

CORE PRESENCE PROTOCOL · AJNA TO HEART CONNECTION

Daily Practice

- 1 **Align**
Lengthen through the crown. Chin floats level. Feel the pelvis or feet rooting downward. Sense a calm vertical line from base to crown.
- 2 **Anchor Breath**
Chest and belly move as one gentle wave. Inhale to the back of your heart – count 1 2 3 4. Exhale through the soles of your feet – count 1 2 3 4 5 6. Repeat for two more rounds.
- 3 **Focus the Brow Centre**
Bring inner attention to the spot between your eyebrows. Forehead stays smooth. Imagine a small point of soft light there. Curiosity awakens.
- 4 **Bridge to the Heart**
Inhale: picture a slim column of light travelling from brow-centre down into the heart centre. Exhale: feel that column widen to the width of your palm. Repeat.
- 5 **Phrase the Presence**
Speak aloud or inward: "I witness, I welcome, I remain." Pause for two comfortable breaths – feel mind and heart resting together.

Opt-Out Gate 1

You may end here. Open your eyes, stretch, and carry this calm into your day. Or continue with the mantra.

OPTIONAL MANTRA SEGMENT · ≈ 3 MIN

Bhumi – Vayo – Akasa · Sati-aloka · Karuna vihara

Earth – Breath-Air – Sky · Mindful light · Compassion home

PRONOUNCED: Bhoο-mee Vaa-yo Aa-Kaa-sa · Sa-ti a-Lo-ka · ka-Roo-naa vi-Haa-ra

1. Inhale quietly for 4.
2. Recite the full mantra on a long, steady exhale.
3. Pause on a natural inhale.
4. Repeat up to three rounds.

≈ 4 min

Steps 1–5 only + closing

≈ 7 min

Steps 1–5 + 3 mantra rounds

≈ 15 min

Full immersion (9 rounds + rest)

"I witness, I welcome, I remain."