The Enochian Relaxation Ritual

*\*Take a Cleansing Ritual Bath\**

Step 1:

Sit in a chair in your Temple. Make sure that your feet are flat on the floor and that your

legs are not crossed. Rest your hands, palms down, in your lap. Your eyes should be

closed.

Step 2:

Visualize a golden ball of beautiful, warm light surrounding your feet. The ball of golden

warm light brings peace and total relaxation. Wherever the ball of light goes, tension

departs. Let it go, and as it goes, feel your feet filled with the warm, golden glow of

peace and total relaxation.

Step 3:

Now, allow this ball of light to rise up your legs and up your torso. Then allow it to go

down your arms to your fingers, and finally up your neck and into your head until you are

completely covered with the warm, golden glow of total peace and relaxation, and all

tension is gone. If you notice tension anywhere, send the ball of light there and the

tension will vanish.

Step 4:

Stay in this state of total peace and deep relaxation for five (5) to ten (10) minutes.

Step 5:

When you are ready to come out of this state of deep relaxation, take seven (7) deep

breaths and feel fresh life and energy coming into your body with each breath.

Step 6:

Perform Enochian Invocation Of The Light Ritual.