The Enochian Seven-Fold Breath Ritual

Step 0:

Perform the Enochian Cleansing Bath Ritual.

Step 1:

Sit in the chair in your altar area and place your feet flat on the floor and your hands in

your lap.

Step 2:

Empty the lungs and remain thus while counting to 7.

Step 3:

Inhale, counting to 7 so that you feel filled with breath to the throat.

Step 4:

Hold this breath while counting to 7.

Step 5:

Exhale, counting to 7 till the lungs are empty.

Step 6:

Repeat steps 2, 3, 4, and 5 consecutively until done fifteen (15) times.

Step 7:

Once you have completed the above, proceed with the Enochian Relaxation Ritual.