# 10-Minute Divine Frequency Alignment Routine

**1. Center and Ground (2 minutes)**

**Purpose:** Calm the body and root your awareness.

- Sit or stand comfortably with your spine straight.
- Close your eyes.
- Take **three deep breaths**, in through the nose and out through the mouth.
- On each exhale, imagine releasing any tension or noise.
- Visualize roots of light extending from your feet deep into the earth, connecting you with stability and calm strength.

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**2. Activate the Heart Field (2 minutes)**

**Purpose:** Shift emotion to gratitude and love — the highest vibrational states.

- Place your hand on your heart.
- Recall **one thing or person you truly appreciate**.
- Feel that gratitude expanding outward from your heart like warm golden light.
- Say silently:

"I am thankful for the light of life flowing through me."
"May this love radiate to all beings."

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**3. Align Breath and Sound (2 minutes)**

**Purpose:** Raise and stabilize your energetic frequency.

- Inhale gently through your nose for 4 counts.
- Exhale through your mouth for 6 counts.
- On each exhale, **hum softly** or chant a gentle sound (such as "OM," "AH," or "AMEN").

- Let the vibration resonate in your chest.
- Feel your body as an instrument of divine sound.

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**4. Light Visualization and DNA Resonance (2 minutes)**

**Purpose:** Harmonize with higher frequency and awaken inner intelligence.

- Imagine a **sapphire-blue or golden-white light** descending from above your head.
- See it spiraling into each cell, touching the DNA within.
- Silently affirm:

"My light codes awaken in divine harmony."
"Every cell vibrates with love, peace, and clarity."

- Feel this light expanding beyond your body, blending with the universal light.

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**5. Integration and Gratitude (2 minutes)**

**Purpose:** Anchor the high frequency into daily awareness.

- Place both hands on your heart or lap.
- Breathe normally.
- Whisper or think:

"Thank you, Source, for aligning me with divine peace and wisdom."

- Open your eyes slowly, smile, and carry that calm into your day.

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🕊️ **Tips for Deepening the Practice**

- Do it at the **same time each day** — early morning or before bed works best.
- You may play **soft harmonic or 432 Hz music** in the background if it helps you focus.
- Keep a **journal** to note any feelings, visions, or insights.
- Drink a glass of water afterward to help ground the energy.