

## *Elemental Cleansing Breaths*

### *Earth:*

*Breathe in through the Nose and out through the Nose*

#### *Images:*

*Feel rooted to the center of the Earth*

*Draw in the magnetism of the Earth*

*Let go of anything un-needed, extra and allow the magnetism to pull it back into the Earth with the exhalation for recycling.*

### *Water:*

*Breathe in through the Nose and out through the Mouth*

#### *Images;*

*Liquid light essence pours from a sacred chalice, flows through your being, cleansing and purifying. And my Spirit is washed whiter than snow.*

*Rainbow Shower, waterfall, river, lake, ocean, shower rain*

### *Fire:*

*Breathe in through the Mouth and out through the Nose*

#### *Image:*

*Breathe in the white love light essence which surrounds you*

*Breathe out to each cell in your body, filling, opening, clearing*

*Stoking the fire with the exhalation*

*Burning off debris from each energy center or body part*

### *Air:*

*Breathe in through the Mouth and out through the Mouth*

#### *Image:*

*Let Spirit breath you- no effort, fine, light barely moving*

*And as you inhale, take in the Prana, life force in the air*

### *Ether*

*Breathe in and out through the nose and mouth .... Space*