

# EVER-EXPANDING CAPACITY

## Overview

Everything any of us may need or desire can be supplied by one combination or another of Love, Truth, and Energy. What we receive is limited only by our capacity, which pushes away all excess energy once a capacity level has been reached. Capacity levels are fixed by imprinting and experience, but by using this exercise, we can expand our capacity to receive all we need to fulfill our life plan from Essence — with ease and Grace. Once we have opened up our capacity, we can use the Threefold Flame to ground into Spirit and operate from this level of perception all day.

## Technique

1. Unify your fields using the Unified Field Meditation.
2. Connect to the Inner Altar of the Heart following that technique. (which is available on the same page as this).
3. Approach the Threefold Flame in the Inner Altar; then, using the Essence Breath, bring the Truth, Love, and Energy flames to the same height. (see the Essence Breath technique below)
4. In normal configuration, the Threefold Flame reaches to the ceiling / sky of the inner sanctum. Using the Essence Breath, breathe Light into the base of the flame, the Golden Ring that connects the three flames. With each exhalation, the flames will spread open, similar to a flower bud opening to the greening power of the sun.
5. If you feel the flames *resist*, or if you can't move them open and they are still contracted (vertical) — instead of inhaling Essence, inhale the Silver Ray of Grace, and exhale it into the Golden Ring, requesting that your Capacity expand

continuously, with Ease, Grace, and Flow. When the structure begins to open, resume normal Essence Breath.

6. Keep working with it until the *petals* of the Threefold Flame lie almost parallel to the ground on which it stands, like a lotus blossom floating on the surface of clear water.
7. Settle your Consciousness into the center of this structure, the Jewel in the Heart of the Lotus. From your Heart, run a tube of Light straight down, through your Solar Plexus, Navel, and Base Chakras, down through the Omega Chakra (8 inches below the tailbone), and send out a cone of rays of Light, anchoring you into your entire Holographic Grid of Incarnation. Again, from your Heart, run a tube of Light straight up, through the top of the Heart Chakra, through the Throat, Brow, and Crown, and then forward and up into the Alpha Chakra, connecting you to your Spirit through all dimensions into the Source. (The Alpha Chakra is about 8" above the head, and slightly forward, like the horn of a Unicorn.)
8. Set your intention to operate from this place and open your eyes.

## **Essence Breath Technique**

1. Breathe slowly through your nose on a count of seven, inhaling your Essence through every cell of your body, saturating your physical form with the Light of your own being, the Light of your own Spirit.
2. Hold your breath for a count of 3.
3. Slowly exhale, letting the Light of Essence stream from every cell in your body to saturate your fields with the Light of your own being, the Light of your own Spirit.
4. Repeat as needed to center into your being.