

## **Inner Focus Invocation**

This practice was given to us for the purpose of unifying our community, and aligning with our body-mind-soul connection. Change nothing!

Within these few words is the invocation power of the Masters given to us in service to Humanity. This practice can be said as a prayer or used with the following mudras (hand movements).

Take a deep breath in and say all statements on the out breath.

<b><u>Mudra</u></b>	<b><u>Statement</u></b>
<i>Begin by taking two deep breaths... then place your hands on your heart. Be still. Breathe in... then on the outbreath say</i>  <i>Take two deep breaths.</i>	<b>I Am The Breath Of God</b>
<i>Then breathe in...Create the first sphere by bringing your hands out and down in a circular motion, then bring your hands back up the front of your body toward the heart...</i>  <i>(This is all one smooth movement)</i>	<b>I Breathe The Heart Of The Earth</b>
<i>Breathe in...</i>  <i>Create the second sphere continuing upwards with your hands then circling outwards and down to include the first chakra...</i>	<b>I Breathe The Heart of the Universe</b>
<i>Breathe in...</i>  <i>Palms together bring your hands straight up the body and over your head connecting your soul star - Holding this position, making this level of attunement.</i>	<b>I Am One With My Soul</b>
<i>Breathe in...</i>  <i>Keeping your alignment - move your hands palms together, down the front of your body with the intention of bringing your soul into your physical and etheric bodies and clearing your chakras.</i>  <i>Open hands, palms facing, fingers down at the first chakra</i>	<b>I Am One With Myself</b>
<i>Breathe in...</i>  <i>Create the third sphere sweeping out with your hands bringing them up and over your heart.</i>	<b>My Inner Focus</b>
<i>Breathe in...</i>  <i>As these words are said, visualize yourself at the center of the universe, a point of creative power. Pause and breathe. Slowly spread your arms to embrace humanity.</i>	<b>Heals The Heart of Humanity</b>