

## **The Ormus Connection... Awakening to Your Magnificent Self**

A free document download from the book:

**Your Magnificent Self... A Journey to Freedom  
By Barbara Franken**

When you practice tuning into your natural connection through the conscious breath, you recharge & rebalance your Body, Mind & Spirit, which allows you to intuit all that you are.

## The ORMUS Connection...

### Awakening to your Magnificent Self...

#### ...Breathing...



Find yourself a quiet place where you won't be disturbed... Sit or lie comfortably and close your eyes...

Bring your awareness into the NOW moment and focus on breathing calmly and deeply...

##### Breathing In and Out...

Feel your tummy pushing out on the in breath and relaxing on the out breath... Allow your Body Consciousness (body, mind & spirit) to completely relax...

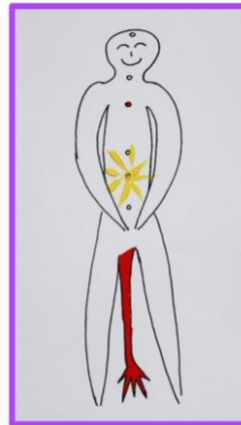
##### Breathing In and Out...

Be aware of the aliveness flowing through your physical body and sense the silent vibrant energy bubbling up from deep within your core...

##### Breathing In and Out...

Allow yourself to fall into your silence, your nothingness... Observe how you feel and what thoughts come up... allow everything to be... no judgement, just relax...

#### ...Connecting...



##### Breathing In and Out...

Know that you are choosing LIFE... choosing to say YES to live your life as you choose...

##### Breathing In and Out...

Shifting your attention, feel the Earth Energy rising up from Mother Earth... up through your body... through your feet and your invisible tail...

##### Breathing In and Out...

Feel your invisible tail, feel the energy vibrating inside and outside of it... this is your infinite connection to earth, supporting and grounding you wherever you are...

##### Breathing In and Out...

Feel the space beneath you, allow yourself to feel safe and unconditionally loved... Own this space beneath you wherever you stand... Allow yourself to feel confident, walk with your head held high and be thankful for being alive...

## ...Loving Self...



### Breathing In and Out...

Know that you are choosing to be inspired... choosing to be the creator of your destiny...

### Breathing In and Out...

Shifting your attention to your heart... breathe into your heart, from the front to the back, from the back to the front... Allow your heart to open and expand...

### Breathing In and Out...

Feel into your two energy centres, just above the back of your heart... Imagine two beautiful colourful & invisible wings attached here... overflowing with the fullness of your LOVE & PASSION... that emanates out into the world... reflecting the Magnificence that you are...

### Breathing In and Out...

Breathe in the Universal Energy, the air that surrounds you... imagine billions of minuscule atoms of light, of pure love... flowing through your body with each breath... integrating with the Earth Energy and your own New Energy that bubbles up from the depth of your core...

### Breathing In and Out...

Imagine each cell in your body dancing & vibrating, opening up and expanding into one body consciousness... rebalancing and becoming transparent, open & free...

## ...Sharing love...



### Breathing In and Out...

Calmly and Deeply... **Receiving and Giving** LOVE in the form of a bright colourful figure of 8... Feel connected with ALL that is... ONE vibrating rhythm of life... Connected to the Universe, Earth and your own New Energy as One Body Consciousness...

**Breathing In...** **Receiving** unconditional love and support from the depth of Mother Earth to the depth of your core... and **Giving** your unique love and passion from the depth of your core up into the Universe...

**Breathe Out...** **Receiving** love and wisdom back from the Universe, down into the depth of your core... and **Giving** your unique love and passion from the depth of your core down into Mother Earth...

Know that you are naturally awakening to your **IAM DivineHuman Presence...** **IAM Magnificent...** **IAM**



Me, my Magnificent Self

**IAM Barbara Franken... DivineHuman Master Creator...**  
**Inspiring New Energy Consciousness**  
[www.memymagnificentself.com](http://www.memymagnificentself.com)