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CONTEMPLATIVE BREATHING OF MOTHER MARY'S WATERHEART

21 of March 2020

Here is what has been passed on to us all, HEART of Humanity:

"With a sound wave background, sitting or lying down, close your eyes and breathe deeply ... let yourself be gently rocked by the back and forth of sparkling waves, while continuing to breathe calmly".

As you inspire: visualize the Water that flows through the body through the feet, above the head.

At the expiration: Water will dissolve tensions, It will regenerate, revive, purify and heal each cell.

Continue like this until you feel the body completely calmed, until you feel that the waves of emotional repercussions of thoughts are calm and that the surface of the water is smooth ... Everything is merged in this state of well-being.

Then unite your hands on your Heart and breathe the energy of the WATER of Mary, the water of Grace, feel and live the blessed moment.

Contemplate the stillness of the Waterheart, the substance of Life. Contemplate the deep source which gives you life and the divine breath which animates it.

This welcoming state does not ask for anything, does not seek anything, does not want

anything ... It IS from all eternity. The door of the Sacred Heart is this Essence that watches... It is always open... ”

Infinite Gratitude

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Example of sound waves : <https://www.youtube.com/watch?v=5rOVZDpXdIU>

Testimony of my spiritual path : <http://coeursoleil.org/detail.php?ID=7>

* In case of sharing this text, please send the global publication directly

For several years, I regularly share sessions on THE JOY OF BREATHING or CONTEMPLATION of Breathing in Consciousness. Indeed, I live today the Breath as a divine Grace and these last months, the groups that I animate have been guided towards a breathing in lying position, for a deeper appeasement, in order to welcome back and forth from waves of water energies in the bodies (in a sound atmosphere of ocean waves). Each being present felt a great PEACE to invade it, a Regeneration, a Purification. Even the last group of teenagers was in a state of amazement of sensations ...

That night of March 21, 2020, I lived this new awakened Communion of Light and it was the energy of Mary that I felt invading me, I cried for Joy... The Symbolism of Water is linked to the energy of Mary, the Essence of Life.

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

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