

## kathryn loye ~ Celestial Shamanism

### Visualization : with Alchemy Breath ~ ~ ~

#### Suggested image/ Symbol:

#### Medicine or antidote:

#### Times: am pm daily

Take a deep breath and relax throughout your body.

Connect to your inner core and take a deep breath, breathing a loving–non judgmental breath into your interior from your head to your toes. Connect your **breath** with your self loving **thoughts**, and to your **inner wisdom**: this is the **Alchemy Breath**.

Invite in help from your personal guides and higher wisdoms.

Set the **intention** that this meditation/visualization will create a **positive re-patterning** of “limiting” belief and related issues. The **medicine** or **elemental power** of this visualization creates a new cellular condition.

Releasing the old erroneous and non harmonious beliefs. (Created early in life to protect ourselves)

Find and name the non harmonious issue:\_\_\_\_\_

Locate the place in your body where tension is held in direct relation to this issue.

---

Bring your Visualization into your thoughts and let the image abide in you, become you, allow yourself you melt into the essence of this image for your highest good. Notice all the sensual information and lesson it is teaching you.

Continue to abide in this image as you loving breath the **Alchemy breath**, breathing in it’s essence and out all that is no longer in service to you, for your highest good. **Breathing** into it’s medicine, it’s anecdote, it’s teachings to you.

Feel the **expansion** , allow the expansion to fill each molecule of your physical and subtle bodies. **Breath** in any **positive unifying** understanding/wisdom, and let the new conclusion resonate! **Feel the new conclusion**.

---

As closure, **Honor** yourself for your work for your highest good, **thank** yourself and your guides and higher wisdoms that assisted you.

**Drink fluids** to help with the detoxifying process, be kind and gentle with yourself, allow time to process, journal, and integrate. Observe in your life how you hold tension and stress, observe how you **choose** to cope. Do you have a **new option, a healthy, harmonious, connected option?**?

**Blessings,** Kathryn Loye