

Deepening Practices - Session 4

“Expansion & Freedom”

Thank you all for exploring this session, many elements are woven together as we continue to Journey around the Chakana.

Here are a few suggestions to wrap it all together, as we continue to build our understanding of each direction and the portal that it represents.

- 1) Take time and revisit the recording, and absorb the teaching in a deeper way.
- 2) Two additional meditations have been included here - **The Living Ahnk - and - You Are A Vast Being-** These are extra meditations that stand on their own that you can explore and incorporate into your practice.
- 3) Navigating through your journey, so far, you may want to journal and explore what it means to be connected.
 - What is your connection to the Divine?
 - Are you familiar with journeying, traveling to different states of consciousness, exploring other realms?
 - What was your experience of lifting into the Hanaq Pacha, did you receive any messages or inspiration?
- 4) Consider the balance of Heaven And Earth, North and South, and did you receive any new insights about this?
- 5) Focusing on the element of Wind, Air, Breath, are you conscious of your breath?
- 6) Take time to notice your breath, and how it centers and stabilizes you.

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7) You might practice breathing in Light and focusing on Prana, energy, the Breath. Notice the difference when you breathe in light and circulate that light through your body.

8) Always be sure to fully and consciously return to your body after journeying, bring a hand to your heart, and breathe in receiving stabilizing and anchoring all messages, energy, or inspiration that you collected during your journey through the Higher Realms.

And remember, as always, you can email me your questions and insights. I look forward to seeing you in the next session.

Peace,
~Mari