



Begin with בְּסוּד
the end in mind.

Expand Your
& Vision וְזִיו

Live from the heart
of your dream where
all the magic is...

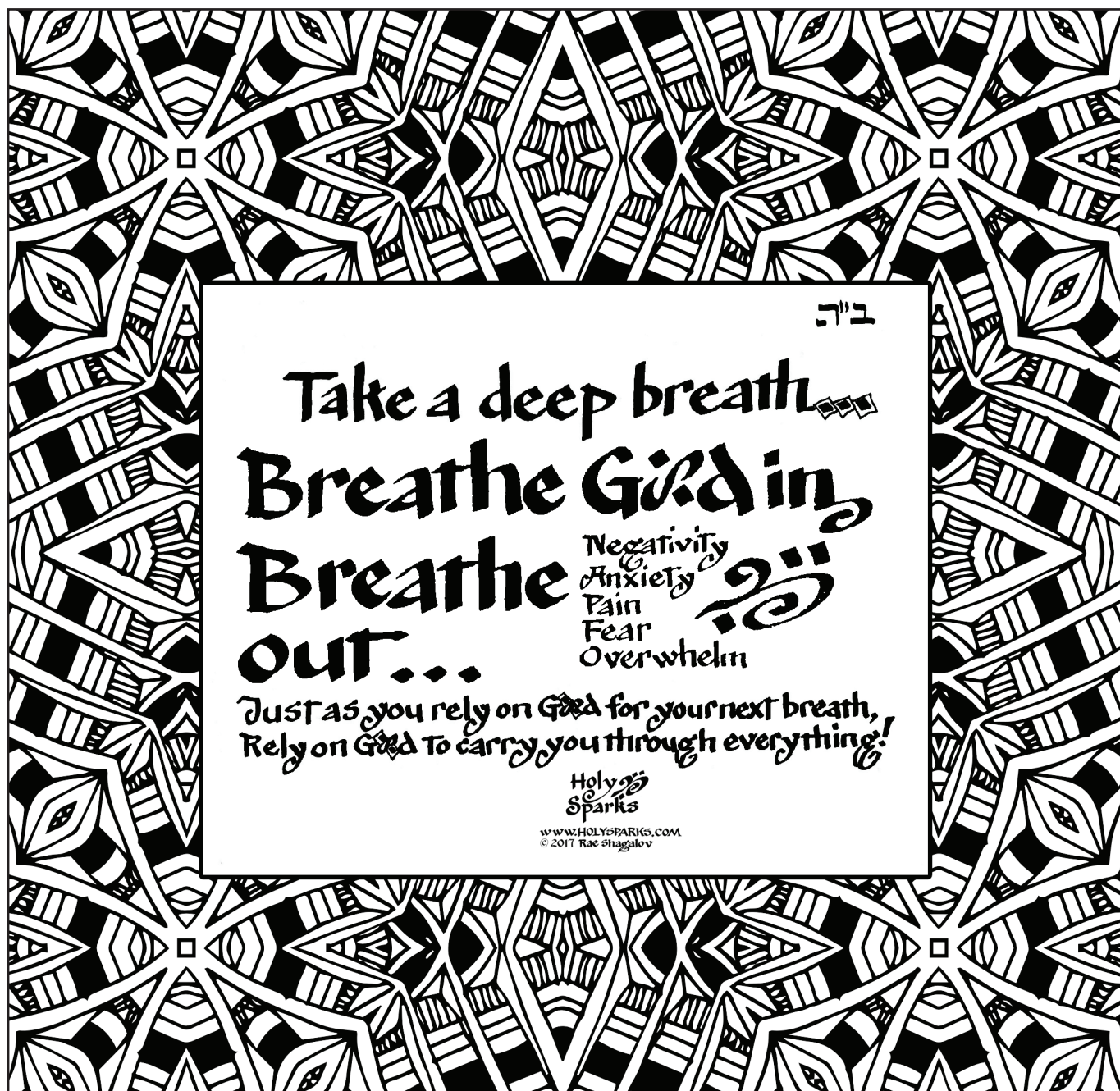
Dream
Big!

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SOUL ADVENTURE ✧ DAY 1 ✧ (5 MINUTES)

✧ CONNECT TO G-D THROUGH YOUR BREATH ✧



Can you spare just one minute of your busy day to have a deep, relaxing moment with G-d? This is a meditation you can use anywhere, any time to reset yourself and your connection to G-d, strong in your faith and peaceful in your heart. I call it, "The One Minute Miracle Meditation," because when you practice it, you can change your mood and your attitude in just a few breaths - in less than a minute!

❧ The One Minute Miracle Meditation ❧

☉ ≡ Do This Meditation Before Each Soul Adventure ≡ ☉

When we inhale, we are going to use our imagination to connect to our essence, our soul where it is connected to G-d.

As we breathe in, we are going to imagine that we are receiving our Breath of Life, joyfully and directly from G-d.

When we exhale, we are going to imagine that we are releasing everything that we don't want or need, everything that separates us from G-d – all of our negativity, fear, and anxiety.

1. Sit comfortably and take a moment to experience your breath.
Just breathe normally and notice it.
2. Now, take a deep breath through your nose and let it out slowly. Fill your lungs with fresh, pure air and let it out slowly, releasing all of the toxins.
3. Do this a few times and notice how your body begins to relax.
4. Now, breathe deeply and connect to your innermost-self in the core of your being.
5. As you inhale, imagine that you are receiving your breath of air directly from G-d breathing into you. Feel the joy of that connection to G-d.
6. As you exhale, imagine that you are releasing every form of negativity from you.

Release everything that does not feel good – illness, pain, anxiety, fear.

Release every form of negativity. Just let it go when you breathe out.

That's it. It's that simple to remember who you are in your essence and to re-establish your connection to G-d in any moment. Just use your breath. In the space of a single breath you can change your attitude and your life.

Today, whenever any form of negativity arises, if you feel tired, irritable, angry, frustrated, overwhelmed... Breathe out the negativity and breathe in G-d.

