The Infinity Breath

God & Goddess Breath of Creation

The Key to Immortality and Unity Consciousness

By Osiris Ra
The Infinity Breath
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God & Goddess
Breath of Creation

The Key to Immortality and Unity
Consciousness

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The Infinity Breath, The God and Goddess Breath of Creation
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Introduction

Deep within the depths of your soul you remember who you are. You are here to remember the knowledge that has been long forgotten since the fall of man and reawaken your Godliness as a divine ray of the ultimate creator. On Friday October 9 2015, I had a profound awakening and remembering of who I was. My higher self fully embodied me and I went into a Samadhi and started breathing the Infinity Breath of Creation. I channelled and downloaded the mediations contained in this book. I have been asked to share this knowledge with the world. We are here to transcend this reality and birth a new consciousness on Earth. We are here to unite the divine feminine with the divine masculine and remember our unity with all life. To honor and love one another, all life and to co-create a new Heaven on Earth.

About 80,000 years ago, a couple named Ay and Tiy discovered a way to make love in a different way than we know, where all three spirits, father, mother and child would become immortals. The Naacal Mystery School was the first Mystery school where Ay and Tiya taught others ascension and resurrection through tantric practices. Tantra means union with God through sacred sexual practices. This inter-dimensional love making was taught to about 1000 people who created 333 families that were able to experience immortality. They used to live in a place called Lemuria. They were highly developed and psychic and way before the axis shift of the earth and sinking of their land, they moved to Lake Titicaca and Mount Shasta. After sinking of their lands, Atlantis rose and the Lemurians went to the little island in the north and named it Udal.

The Naacals wanted to birth a new consciousness on earth so they divided the island into four quadrants corresponding to the male and female, logical and intuitive functions of the brain. They projected 12 magnetic vortices out of which 2 of them were off the main island and the rest were on the main island of Atlantis. The vortexes were in the form of a Tree of Life and attracted large number of migrants that resonated with the frequencies of each vortex. Out of ten spots on the main island, two of them were left uninhabited due to masculine nature of the energies. The two remaining spots attracted
two different races from other star systems. One race was the Hebrews that were allowed by Galactic Federation to join our evolutionary path. They were from the future, however they had to repeat the evolutionary path as their planetary home was destroyed in the past and they had to relearn their lessons. They integrated well with Lemurians and contributed well to Lemurian’s knowledge and advancement.

The other race that arrived uninvited from a different evolutionary timeline was the Martians. They were on the verge of planetary destruction due to wars and as soon as they arrived they tried to colonize others. The Martians attempted to leave the planet about 16,000 years ago by creating a Mechanical Merkaba which went out of control and ripped through the space time continuum causing havoc through all dimensions.

This caused a ripple in dimensions where the low frequency beings from other dimensions came to this dimension and took residence in the body of Atlanteans. They created destructive mood swings to feed of negative human emotions such as anger, fear and guilt. This was the worst time in human’s history and evolution and it was when the Atlantis was destroyed and the age of darkness begun.

The Ascended Masters, Archangel and great beings from the Galactic Councils of Light assisted in healing the planet. The immortal masters of the Naacal mystery school divided themselves into three groups and relocate to Egypt, Peru and the Himalayas. They created underground cities and mostly reside on the higher harmonic overtones of 4th, 5th and 6th dimensions. When the time was right they sent teachers and messengers into the 3rd dimension. They worked through local holy men, sages, kings and queens. They sometimes disguised themselves as traders, peasants or fortune tellers and on occasions create a secret Mystery School were they shared their knowledge with others. They were times in the history that they were infiltrated by dark cabals and their noble goal to free humanity was hijacked.

In my recent channelling the Lemurian Naacal's would like you to know that they are here to help you in the process of ascension. You can consciously ask them for
guidance in your meditations. I created a Naacal mediation for you so that you can telepathically connect with these advanced beings and ask them for guidance. They are your brothers and sisters that have reached the level of ascension that we are moving toward to. You are not alone in this journey, your ascended brothers and sisters are here to help.

Since the beginning of 2015 there has been a great acceleration of energies on our planet. August 8 2015 was a numerological alignment of 8-8-8, number 8 is a symbol for infinity and this year was a triple alignment where the Earth aligned with the Galactic Center of the Universe and allowed intense light waves from the Great Central sun to flow upon earth for those who were open to receive it. This was called the Lion’s gate portal due to astrological sign of Leo being present at that time. Lion represents courage and power and it is time to step into your power to co-create a better reality for yourself and others around you based on your divine blueprint.

Light workers are serving as anchors for the higher vibrational energies that are coming to Earth. This year has been energy wave after energy wave which is both exhilarating and exhausting as our bodies are adjusting to these new frequencies of light. This could be uncomfortable for some as they are not used to this level of accelerated expansion.

The waves of energy this year are here to allow you to better align with your soul’s purpose and to expand your energy field to be able to live in the state of peace, harmony and freedom. Many report that they are experiencing vivid dreams and frequent synchronicities to network with likeminded people. Some old relationships and friendship that no longer serves your highest purpose are discontinued to allow you to better fly to your destination. Having self-love is the number one priority at this time. Once you fully embrace your divine self and fully love yourself, you can then expand this love to encompass others in your life.

The Earth has been also moving into a region of galaxy with increased cosmic waves called wave x. This is the wave of evolution that is going to reawaken our dormant DNA
and lead to positive changes in our society. As our DNA awakens, hidden intuitive gifts such as healing, psychic abilities and telepathy that were inactive in us will come back to life.

The wave x energies peaked on the 28th of September on blood moon lunar eclipse and increased the frequency of earth to a 5d level. Sangeeta Handa a metaphysical scribe based in India named this wave, Cosmic Dolphin Consciousness of the 14th dimension. She channelled that the Dolphins and whales of the Cosmic Oraphim race from the central sun are helping humanity to birth a new higher consciousness. This wave will help to remove the seven seals of separation, illusion, duality, self, sin, guilt and suffering that was in place on this planet by the dark cabals which led to fear and separation from the source of creation. The vibration of love is the only vehicle needed to remove and transmute the seals of fear and separation within our DNA’s blueprint so we can experience our true freedom. By being loving to ourselves and all beings we can break these seals and experience inner freedom and bliss.

When you inhale and exhale slowly and expand your hearts love to yourself and all life you can break the seals of separation and achieve a state of freedom, joy and overcome daily problems that arise from the state of duality.

The infinity breath of creation allows you to connect to your divine heart, where the three fold flame (the violet flame) of ascension resides, to bring this violet flame out into your being and expand it to your light body to transmute the old and dense energies that no longer serve your highest good. The God and Goddess infinity breath of creation in turn will heal the divine masculine and feminine aspects of you with divine love. The breath combined with the energy of three fold flame of the heart (the sacred violet flame) with infinity movement of energy within the heart can heal your physical and energetic bodies. The cosmic unity through Sacred Tantra allows you to increase your vibration of love to such extend as to transcend the dimensions of this reality and to experience Unity Consciousness. In this guide I will cover the meditation steps more in depth so you can connect and experience your divinity.
It is important during the mediations to have a clean and light diet based on fresh green and vegetables. Animals are part of our extended family and we should not harm them in any way. Killing animals is not an act of love and eating animals will lower your vibrational energy and hinder the process of ascension.

If you would like to learn more about how to have a balance diet and get all your nutrition from a vegan sources I recommend reading

Heal Yourself 101 by Markus Rothkranz
http://tinyurl.com/healyourselfnow101

Also in my previous book Manifest your Freedom, there is a chapter that covers nutritional tips http://tinyurl.com/manifestyourfreedom

In Drunvalo Melchizedek’s recent seminar, Cosmic Grace Returning to Source, He presented new information that he received from his guides about the use of Tantra Energy together with the figure 8 movement. The information is currently evolving and is at its infancy and requires more research and work for its completion.

The channelling that I have received complements the new evolution of this knowledge that is birthing into our human consciousness. There are specific breathing patterns and movement of energies that have been channelled that shed light into remembrance of this ancient knowledge practiced by our immortal ancestors the Lemurian Naacals.
The Unity Breath and Entering the Sacred Space of your Heart

The most important step in being able to successfully tap into the unified field of consciousness is to learn how to connect to your heart. Your heart is connected to the heart of all creation and by tapping into your heart you will remember who you truly are. The only way back home is experiencing divine love for yourself and all life forms as we are all connected to one another in the unified field of our consciousness.

One of my great teachers Drunvalo Melchizedek said that during one of his meditations, Sri Yuktesvar appeared to him and he told him that no one should approach the divine without a certain state of mind and he gave him precise instructions on how to connect to the heart of all creation.

Before doing the infinity breath it is important to connect to the source of all through unity breath and then enter the sacred space of your heart.

Here are the instructions for the Unity Breath:

Connecting to Divine Mother Earth:
Visualize yourself to be in a beautiful natural location on earth, this could be near a beach, lake, river, forest or a mountain, if you live close to such natural settings simply go outside your house and physically connect with Earth. Now feel and appreciate the Earth’s beauty and grace. Once your feeling of appreciation and love reaches its highest level send this love down to Earth’s center. Wait till you feel that mother Earth has fully received your loving appreciation of her. After a short period of time you feel that mother Earth is going to send you back her own divine love. You may feel a tingling sensation in your body or simply feel a warm sensation in your heart. Accept this love and let it fully integrate and move in all areas in your physical and light body.
Connecting to Divine Father Sun:
While maintaining your connection to your divine mother, bring your attention to the heavens. See the Sun, if it is night time instead see the Stars, the planets, the moon, the Milky Way galaxy. Appreciate the life giving force of your divine father as without the Great Sun there would have been no life. Truly feel and appreciate the Sun. If you can go outside and let the Sun rays touch your face and body that would be the best option. Once your love and appreciation grows to its peak, send this love to your divine father. You can also visualize a ball of energy carrying your love to the heavens. Wait till you feel that your loving energy has been received by the heavens. After some time the father in heavens will send you back his own divine love. Fully receive his love and let it be integrated with your physical and light body and let it freely move to the areas in your body that you most need.

At this time feel the connection with your divine mother and father and feel the love between the Mother Earth and Father Sun, you are a child in this divine trinity. Stay in this blissful energy till you feel comfortable moving to the next step.

Moving into your Heart:
You have been in your heart many times in the past however you have forgotten how to get there over time. This is the process of remembering how to go back into your heart. The best time to do this mediation is early in the morning where the mind and body is fully rested and there is no noise and distractions around. The more you analyze it through your mind the harder it will be to enter your heart and the more your mind is an empty vessel the easier it is to move into your heart.

Bring your attention slowly from your head in a downward spiral to your heart. The movement is similar to a leaf falling down from a tree in a spiral downward movement. There is vortex of energy around the heart and the spiral movement will allow you to ride the waves of energy back to your heart. The rotation of spiral does not matter and it can be a based on your personal preference. You have to use your inner intuition and guidance to guide you in this journey. Where your attention goes your energy & soul
essence flows. Once you follow this downward movement you will find a doorway in the back of your heart. With your intention move toward this door and enter it. Once you are in the sacred place of your heart, you will feel centered and at peace with yourself.

I remember the first time I entered the sacred space of my heart, an image of this cave appeared to me in my meditation and I was standing in it. It was very clear as if I was there, however I could not believe that it was real. It took me few times of going back and forth to get comfortable. My sacred space looked like a cave with high sandy walls and an opening on top where there was a misty light coming in. It felt like being at home, my own home where I feel comfortable and at peace. I started decorating my sacred space with Persian rugs, candles and old wooden furniture to feel more at home. Whenever I go in I find an inner child of myself waiting there to greet me and take me to a special location in the sacred space where I would sit in meditation and feel connected to the entire universe.

You inner experience when you dive into your heart is a very personal experience. Once you do this exercise you will find the place in yourself where you feel very comfortable, at peace and one with the entire creation. The visuals of this space could be different for every person. For some the sacred space may look like a cave for some an enchanting forest, a lake or even a futuristic room. They key is to go with the flow of losing yourself in the experience and not analyzing through the liner perception of your mind.

If you would like to learn more in depth knowledge about entering the sacred space of your heart I highly suggest the book Living in the Heart by Drunvalo Melchizedek.
The Ujjayi Breath (The Victorious Breath)

I came across the Ujjayi breath through a Japanese Yogi Master Naruse Masaharu, he wrote a book about Tibetan Tantric Buddhism and levitation. He is one of the few people in the world that can successfully levitate of the ground through awakening of the Kundalini energy. He has numerous photos taken in the 1990’s showing his levitation.

He describes a technique in his book where through the practice of Ujjayi breath one can reawaken the Kundalini and by placing his attention few feet’s above the ground his body will lift up toward where his attention is. He says that one of the hardest part of levitation is the landing and also controlling his feet while in the air.

Here are 3 pictures showing the levitation by Naruse Masaharu
When you practice Ujjayi breath it expands your lungs fully in all directions, lifting your chest and ribcage like a victorious warrior. That’s why it is called the Victorious Breath. It is sometimes called the ocean breath and is used in variety of Taoist and yoga practices.
Ujjayi is a diaphragmatic breath in which you first fill the lower belly (activating root and spleen chakra) and rise to the lower rib cage (heart and solar plexus chakra) and finally moves into the upper chest and throat (upper heart and throat chakra).

The quality of the Ujjayi breath can teach you a lot about yourself and listening to its sound can tell you a lot about your state of the mind at any given moment. For example a strained breath tells you that you may be straining physically or mentally and an irregular breath may mean that you are losing focus and wandering off into your thoughts.

Inhalation and exhalation are both done through the nose. You slightly need to contract your throat (glottis) muscles as you inhale which creates an ocean sound. The diaphragm controls the length and speed of breath. During the exhalation you can create a HAAAA sound with your mouth closed so the exhalation is done through your nose with the HAAAA sound. Be careful of being too forceful with the breath, you don’t want to strain the vocal chords. The inhalation and exhalation sound brings you attention to the present moment and makes your mind calmer. The inhalations and exhalations are equal in duration and should be done with ease and harmonious flow of the breath.

This is good Video by Chris Bryan about Ujjayi Breath:
https://www.youtube.com/watch?v=BUJOxuj4MXU

Also by Kino MacGregor:
https://www.youtube.com/watch?v=oRb56apRa40

Ujjayi breath is also referred to as “cobra breath” and here are its health benefits

- It circulates the vital force or prana throughout the body and removes energy blockages
- It slows down the heart rate and regulates the blood pressure it and has a soothing effect on the nervous system,
• It helps to calm the mind and lower blood pressure
• It creates internal heat that warms up the body which allows for safer yoga practices
• It allows you to stay present, self-aware and grounded which is helpful in practicing deep meditations.
• You can practice the full deep breaths even during the challenges of daily life which can help you stay composed and in control

The Infinity Breath Practice

Before practicing the infinity breath, you need to learn how to move your consciousness or spirit within your body. Where your attention goes your energy flows. When you use a specific breathing pattern with movement of your consciousness within your body, your subconscious remembers and connects you to the unified field of consciousness where all possibilities exist and from that position you can co-create a new reality that is harmonious with your divine plan.
To practice the infinity movement. Sit in a comfortable position. See image below.

**Inhale Upward Arc**

1. Center yourself in your heart. Practice the unity breath and entering the sacred space of your heart.

2. Inhale slowly through your nose (Ujjayi breath)- You will continue inhaling till you complete the top part of figure 8.

**Exhale Downward Arc**

3. Exhale gently, completing the top part of the figure 8.

4. Continue exhaling, moving the focus to the lower part of the figure 8.

5. Inhale into the lower part of the figure 8.

6. Complete the cycle by exhaling into the lower part once more.
3- Imagine there is a golden ball of energy in your hearth. With your mind see that there is line of energy coming out from the back of your heart. Move to arrow #1

4- Follow the movement upward to create and arc and move to arrow #2 and the arrow # 3 to complete the top part of the figure 8

5- Come back to the center of your heart. This is also the center of figure 8

6- Exhale slowly through your nose (Ujajayi Breath)- You will continue exhaling till you complete the lower part of the figure 8

7- Now move your attention toward arrow #4 to start the downward figure 8

8- Follow the movement downward to create a downward arc and move to arrow #5 and arrow # 6 to complete the lower part of the figure 8

9- Come back to the center of your heart. This is also the center of figure 8

10-Repeat the process for inhale to complete the top part of figure 8 and for exhale to complete the lower part of figure 8

11- Keep moving the energy in figure 8 pattern for as long as you feel comfortable

**The Infinity Breath Accelerated Practice**

The difference between the accelerated infinity breath is that you breathe very slowly in Ujjayi breath format. When you inhale you bring the energy and complete the figure 8 and keep the figure 8 pattern moving till you reach the top of your breath. The figure 8 moves faster and faster. The same goes with the exhale, as you exhale slowly in Ujjayi breath format, you keep completing the figure 8. As you gain momentum you will keep accelerating the figure 8 pattern faster and faster.
The goal is to make the figure 8 reach the light speed and create a super conductive circuit within your body. This will be easier working with a partner which I will cover in the next exercises.

1- Center yourself in your heart. Practice the unity breath and entering the sacred space of your heart.

2- Imagine there is a golden ball of energy in your hearth. With your mind see that there is a line of energy coming out from the back of your heart. Inhale very slowly through your nose (Ujjayi breath) - Complete full rounds of figure 8. The movement of energy is 1-2-3-4-5-6. In the beginning of inhalation, the figure 8 moves slowly and gains momentum like an engine.

3- Once you reach the top of your breath. Exhale slowly through your nose (Ujjayi Breath) - Keep accelerating the movement of figure 8

4- Keep moving the energy in figure 8 pattern for as long as you feel comfortable

5- Practice increasing the amount of time you spend on each inhalation and exhalation. You can start at 10 seconds for inhale and exhale and then to 20, 30, 40 or 60 seconds. The longer you can extend your inhale and exhale cycles the faster the energy moves in figure 8 format and the faster you can increase your vibrational energy.
Complete rounds of figure 8 during inhalation or exhalation. Speeding up the pattern

As you speed up the figure 8, you will create many 8 loop patterns of energy in 360 degrees centering from your heart and in vertical alignment. A shining ball of energy forms around your heart.

**Both Directional Figure 8 Pattern**
This is the progression from the previous accelerated Infinity Breath. Continue breathing the Ujjayi breath. As you continue accelerating the figure 8 pattern, your body’s energetic vibration increases higher and higher. Keep accelerating the figure 8 pattern until you reach the highest level of speed possible within your energetic body.
At this time you will experience that the pattern of figure 8 changes instead of the upward and then the downward energy pattern. The energy travels from the center of your heart in both upward and downward directions all at once and meets again in your heart. This both directional energy keeps repeating till a golden sun of energy forms in your heart and emanates in all direction. It pulses the vertical figure 8 pattern in both upward and downward directions 360 degrees. The infinity pattern colour becomes golden like a sun. See images below.
Repairing your DNA and Chakra system with the Golden and Violet Flame of light

Keep raising you energy and once you reach a highest point of acceleration of bi-directional figure 8 energy, expand the golden light of energy from your heart in all directions in your physical and energetic body. See that all your organs, bones, acupuncture points, cells and atoms are filled with this golden light.

See that all your chakras light up in order from the lower chakra up to your higher self chakra per image below. Bathe in this healing golden light of energy that is coming from your heart.
The Violet Flame and DNA repair

Violet flame is a divine gift that exists on the higher dimensions. In the teaching of ancient Tao, it is said that the violet flame comes from the North Star. When we connect to this star, we are free from the natural life and death cycles of the earth. The Violet Flame can heal and transmute the negative blockage, purify our physical and energetic bodies and free us from the limits of this reality. It has a nourishing and revitalizing effect on our energetic system and can transform the DNA into its original multidimensional blueprint.

The violet flame has been known in esoteric circles to be the most powerful spiritual alchemy that can transform us into our divine nature. Its frequency works at the subatomic level to transmute the unwanted energies. It consists of three frequency bands. The first one is a pink light that carries the frequency of divine love. The next one
is the golden light which carries the frequency of divine wisdom and the third one is the blue light which carries the frequency of divine power. Where Divine Love, Wisdom and power come together in the form of a Violet light, we can experience a state of freedom where we can experience our true divine nature.

These three bands of light are the frequencies of the prime creation where everything manifested into existence and the threefold flame consisting of the three bands of pink, gold and blue that represent the sacred trinity of love, wisdom and power has been placed in our hearts at birth to sustain our life. This flame is the aspect of I AM that is sent into this world to co-create and to experience its divinity. When we grow into adulthood we forget to tap into this source of divine light and information. This flame once fully balanced and expanded is our fountain of youth, healing and nourishment for our body. An Eastern saint named Lord Lanto could materialize this threefold flame at the centre of his chest so others could witness this connection of their hearts to the source of all.

**Violet Flame Exercise:** Continuing from the previous golden light exercise, After you flood your body with the golden light. See that in your heart there are three rays, Golden, Blue and Pink and see that they together form a violet flame ball of energy in your heart. Expand the violet flame from your heart in all directions throughout your body. Flood your atoms, cells, acupuncture points, organs, and bones with this light. See this light enters into your etheric and energetic bodies and balances and
heals all your chakras back into its natural blueprint. Immerse you whole being with this sacred violet flame and feel fully nourished and revitalized.

You can also move the violet flame that is emanating from your heart in a pattern 8 format and charge up your energy till the pattern moves in bi-directional form and then flood your system with this divine violet flame of transformation. Stay in this ray of violet flame as long as you feel comfortable.

**Kechari Mudra**

This is an advance move and in the beginning practices you may skip this till you feel comfortable with moving the energy in the infinity pattern and breathing the Ujjayi breath.

Now move your tongue upwards so it touches the roof of your mouth. You need to move it between where the soft palate and hard palate meet and slowly massage the roof of your mouth. This move enables your heart and mind polarity to reverse so that you heart will be in control of your mind. The massaging movement between the hard palate and soft palate will create a divine nectar called the divine Amrita. Amrita means immortality in Sanskrit.

Your pineal gland will produce this divine nectar and creates alpha waves in the four lobes of your brain. This will make the body calmer and have healing and rejuvenating benefits for your body. The alpha wave is a bridge between the subconscious and conscious part of your mind.

Yogis call this mudra the Kechari Mudra and it is considered to be the king among all mudras. In ancient scripture it is said that the ones who practice this mudra will not suffer from disease, decay and death. The immune system becomes very strong. The body becomes divine. It helps the practitioner of this mudra to attain Samadhi or the super-conscious state of the mind, Astral travel is possible with this mudra.
Massage the Togue in the middle between the hard and soft palate

For the rest of the next exercises keep massaging the roof of the mouth and see the Violet Flame moves in infinity pattern from your heart and keep flooding your system with this violet light of transformation, continue with breathing the Ujjayi breath.

After massaging the roof of your mouth with your tongue, your attention naturally moves in the central area of your forehead (your third eye). Simply close your eyes and focus on your third eye while massaging your tongue. You may experience astral travelling and seeing your surroundings with your third eye.
Optional Step:
If you are familiar with the Merkaba field, you can also expand the violet flame of transformation to your Merkaba field in all directions.
The Merkaba field was first introduced to the world by Drunvalo Melchizedek and is a living energy field around your body. It is 55 feet in diameters and is shaped like a flying saucer. The base of the spine is where a disk shape sphere is formed and is used for inter-dimensional travelling. If you would like to learn more about the Merkaba field, you can contact the School of Remembering founded by Drunvalo.
The Infinity God & Goddess Breath of Creation

It is always beautiful when a man and a woman connect to one another in spirit of unity to co-create a new reality. When we are in alignment with our divine purpose and act from our hearts to co-create we become God and Goddesses in the physical form and we become an instrument for the greater good of humanity and the universe that we live in.

Make sure that each partner has practiced the exercises below before proceeding with the partner exercise

1- Entering the Sacred space of the heart
2- Ujjayi Breath
3- The Infinity Breath
4- The accelerated Infinity Breath
5- Bi-Directional Infinity Breath
6- Repairing the DNA and light body with golden and violet flames
7- Advanced move, tongue on the roof of the mouth – The Divine Nectar

Here are the steps to activate Infinity God and Goddesses Breath of Creation:

1- Sit in front of one another in a comfortable position in a cross legged pose or sit on the chair. Make sure you are sitting straight (the spine is straight) so that the prana flows easily throughout your body.

2- Enter the sacred space of your heart

3- Once you fully enter the sacred space of your heart, look at your partner. See them as the divine being that they are. It is good to maintain your eye contact and honor their soul for being here right now.
4- Simply send your love to your partner, feel their hearts and send your loving energy to their being.

5- Start breathing together – Inhale and Exhale together.

6- Now start the Ujjayi Breath – inhale and Exhale together

7- Now reverse the polarity of the Ujjayi breath. When the male inhales, the female exhales and when male exhales, the female inhales. The longer time you can inhale or exhale together the better the experience will be. Because of the lung capacity find a middle ground that both of you can practice comfortably. Practice this breath for 5 minutes before moving to the next step.

8- When the female has fully inhaled and the male has fully exhaled. Start moving your energy according to the pattern in the picture below.
1- Breathing the Ujjayi breath, the female is at full inhale and starts exhaling very slowly and moves her energy in the form of downward arc from her heart see arrow #1 for female.

The male lung is empty after the full exhale and simultaneously with the female he starts inhaling Ujjayi breath very slowly and moves his energy in the form of upward arc from his heart. See arrow #1 for male.

2- The female keeps moving to arrow 2,3,4,5 and 6 to complete her infinity pattern, she keeps exhaling slowly and inhaling with Ujjayi breath. The breath is a natural rhythmic breath and is independent of the arrows. The longer the
exhale and inhale breath the more powerful the frequency shift will be. The breath pattern has polarity and is opposite to the male’s breath pattern.

3- The male keeps moving to arrow 2, 3, 4, 5 and 6 to complete his infinity pattern, he keeps inhaling slowly and exhaling with Ujjayi breath. The breath is a natural rhythmic breath and is independent of the arrows. The longer the exhale and inhale the more powerful the frequency shift will be. The breath pattern has polarity and is opposite to the female’s breath pattern.

4- Continue breathing the Ujjayi breath in polarity of one another. As you continue accelerating the figure 8 pattern, your body’s energetic vibration increases higher and higher. Keep accelerating the figure 8 pattern until you reach the highest level of speed possible within your energetic body. At this time you will experience that the pattern of figure 8 changes instead of the upward and then the downward energy pattern. The energy travels from the center of your heart in both upward and downward directions all at once and meets again in your heart. This bi-directional energy keeps repeating till a golden sun of energy forms in your heart and emanates in all directions. It pulses the vertical figure 8 pattern in both upward and downward directions 360 degrees. The infinity pattern color becomes golden like a sun.

5- Keep raising your energy and once you reach a highest point of acceleration of bi-directional figure 8 energy, expand the golden light of energy from your heart in all directions in your physical and energetic body. See that all your organs, bones, acupuncture points, cells and atoms are filled with this golden light. See that all your chakras light up in order from the lower chakra up to your higher self chakra. Bathe in this healing golden light energy that originates from your heart. As you can see in the image below the two golden circles have formed a Vesica Pisces between male and female polarities.
The Vesica Pisces is the geometry of creation and everything in the universe was created when the supreme represented by a single circle with no beginning and end creates a second circle to form a Vesica Pisces that represents the expansion of unity to duality of God and Goddess energies to create an offspring (creation).

Hourglass Nebula forming Vesica Pisces

Water surface forming Vesica Pisces

6- This is an advance move and in the beginning practices you may skip this till you feel comfortable with moving the energy in the infinity pattern and synchronizing the Ujjayi breath in polarity. This part was listed in the previous Individual Violet Flame exercise and repeated here for easy reference.

Now move your tongue upwards so it touches the roof of your mouth. You need to move it between where the soft palate and hard palate meet and slowly
massage the roof of your mouth. This move enables your heart and mind polarity to reverse so that you heart will be in control of your mind. The massaging movement between the hard palate and soft palate will create a divine nectar called the divine Amrita. Amrita means immortality in Sanskrit. Your pineal gland will produce this divine nectar and creates alpha wave in the four lobes of your brain. This will make the body calmer and have healing and rejuvenating benefits for your body. The alpha waves are a bridge between the subconscious and conscious part of the mind.

Yogis call this mudra the Kechari Mudra and it is considered to be the king among all mudras. In ancient scripture it is said that the ones who practice this mudra will not suffer from disease, decay and death. The immune system becomes very strong. The body becomes divine. It helps the practitioner of this mudra to attain Samadhi or the super-conscious state of the mind, Astral travel is possible with this mudra.

For the rest of the next exercises keep massaging the roof of the mouth and continue with the Ujjayi polarity (male/female) breath.

7- Continuing from the previous golden light exercise, after you flood your body with the golden light. Continue with polar Ujjayi breath with your partner. See in your heart that there are three rays, Golden, Blue and Pink and see that
they they together form a violet flame ball of energy in your heart. Expand the violet flame from your heart in all directions throughout your body. Flood your atoms, cells, acupuncture points, organs, and bones with this light. See this light enters into your etheric and energetic bodies and balances and heals all your chakras back into its natural blueprint. Immerse you whole being with this sacred violet flame and feel fully nourished and revitalized. Stay in this ray of violet flame as long as you feel comfortable with your partner.

8- Keep recharging your body with the infinity movement. Move the violet flame that is emanating from your heart in pattern 8 movement and speed it up and expand the light to all directions in your body.
9- When you massage the roof of your mouth with your tongue, you may naturally experience that your attention goes to mid area on your forehead (your third eye). If this happens simply close your eyes and focus on your third eye. Astral Travel can happen and you may be able see your surroundings with your third eye.

**Tantra & the God & Goddess Infinity Breath of Creation**

In the Tantric cosmology, the universe is created and sustained by two fundamental male and female forces called Shiva and Shakti. The divine couple Shiva and Shakti corresponds to two aspects of the one being, the masculine which represent the permanent aspect of God and the feminine which creates life. When the masculine aspect of God is united with it Goddess, he has the power to create. There is no masculine power (Shiva) without it feminine aspect (Shakti). The key is to realize the unity of both masculine and feminine aspects as one.

**Tantra Unity through Infinity Breath of Creation**

This exercise requires the male and female to sit in a Shiva-Shakti Tantra pose. See image below.
Here are the steps for both partners to practice the Tantric Infinity Breath of Creation

1- Enter the sacred space of your heart and see your partner as a divine God or Goddess that she is, honor and respect each other's divinity

2- Start breathing in Ujjayi polarity breath. When the Male inhales, the female exhales and when the female exhales the male inhales. The Female takes in the full inhalation and the male exhales all the air out. The female exhales slowly and the male inhales slowly.

3- Create the infinity pattern similar to below. Keep moving to arrow 2,3,4,5 and 6 to complete the infinity pattern, inhale and exhale with Ujjayi breath. The breath is a natural rhythmic breath and is independent of the arrows. The longer the exhale and inhale the more powerful the experience will be. Find the duration balance that is comfortable for both of you.
4- Speed up the infinity pattern so that the energy travels from the center of your heart in both upward and downward directions all at once and meets again in your heart. Repeat this energy till a golden sun of energy forms in your heart and emanates in all directions. It pulses the vertical figure 8 pattern in both upward and downward directions 360 degrees. The infinity pattern becomes golden like a sun and fills your atoms, cells, organs, chakras, acupuncture points and your entire body with its healing light.
5- Keep raising you energy and once you reach a highest point of acceleration of bi-directional figure 8 energy, expand the golden light of energy from your heart in all directions in your physical and energetic body. See that all your organs, bones, acupuncture points, cells and atoms are filled with this golden light. See that all your chakras light up in order from the lower chakra up to your higher self chakra.
6- Massage your tongue between the soft and hard palate on the roof of your mouth.

7- Connect the sexual organs, and let the Tantra energy builds up. Be patient and do not force the release of orgasm through physical movement. Focus on the movement of pattern 8 and Ujjayi breath. Connect your hearts as one being so that the sexual energy between you naturally builds up.

8- Once the orgasm starts to happen, with your intention move the sexual energy that was released into your heart. For males send this energy upwards from heart to your back to arrow #1 and for females send this energy downwards to arrow #1 and complete the full figure 8 by following the movement to arrow 2-3-4-5-6
9- Speed up this energy in the infinity 8 pattern so that the pattern transforms into a both upward and downward direction and meet again in your heart where it mixes with your three fold flame of your heart and creates a violet flame of resurrection and transformation. Expand this energy in all directions from your hearth to all your atoms, cells, organs, chakras and your entire body.
10-Stay in this healing violet flame of transformation and let it heal your entire being.

11-You can keep moving the violet flame energy in the figure 8 pattern and charge it up more with the flame of your heart and keep flooding your body with this violet flame of resurrection.

12-When you massage your tongue on the roof of your mouth you may experience that your attention goes to the mid area on your forehead (your third eye). If this happens, simply close your eyes and focus on your third eye. Samadhi, Astral travel and seeing your surroundings with your third eye can happen.

13- Once you would like to finish this divine union meditation, honor your partner as see them as part of you and see their divinity.
14- Bring your hands together in Anjali Mudra and place it on top of your head and then move your hands while keeping the mudra, in front of your chest and honor your partner. You can say Namaste which means (The Spirit within me salutes the Spirit in you). See image below for this mudra.

The Lemurian Naacal Meditation

The immortal Lemurian Naacals are here to help humanity. They live on the higher harmonic overtones of 4th, 5th and 6th dimensions. With your intention you can connect with them and receive their guidance and wisdom. They are our brothers and sisters and they are happy to help us in our journey.

When I meditate and ask questions from them they respond and say that all answers can be found in your heart as the heart of all creation is within you. If you feel being called, I am providing a simple meditation to connect with your brothers and sisters who are a step ahead in their evolution so they can telepathically provide the answers to your questions. Remember that all answers can be found in your heart. It is always heart-warming to know that they are here to assist us in our journey to self-discovery and union back to the source.
The Naacal Sanctuary Meditation Steps

1- Connect with mother Earth and Father Sun through Unity Breath

2- Enter the sacred space of your Heart

3- Increase your vibration of energy through creating the golden infinity pattern and lighting up all chakras with pure golden light

4- Now use the sacred violet flame to raise your vibration even higher and expand the violet flame to your physical and energetic body

5- Ask your Spirit of I AM, your Spirit Guides and Angels to protect the flow of information for your highest good and do not permit any information coming from lower entities in any realms and dimensions. See yourself being protected with divine light of your I AM presence

6- Close your eyes, as you are connected to your sacred space of your heart open a channel and invite your Lemurian Naacal brothers and sisters to speak with you

7- The key is to communicate from your heart. When you are in your heart sanctuary that looks like a cave for example you may see that there is an opening to a beautiful enchanted forest and you may see a civilization that invites you to join and be with them.

8- Trust your inner guidance and move toward this forest. Sit with your brother and sisters and let them telepathically communicate with you.

9- They may ask you to lie down so that they can do healing work on you. If you feel in your heart that this is right for you allow the healing to take place
10-Their language is imagery and feeling. When you have a question, from your mind create and image or a feeling and see that image being transferred to them. Once you feel they understand your question wait till they respond back to you with an image or a feeling.

11- Once you are done with spending time with Lemurians, thank them for their love and guidance and know that they are always there to help you when you need them.

12-Slowly come back to your sanctuary in your heart and come out of the meditation by opening your eyes.
Practice and Meditation in your Daily Life
It is vital to make time every day to practice the meditation covered in this guide to clear and energize your energetic and physical bodies. The best time to practice the mediations are early morning around 5 am to 7 am or earlier as your body is fully rested and your mind is clear of mental fogs from distractions such as TV, Internet, cell phone, etc.

The exercises in this guide will transmute the negative energies that are blocking your progress and will raise your energetic vibration so that you will have more freedom to be your authentic you. You are a divine being with a divine blueprint, however the dense energies of this reality have created blockages and fogged your view of who you truly are. Also when the energies are not balanced it is extremely hard to manifest the life that you truly deserve.

Remind yourself to breathe deeply and slowly throughout the day and know that the flame in your heart is always present to empower you in your daily life. It can dissolve all the blockages and can make you a beautiful divine magnificent being that you are.

If you enjoyed reading this book, recommend it to your friends, post a link on your Facebook and write a review. Thank you dear one for spreading this message.

I Love You with all My Being and all My Heart
In Love and Service to all Humanity
Osiris Ra

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