

PURIFY YOUR BODY TEMPLE INSTRUCTIONS

Always be in a quiet location for any practice of meditation and away from family and pets.

It's best to lay down or sit in a chair with feet propped up to take the pressure off hips. Keep your backs straight. Close your eyes and pull your attention inwards.

Purify Your Body Temple is a guided visualization using the 12-chakra system. Using your imagination, you'll begin with the base chakra, red, and work upwards to the 12-chakra.

You're looking down to the base chakra. Imagine spinning the chakra, from left to right. You are unwinding the chakra and clearing out emotional blocks, memories and stuck energy.

Use your imagination and not your eyes to spin the chakras, otherwise you'll get dizzy.

It's okay, if you fall asleep, the subconscious mind receives the instructions to clear out emotional blockages.

If you have additional questions, please don't hesitate to email us at: info@kumarainstitute.com