

Breath to Blood to Bone

Ground and center

In your mind's eye, see the blue-green Prahnic energy that fills the world around you. It is the force of life, and it pervades the very air you breathe. Breathe this energy in, and see your lungs filling with a blue-green glow, growing in brightness with each breath. See the energy fill every branching tube and air sac.

When you feel that your lungs have reached their full brightness, visualize the blood capillaries that lace throughout your lungs, connecting to every air sac. See the energy begin to move into the capillaries, moving outward with each breath, carrying that energy to your heart, and circulating throughout your body. It fills your torso, your legs and arms, and up into your head.

Now see the energy begin to move from your blood and enter your bones. It begins with your extremities, moving from your fingers and toes, washing in waves that pulse with your breath, carrying it up to your skull. See your entire skeleton illuminated with blue-green energy.

You are now fully energized, and have the power of Prahna at your disposal for magickal working. You should release what you don't need into the ground.

Ground and center again.