



SOLAR THERAPIES ©

SUN-EARTH BREATHING

« Pearls of Life »

"All that is above is below", as Hermes used to say. There is a universal, subtle vital energy, between Heaven and Earth, which, through the free and infinite particles of Light, the "Pearls of Life", are able to nourish the Being on all levels. This primordial food, the sparks of Life, nourish the Living. The physical body can therefore draw on it at will. The Sun is the origin of all Life and Creation. This Sun is the most powerful cosmic source, and it is linked to a much more intense Central Sun, a form of concentration of "divine" rays.

Our planet and all living things are recharged by solar energy. In the atmosphere, the Sun's ultraviolet rays are absorbed by the molecules in the air, producing ions, electromagnetic molecules. The energy of living beings is essentially transported by electrons, and the earth nourishes and cares for us electromagnetically.

Here's a healing breath for us all:

- Lying or sitting with your hands on your heart (solar plexus chakra), eyes open or closed:
- Imagine inhaling the light of the sun's rays into your heart and staying there for a few moments, holding the breath;
- Then visualise breathing this light out through every part of your body, as if little stars (often sparkling on the surface of water) were lighting up and shining everywhere inside you;
- Continue until you feel totally "recharged" and replenished.

This breathing is much more powerful in nature ☺

Dominique Allaire - May 2020 ©



Lighting-up, Blossoming Coaching

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*These therapies do not replace any medical treatment,
they support everyone on a holistic level.*

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