



THE CLEANSING WITH FIRE VORTEX

Benefits of These Two Exercises:

- Purifying you mind, body and spirit
- Excellent preparation for psychic work or any healing work
- Quick cleansing for post-group situations of any kind
- Aids disconnecting emphatic responses even after a long busy day

This is a wonderful exercise for cleansing the aura, especially in preparation for a psychic work or after. It is also beneficial when we need to cleanse and ground ourselves after group situations. It is very effective at the end of the day or after having interacted with a great many people. It combines visualization and breathing, and it only takes about 15 minutes.

This exercise has two parts

1. The Pyramid Cleansing
2. Cleansing Vortex

The Pyramid Cleansing

Visualize a crystalline ball of light about 12 inches above the crown chakra of your head.

As you focus on it, and exhale, it begins to move downward and in front of you at an angle about 12 inches in front of the brow. As you inhale, this sphere of light is drawn into the brow. As it enters into the brow it cleanses and purifies the brow center and moves to the back of your head. As you exhale it rises up the back of the head through the crown, and it returns to its original point above your head. Repeat this with the throat, heart, solar plexus, spleen, base, knees and arches of the feet.



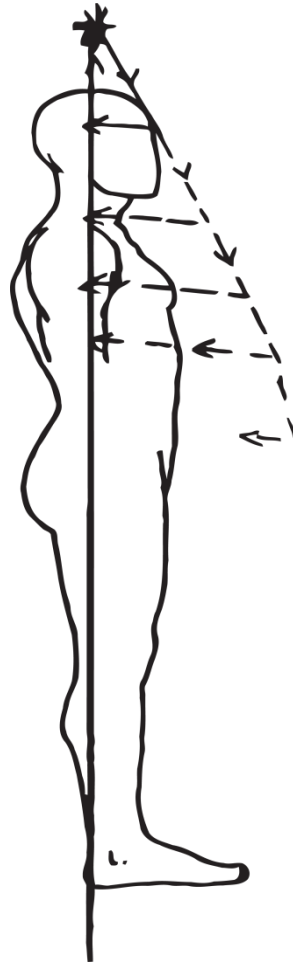
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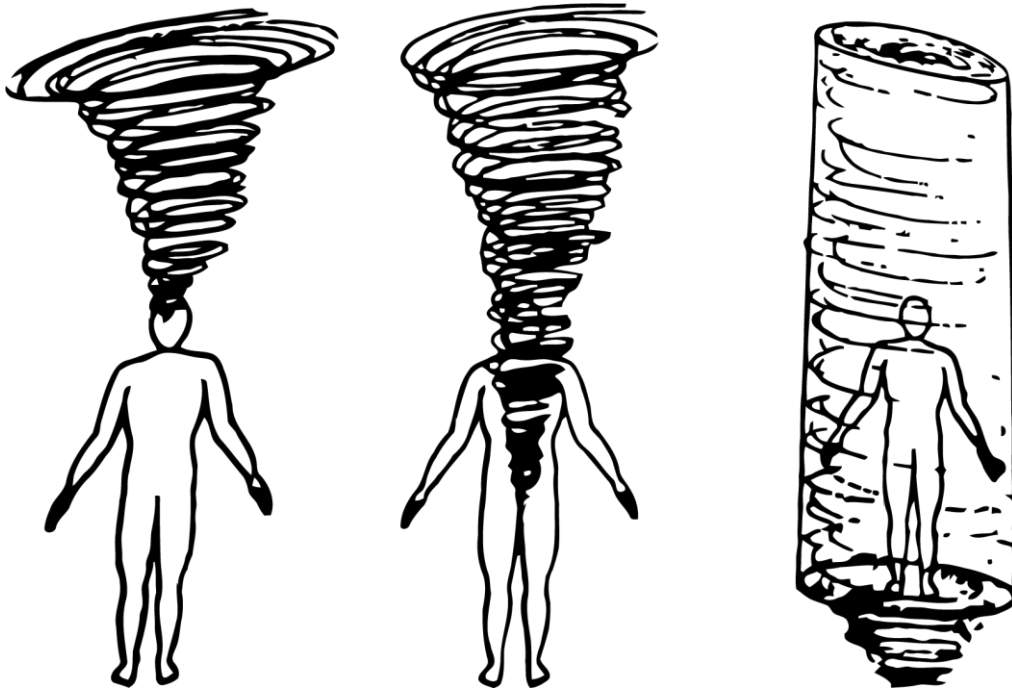


With each breath the original sphere cleans and loosens the debris in each chakra and helps clean the channel of energy up the spine. As you exhale the sphere moves down to the front of the body, to a position outside and in front of the chakra, cleaning and purifying. As you exhale, the sphere rises up along the spine to its original point above the head.

The last pyramid cleansing is to a point below the feet about 12 inches into the Earth. This time when the sphere enters into it, the sphere clones itself, sending one aspect into the heart of the Earth, while the other rises up through the body. Visualize it as a small boring light, loosening and cleansing that energy pathway through you and linking you to the Earth and the Heaven.

Cleansing Vortex Exercise

Now visualize a cleansing vortex/tornado descending upon you. About 30 feet above your crown chakra, visualize a small tornado or whirlwind of crystalline white fire energy beginning to form. It is in fact a small spiritual tornado. As it forms its funnel shape and descends, see it encompassing your entire auric field. The small end of the funnel enters into the crown of your head and slowly the vortex descends through your body, burning of all of the energy debris loosened through the pyramid cleansing.



As this spiritual vortex moves through your body, it descends into the earth itself.

Visualize this vortex as carrying all of your energy debris and contaminates into the lower realms where it is used to fertilize and benefit lower kingdoms of life upon and within the planet. See yourself as purified and cleansed, with your energy flowing free without any abstractions.

*Psychic Protection – Ted Andrews

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