

# 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.*

### Multidimensional Diamond Waterfall

- ❖ Close your eyes and focus on your breath.
- ❖ Imagine a waterfall of Multidimensional Diamond Energy from the heavens 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 through your feet and then down into the Earth ... now experience yourself sending this Diamond 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 Diamond Energy comes through you. You become a vessel that Receives and Flows Divine Energy. How do you feel?

### Physical Diamond Energy Flow

- ❖ Close your eyes and focus on your breath.
- ❖ Imagine a flow of Physical Diamond Energy coming up from the core of God’s Creative Fire through your feet, up through your legs, through the central core of your body, to your brain, and then through your head to the heavens.
- ❖ Now you have received the flow of Physical Diamond Energy from the core. Have you ever seen hot lava coming up from the center of the Earth? Its natural beauty arises from the pure Power of the Creator.
- ❖ Again, enhance the experience by saying “I am willing to Receive.”

*By allowing the Multidimensional Cosmic Diamond Energy to flow through you in Vertical Alignment between Heaven and Earth, 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 Activation.*