

THE WINDS OF TIME

The ***Winds of Time*** weave causes your crown to open more to the energies that generate your fortunes: wisdom, strength, happiness and success.

As you perform the weave, ki receptors in your crown are strengthened by ascending energy from your heart chakra. As this energy enters these *fortune ki receptors* they form connections with new sources of fortune ki. The more this happens the more your life generates opportunities for you to create a higher energy or more fortunate future.

The heart chakra is called the *home of the spirit within* because an energy - called your *spirit* - at the roots of your heart chakra is able to recognise everything that appears in your life that you really need - or need to avoid. This might apply to your work, relationships, diet, home or anything else. *Everything* that is right for you can be recognised with the help of your spirit.

However, the difficulty is that we are largely unaware of what our spirit is trying to show us because, for this awareness to be experienced, your spirit energy has to *ascend*. The more it ascends the more clearly you can perceive and fulfil your real needs.

Practised regularly, ***Winds of Time*** is a highly effective way of causing more and more of your spirit to ascend to your crown from where it will then increasingly point you in the right direction.

The Winds of Time

Start Have your feet two shoulder-widths apart, facing your heart direction, looking forwards to infinity

Hands with fingers splayed, palms facing forwards in front of thighs

1 IN breath through your nose as you swing your parallel arms out and up to the **left**, palms up and leading, until they're straight up above your head, palms facing to the right

+ as you shift all your weight to your **left** leg at the same time

2 OUT breath through your mouth as you continue swinging your arms down to the right until they are back in front of your thighs, palms facing forwards

+ centre your weight at the same time

You have just described a big circle, left to right, with both arms as you shifted your weight to the **left** and back to centre

3 Repeat the arm swing - same direction - IN breath nose as you swing your arms out and up to the **left**, palms first, until they're straight up above your head, palms facing to the right

+ shift all your weight to your **right** leg at the same time

4 OUT breath mouth as you continue swinging your arms down to the right until they are back in front of your thighs, palms facing forwards

+ centre your weight at the same time

You have just described a big circle, left to right again, with both arms as you shifted your weight to the **right** this time and back to centre

5 Now, repeat these four movements in the opposite direction -

swing your parallel arms out and up to the **right**, palms up and leading, until they're straight up above your head, palms facing to the left

+ shift all your weight to your **right** leg

6 OUT breath mouth as you continue swinging your arms down to the left until they are back in front of your thighs, palms facing forwards

+ centre your weight at the same time

7 Repeat the arm swing - same direction, to the right - IN breath nose as you swing your parallel arms out and up to the **right**, palms first, until they're straight up above your head, palms facing to the left

+ shift all your weight to your **left** leg

8 OUT breath mouth as you continue swinging your arms down to the **left** until they are back in front of your thighs, palms facing forwards

+ centre your weight at the same time

Continue moving in this pattern from #1 to #8 - the key is to remember that your arms do two full circles in each direction while your weight is shifting left to right to centre for two circles then right to left to centre for two circles. And so on.

At the end: make opener asana (heels together, toes out at 45 degrees) with ascension mudra, palms touching

The ***Winds of Time*** blows away obstructions to your spirit's ascension. Each time you perform this weave you increase the ascending flows of spirit energy from your heart chakra.

Perform the weave in a slow, meditative, manner, completely breathing, sinking your weight down over one leg then the other. This is a moving meditation. The more you sink your body and mind into the spirit of the weave the sooner you will start experiencing the manifestations of your own ascending spirit.