



No matter your previous experience, the state of relaxation you achieve will be worth the effort. I encourage you to continue exploring this practice as a part of your regular meditation routine.

First, make sure your meditation pyramid is assembled properly, facing the north, east, or northeast. Make sure to place the structure in a comfortable and stable space. You can use a mat or cushion to make the ground more comfortable for sitting if necessary.

Make sure there are no gadgets inside the pyramid. If you use a phone or gadget to time your meditation, make sure it is located outside of the pyramid.

Get inside the pyramid, or place your head-pyramid on your head.

Make sure you are sitting right at the center of your pyramid, or its apex is right at the top of your head.

Sit with a straight spine, close your eyes, and begin to notice your breath.

Take long, slow breaths in through your nose. Exhale completely.

Feel a sense of calm, positive vibration gently entering your body. Relax into this feeling.

Notice as each part of your body relaxes, while you maintain a firm, upright posture.

Continue to breathe fully, focusing on your breath and the positive vibrations the pyramid is helping you channel.

Allow your crown to fully relax. Feel your third eye chakra open and fully receive the cosmic energy from the pyramid.



Continue like this for a few minutes: breathing, relaxing from your third eye all the way down your body, and remaining fully receptive to the pyramid's energy.

Feel a thread of energy connecting from your third eye, up through the pyramid, and out into the cosmos. This connection continues to become stronger, deeper, and more powerful.

Notice any colors, light, or warmth you feel. Take these last few moments to sit in awareness of the sensation your pyramid meditation has channeled.

Slowly begin to move your toes and fingers. Bat your eyelids open and sit another moment in stillness.

Feel a great sense of awareness of the shift that has occurred inside your being.

See how long you can carry this feeling with you, as you exit your pyramid and throughout your day.

Come back to this meditation daily and begin to feel the benefits of your new pyramid meditation practice.