

DIAMOND ALIGNMENT™

A SACRED TECHNOLOGY

RECEIVING THE DIAMOND ENERGY FLOW

These two exercises will help you open yourself to the experience of the Diamond Energy you receive from Diamond Alignment.

Diamond Waterfall

- ❖ Close your eyes and focus on your breath.
- ❖ Imagine a waterfall of light energy from the Sun coming down through your head all the way through the central core of your body ... down your legs and out your feet.
- ❖ Visualize this energy moving down into the Earth ... now experience yourself conducting this Divine Energy right into the Earth.
- ❖ Continue imagining this energy flow for 2-3 minutes.
- ❖ Enhance it by saying to yourself “I am willing to receive.”
- ❖ The more you open yourself to receive, the more Divine Energy comes through you to the Planet. You become a vessel that receives and gives this Divine Flow. How do you feel?

Diamond Lava Flow

- ❖ Close your eyes and focus on your breath.
- ❖ Imagine a flow of volcanic energy coming up from the core of the Earth through your feet, up through your legs, through the central core of your body, to your brain, and then through your head to the sky, and into space.
- ❖ Now you have received the flow of energies from the Mother Earth’s core. Have you ever seen hot lava coming up from the center of the Earth? Its natural beauty arises from pure creative power.
- ❖ Again, enhance the experience by saying “I am willing to receive.”

By allowing Cosmic Energy to flow through you in Vertical Alignment, you open the energetic pathway to receive even more of the concentrated high-frequency Diamond Energy available when you go through the 6-minute Diamond Alignment Experience.