



Spiral Breath Ritual

Path of Purity & Truth Mystery School

Set the Space

Sit comfortably. Light a candle, soften your breath, and place one hand on your heart, one on your womb or lower belly. State your intention.

The First Spiral — Earth to Heart

Inhale from Earth up to your heart. Imagine a spiral of turquoise light drawing up through your body. Exhale gently, softening the chest.

The Second Spiral — Heart to Sky

Inhale into the heart. Exhale upwards through the crown, sending golden light into the cosmos.

Inner Coil

Inhale and sense a spiral coiling up your spine. Exhale and feel it settle, brightening your core.

Six Gates Balancing

Breathe awareness into the six directions — below, above, left, right, before, behind. With each breath, the gates shine clear.

Diagonal Cross

Inhale left hip to right shoulder. Exhale right hip to left shoulder. Cross the lines of light and restore harmony.

Toroidal Seal & Closing

Sense your field as a torus — inhale inward, exhale around you. Whisper: 'I am aligned to Purity and Truth.' Rest in stillness.

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