

## **Stargate Visualization & Breathing**

1. Imagine a circular disk in your solar plexus, just below your breastbone, that divides your torso into an upper half and a lower half.
2. Inside the circle, place a 5 pointed star whose top point touches the inside front of your breastbone.
3. About an inch below this disk, imagine a second disk.
4. Inside this circle, place a 5 pointed star whose top point touches your spine.

You now have 2 star disks, one on top of the other, whose stars are facing top-to-tail. In the middle of each star, there is a pentagonal opening:

- Focus your attention on the top star. Gradually open the center pentagon wider and wider.
- Breathe into your solar plexus to further loosen the diaphragm and feel that opening stretch to the max.
- Pay attention to your bodily sensations as you do this.
- While exhaling, begin to contract this center.
- Continue exhaling, while visualizing the contraction of this opening to the smallest size possible.
- Pay attention to your bodily sensations as you do this.
- Repeat the above described exercise for the center opening in the bottom star.
- Repeat this exercise while focusing attention on both pentagonal openings at the same time.

Create a bifurcated feeling of your Attention & Awareness focused in both your star and your body at the same time.

Ignore your issues. Line up with your Jolly Star again and feel the hilarity and joy of that reunion, after eons of separation! Ask your Jolly Star to energize and empower you again in any way imaginable and desirable!