



# Module 5: MICRO-COSMIC ORBIT

## RUNNING THE MCO: PREPARATION

To prepare your body to run the MCO, begin with your Grounding techniques. Start with Kidney 1 and chanting AUM. Next, open your Four Stargates and purify your Aura's subtle bodies.

Next, chant the Bija Mantra as you tune up your Chakras. Finally, activate your Crystal Palace.

Relax and take 5 Vagal breaths (exhale longer than the inhale).

## YOUR MCO PRACTICE: EXPERIENCE

Place your tongue on the roof of your mouth behind your front teeth. Create a bandha lock at your perineum. Draw the energy up your spine as you inhale. Imagine the Yang energy of Polaris fueling your Chakras.

Next, create another bandha lock at your perineum. Exhale and feel the Yin energy of Vega fall down the front of your body. At the end of the exhale release the bandha lock.

This completes one cycle. Continue to cycle the MCO and pay attention to the movement of energy and the sensations you feel. As you progress, progresses, you'll build Qi throughout your body.

To end your MCO practice, bring the energy to your lower abdomen and place your hands over your belly. Center the energy, reground to Kidney 1, and take this wonderful energy with you for the rest of your day.

