



Michael Andron, PhD

Dr. Michael Andron | 305-798-5088 | mandron@mac.com | www.kodesh.org

ROOTING

OPEN your mind to the idea that you, and all the earth, are living vibration and that you can "feel" that vibration and make it your own. Let random thoughts pass. *OPEN* your body: let go of muscular tension in the face and hands. Let the neck and shoulders be free of tension. Imagine you just "beamed in" from the "Enterprise" and haven't become solid yet. Now, open an imaginary eye at the back of your head and imagine that you can see-hear-feel with it.

SILENCE the mind and body...be still...be passive...be ready. Listen carefully to the vibration and sound of your breath. Using your imaginary eye at the back of your head, imagine a "seed of light" floating inside your head.

CENTER the mind and body...imagine the "seed of light" FLOATING DOWN (slowly, like a pearl sinking in a jar of honey) to the lower-center, about 3 inches below and behind the navel. The lower center is directly behind the abdominal muscles that are used during the slow 4-4 breath. With each breath, imagine the seed getting more energy and preparing to sprout.

ATTUNE the mind and body to the energy of the seed at the lower-center. As the seed builds up its energy to sprout, imagine its light RADIATING outwardly, lighting up the whole body's energy field.

ROOT the mind and body. As the seed sprouts, imagine laser-like roots of light sinking from the lower-center (where the seed is) to the "pool of light" at the earth center. Let the roots join the two centers in an inseparable bond and become one. As you continue to breathe, imagine all the *anti-energy plaque* (*tension, stress, anxiety, fear, pain, etc.*) going down the roots, being cleansed in the pool of light and being inhaled back into your energy field, refreshed, recycled and revitalized. (Anchor the connection by touching your thumb to the tips of the index and middle fingers.)

