



## ***Avesa Galactic Yogic Practice*** **The Avesa Connectivity Dreaming process**

**It is optimal to begin this practice one hour prior to actually retiring. If you are unable to make the space it is best to breathe and feel into your divine essence prior to continuing as this practice requires presence.**

To receive the maximum benefit of this sacred experience, call forward your attention as preparation for the experience. Throughout the day consciously call forward the energy of: ***Noticing what you are noticing.***

### **Avesa Connectivity Dreaming Goal:**

***To increase conscious connection with your Divine Soul expression through the gift of connected dream space.***

### **What you will need:**

**Avesa Dream Journal or paper**

**Writing instrument**

**Method of clearing, (*Archangelic Crystalline mist, Palo Santo incense, alternate smudge bundle*)**

***Optional: Soothing music, candle***

### **The Practice:**

Approximately one hour prior to retiring, prepare yourself for sleep with whatever evening routine is customary for you. In essence, you are ready to go to bed prior to beginning the practice. *If you choose to have a candle, light it now. Also, if you are playing music, you may turn it on at this time.*

Bring a hand to your heart, take in a deep breath and relax. Call forward the energy of gratitude for this moment as you begin to clear your sleep space with your chosen method of clearing. *Clear your bed, pillow, and the entire sleep space. Also clear the “walkway” from the bed to the bathroom. Clearing the bed includes turning down the sheets, and under the pillow. If the bed is raised, also clear under the bed the best you can.* Complete the clearing by misting or smudging yourself.



1. Begin by getting comfortable either sitting in bed, or elsewhere, that brings you soothing comfort. **Refrain from lying down at this time.** You will be with this position until you lie down for the evening, so comfort is important.
2. With sincere intent for calling in your deepest conscious connection begin using the Avesa Breath. Quietly continue with this breath for at least one full minute. *(Longer is fine and trust your 'self' you will know when you are complete.)*
3. Bring your hands to your heart and get clear on what it is you wish to connect with through this dream. You may even wish to write about this on a blank piece of paper or journal to assist you with clarity.
4. When you are clear what it is you wish to connect with, write this at the top of your Avesa Dream Journal page: *Tonight I call forth...*
5. Take time to call forth everything that your consciousness already knows or feels about this connection. Be patient and loving, witness any self-judgment and simply let it fall away. List all of these knowings in your journal: *My Consciousness Recognizes...*
6. As you take time to connect with what you already know instinctively about your connection to this energy, *list all of your talents and abilities*, even if you feel they have no bearing to this exercise.
7. Put down your paper/journal and call forth the Avesa breath once again. Continue for as long as feels correct for you.
8. Review your paper/journal and allow yourself to make any changes if you feel called to do so.
9. If you have a lit candle, breathing softly allow yourself to become present with the flame. If not, simply find a point on the wall, in a picture, or with your eyes closed, and bring your attention to this point.
10. Quietly and with the energy of joyous appreciation, pray in whatever manner serves you about your intent. Take as much time as you need to be present with your true intentions and what it is you are calling forth. *Note: If during this time you feel called to change what you have already declared, feel free to do so. This process produces the best results when you are in the spaciousness of your sincere heart energy.*
11. Relax now and lie down.
12. As you drift off to sleep hold your intention in your consciousness. Do your best to avoid judging yourself as you drift. Simply focus your presence to be heart centered and filled with loving appreciation of the Divine energy that is supporting you.
13. As you awaken, *whether it is during the night or in the morning*, immediately write down any dreams/thoughts you recall. Be as detailed as possible. Let go of whether or not you feel it was relevant, just capture what you remember. If

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- you feel you are not remembering anything, write down what you are feeling. Simply trust the experience and honor what you are being called to do.
14. Keep writing until you feel complete. Most importantly, as you are writing NOTICE what you are Noticing. If you are judging anything, simply stop, bring a hand to your heart, smile, breathe and then return to your sharing.
  15. *You may write in the middle of the night and awaken to write again in the morning.* There is no right or wrong way to do this. Trust your process of Divine Connection, it is happening. And, it is absolutely possible you will write something in the middle of your sleep journey and then wake up to be ready to immediately write more. Should this occur, FIRST continue writing what you arose with! AFTER that is complete, then you may review what was written previously. This may ignite ANOTHER memory or need to write again.

