to be genuine and honor or see the perspectives of others, health or healing, happiness or laughter... anything you need or desire. Inhale it as deeply as you POSSIBLY CAN into your body, into a specific area that needs healing or strength, calmness or insight, or into your whole body for relaxation or rejuvenation.
3. Then, strongly visualize and exhale out all of the dark energy or restriction that may be present in your body. Blowing all of the negativity out and into the universe letting it all out to be dispersed as God only knows how to get rid of it.
4. Continue this inhalation of good and exhalation of bad as long and as much as you need to, until you feel in your body and mind a sense of relief, reassurance, focus, understanding, or strengthening.
5. After you have successfully accomplished the goals of this exercise, you should feel a sense of resonance, where your energetic frequency and the energetic frequency of that which you desire are synchronized.

This exercise is for WHATEVER you may need in any given moment... Just inhale it deeply and passionately into your soul, into your body and mind and/or any necessary tissues. Expanding and increasing God's healing golden rays of circulation throughout. And then expelling all negativity, interference, or evil out of your body completely. When you are finished, you should feel FULL of God's Golden Light... It should be intensely emanating from the core of your being, outward through every cell of your body, and illuminating your entire being and the world around you.