

HOLY GRAIL VORTEX EXERCISE

Please Note: This vortex is created by reciting *The Great Invocation*. This exercise should be done with a statement "With no harm to anyone." Intent of exercise should be clearly stated before the exercise starts.

Bring energy to the Earth, downward direction:

First create counter clockwise vortex - in center - and say:

"From the point of Light within the Mind of God. Let Light stream forth into the minds of men. Let Light descend on Earth."

Create second counter clockwise vortex - three feet out - and say:

"From the point of Love within the Heart of God, let Love stream forth into the hearts of men. May Christ return to Earth."

While these two vortexes are spinning, visualize the energy coming up in the cup of the Holy Grail.

Now reverse the flow of energy and return it in an upward direction. Spin clockwise energy field six feet out and say:

"From the Center where the will of God is known, Let purpose guide the little wills of men, the purpose which the Masters know and serve." (Sends the energy to the cities of Light in the fourth dimension.)

Now spin clockwise energy field 12 feet out and say:

"From the center which we call the race of men, Let the Plan of Love and Light work out, and may it seal the door where evil dwells." (Sends the energy now past the sun to the center of the Pleiades, which is the galaxy where Earth resides.)

"Let Light and Love and Power restore the Plan of Earth."

(Never do the exercise unless you have permission from Mother Earth and your Creator. Also, it should not be done unless you have three people. Three people create a note of harmony. It is important that these rules be followed.)

