



# The Temple of the Sun

**All breathing must be done with the diaphragm**

*All airflow must be controlled by the diaphragm*

*No airflow should be regulated in the throat*

Be seated in a suitable *Asana* (meditation posture).

1. Envision a golden Star overhead. From this Star, see a shaft of golden light descend and touch you at the Crown.
2. Take a deep breath, drawing this golden light down from the crown to the base of the spine; hold your breath for 4 seconds and see this golden light form a Sun at the base of the spine.
3. Exhale slowly as the golden energy rises up the spinal column, awakening the heart, the throat, the brow, and the crown, where it breaks forth as a fountain of golden lights which settle and touch every cell and every atom of the etheric physical body, and you know that this is a body of life, light and immortality.
4. Take a second deep breath, drawing the golden light from the crown to the base of the spine; hold your breath for 4 seconds and see the Sun at the base of the spine.
5. Exhale slowly as the golden energy rises up the spinal column, awakening the heart, the throat, the brow, and the crown, where it breaks out as a shower of golden light that settles and touches every cell and every atom of the astral body.
6. The astral body is the emotional-feeling body, and it extends about 18 inches beyond the physical body. The golden light showering into the astral body stills the stormy seas of the emotions, and renders the astral body calm, clear and smooth as a sea of glass.
7. Take a third deep breath, drawing the golden light from the crown to the base of the spine; hold your breath for 4 seconds and see the Sun at the base of the spine.
8. Exhale slowly as the golden energy rises up the spinal column, awakening the heart, the throat, the brow, and the crown, where it breaks forth as a radiance of golden light for the mental body.
9. The Mind is an energy force-field extending about 12 inches beyond the astral body. This golden light radiating into the mental body washes away the fixed thoughtforms and rigid habit-patterns of thinking; it renders the mind pure, calm and clear, like a clean piece of paper upon which the soul may write its message.
10. These three vehicles, the physical, the astral, and the mental, when raised to this golden vibration and harmonized one with the other, constitutes the Temple of Truth and you are lit like the Sun.
11. Go now into the center of this Temple, walking between two golden columns into the Heart; and there upon an Altar burns a triple-fold Flame of perfection.
12. Recognize this flame to be the Self. "I Am that Self - That Self am I!"
13. Becoming One with that Flame, rise up like a Phoenix from the Altar. Rise up from the Flame in the Heart and ascend toward the Crown, passing out through the center of the thousand-and-one-petalled lotus and entering the *Garden of Consciousness*.