

Infinity Fullness Practice

This infinity (figure-8) practice is both grounding and protective. It helps anchor you into your body while surrounding you with a balanced flow of energy, so you feel steady, nourished, and safe.

1. Settle

Sit or stand comfortably. Close your eyes (if safe) and bring attention to your breath. Notice that you already feel nourished, whole, and complete.

2. Imagine the Infinity Loop

Picture a glowing infinity symbol  (sideways figure 8) in front of you. Let it be soft and flowing, like a ribbon of light.

3. Embody the Figure-8

Now, imagine the  gently expanding to encompass your whole body — stretching from the top of your head to the bottom of your feet. As you move through the breathwork, allow yourself to be inside the  surrounded and supported by its flow.

4. First Loop — Receiving

Trace the left loop slowly with your breath:

- Inhale as you follow the curve upward, gathering nourishment, joy, and ease.
- Exhale as you follow it downward, letting it settle into your body.

5. Second Loop — Giving/Being

Trace the right loop with your breath:

- Inhale as you move upward, filling yourself with gratitude.
- Exhale as you move downward, radiating fullness outward — not forced, just natural overflow.

6. Continuous Flow

Keep tracing the  for 6–8 breaths, noticing the endless exchange:

receiving → being → receiving → being. You are complete in both directions.

7. Anchor

Place your hand over your heart or belly and affirm silently:

“I am full. I am nourished. I am complete. I am grounded. I am protected.”

8. Closing Ritual

- Gently shake out your hands and feet, releasing any excess energy.
- Visualize a soft protective light wrapping around your body, like a shield of comfort and safety.
- Carry this sense of fullness and grounding with you into the rest of your day.