

AN INTRODUCTION BY SRI & KIRA



This powerful and timely practice was gifted to us during a moment when we truly had nowhere to turn as we felt our world was falling apart. The following message was gifted to us and to the world through Archangel Zadkiel and since that time our life has been miraculous in all-ways.

Archangel Zadkiel had only one request, that this beautiful practice was gifted freely to the world and that anyone whose heart called them could teach this to as many as they were called to share it with.

With Great love we offer to you The Container Practice and the miracles that will come into your life with great abundance as you integrate it into your daily routine. As your miracles come forward, please come back to the site and share them with us! Since 2003 this practice has cleared the way for thousands, has been included in two of our books, and is now ready to serve YOU!

We are grateful that this is your moment to discover this gift....again!

With great love and many blessings of Self-Ascension,

Sri and Kira

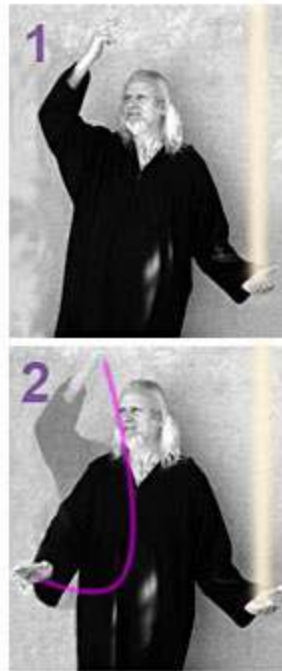


First, you must create the sacred container. Creating a container is simple. It must be of earthen material, and it must be placed upon the earth. If one lives in an apartment without yard access, a small box of dirt would suffice to place the container on. The vessel must also be imprinted with the energy of the one who is creating it. This can be done energetically, through art on the sides of the container, crystals, etc. Let your heart be your guide and it will be perfect!

Once the container is created, you can complete the exercise in the presence of the container, or by simply visualizing the container you are aligned with.

If you do not wish to create your own container, feel free to connect with and freely use the TOSA "mother" container in Ecuador which now grids all containers, including the container from TOSA ranch. This sacred vessel is filled with crystalline light and 'unwinds' all energies sent to her.

While you can use this exercise at any time, it is optimal to set aside one time per week where you formally release all of the energy which has been safely held in the container.



Begin by calling in a deep centering breath to the heart. Raise the right hand high above the head with the palm facing you. (see Picture 1)

Become aware of the energy which you are wishing to release. You may wish to call forth the energy of a stored hurt, or anger. You may also wish to release lack of clarity or any other condition of past or present experience. Once you call this energy forth, acknowledge it by declaring “I Love You”. This is an imperative step.

Acknowledging with love circumvents polarizing judgments and allows the energy pattern to dissipate quickly.

Sweep the right hand down in front of all the traditional chakras and at the base chakra extend the hand outward, (see Picture 2), and state: “To the container.” If you are not in the physical presence of the container, visualize yourself releasing this energy into a container you are connected with (for example, to the TOSA Mother container pictured above).

Repeat this process as many times as needed to clear all that is present. There is no time limit. Know that you can always clear at anytime during the day whenever you feel the need to discharge energy. Simply stop what you are doing, take in a deep breath, raise your right hand, acknowledge the energy by saying, “I love you”, and send it to the container!

It is important to use the right hand. You must remember this. The right hand is the hand that releases energy. Do not use the left hand. This is VERY important! The left hand should be held with palm open, allowing you to receive Divine Love, to be in connection as you release with the right hand. It is also best to stand when you are able.

For more extended information on the Container Practice, please visit www.sriandkira.com under the Yoga of Self-Ascension tab.