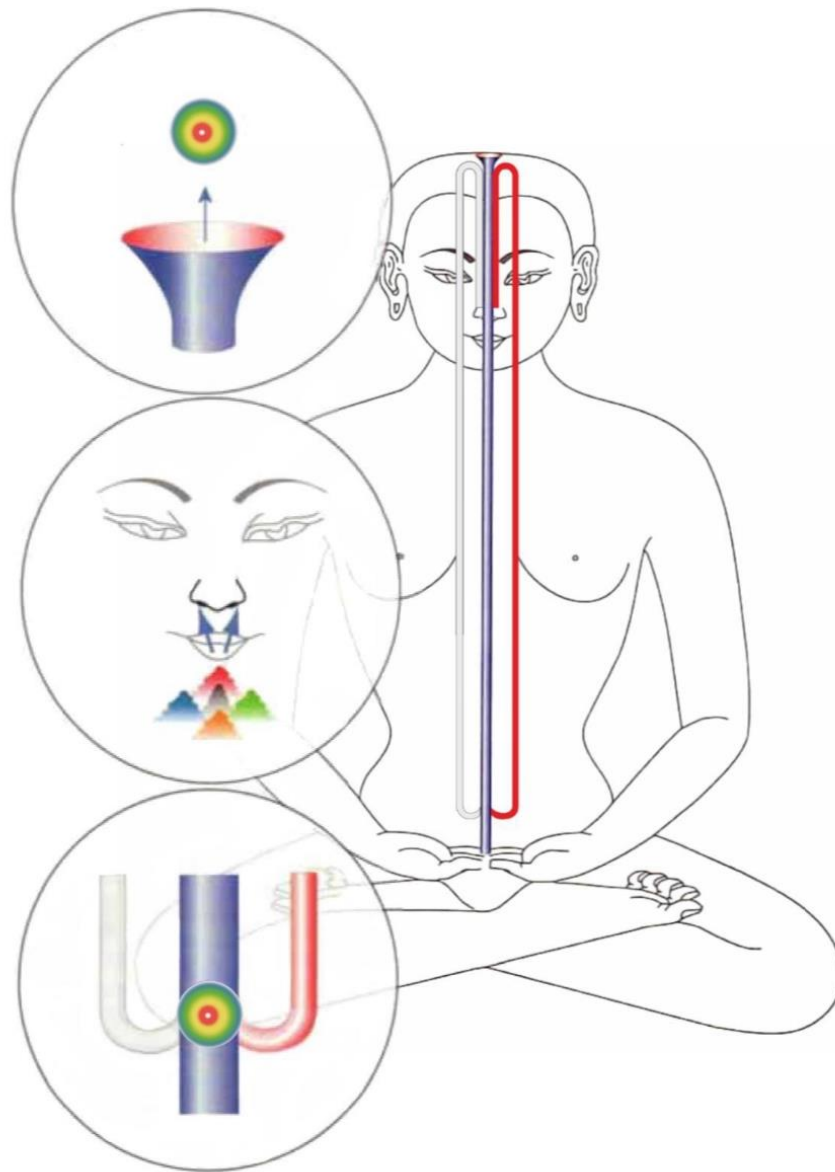


Clearing the three channels with the five pure lights, opening pathways to positive qualities



Imagine as you breathe in through your nostrils, that you are gently inhaling the five-colored lights, the essence of the five primordial wisdom energies. As you inhale, the light enters your body, following the pathways of the side channels to the junction. Hold your breath gently here and focus for a moment as the five-colored lights become a luminous egg. As you begin to gently exhale, this subtle breath moves up through the central channel pervading the entire channel with light. When you release the breath, the breath releases through your crown and the light dissolves into the space above you. Rest for a moment in the union of space and light. Then continue this breathing cycle of the five-colored lights until the next period of mantra recitation.