

*Fall Intensive, 2015*  
*Earth, Subtle Heart and Moon Prana (Rough Notes)*  
*(From September 5-6, 2015 Seminar with John)*

*Gloria's notes from John's September seminar:*

Earth prana: 45%  
Solar/air infused: 50%  
Subtle heart 5%

So far we have been exploring Air prana so. Adding earth prana awareness now, (or, at night moon infused.)

Earth prana not as finely granulated, maybe 10x larger than solar air prana.

Red. Emerges in the etheric navel chakra...

As it goes into the higher chakras it gets stepped up into an appropriate higher frequency.

Exercise #1: Red earth prana... 45%

Red earth prana flows up through etheric roots into the feet...

Up through the ankles, legs bones, bone marrow...

Up through first..

Second...

The front of the body to the belly button chakra..

Where the belly button chakra speeds up the earth prana...

Comes up the solar plexus...

Heart.. Where the red begins to turn more subtle, higher frequency, and becomes more of a pinkish red...

(You may even see the petal as a pinkish red in the heart chakra..)

Through armpits..

Arms... bone marrow of arms. And hands

And up to notch of the throat..

Larynx.. jaw bones..

Ears...

Center of the head...

Over to pituitary..

Hypothalamus...

and back sixth chakra

Up into crown..

Let it circulate through out your entire etheric system, your entire body...

Just allow earth and solar prana run, flow, mix and play throughout your entire physical and etheric body...

And flow out your health rays..

**Solar infused Air Prana: 50%**

The prana we have been engaging through the spleen and breath.

**Prana through the heart \* Very subtle: 5%**

5% of your etheric energy comes from this very subtle solar prana

Do not define what color it has to be, allow it to come in as whatever color frequency is most natural for your body at this time...

The color will depend on the individual person, global issues at the moment, and astrological events as well...

\* The prana direct from sun is especially important for the physical permanent seed.

**Exercise #2: Subtle Heart Prana:**

Imagine the consciousness of the sun, very subtle, day or night..

Find and feel the direct consciousness of the sun...

Invite it to about 18 inches above your crown then allow it to flow down your back into the back of your heart...

Let it flow through out your nurturing circuits and out into your entire body...

**Night time infused air and moon prana**

Night-Moon prana comes through with a higher octave of the moon, at the 1st and second

subplane of the etheric, the frequency range of the traveling etheric.

Important for activating your dream state

About 5% of air prana is coming from this octave of the moon. Suggest before sleep.

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