

Communion with the Holy Spirit
33-Day Ritual with the Blessed Maha Chohan*

9.003

1. *Pranayama*** (3 minutes)
2. *Sing* 40.003, I Have the Strength of Ten
3. 30.011, Holy Spirit Affirmations
4. 30.008, Come, O Holy Spirit! (3x)
5. 30.011, Holy Spirit Affirmations
6. 30.004, I AM the Magnanimous Heart
7. *Sing* 30.005, O Buddha of the Ruby Ray
8. *Silent Meditation* (3 minutes)
9. *Play a fiery, spirit-filled song****

*You may give this ritual of prayer and meditation at any time and not only as part of a 33-day novena.

**Pranayama is a method of controlling prana or life-force through the regulation of breathing. Pranayama serves to instill meditative peace and to foster calm, alertness and concentration.

***Songs 62, 98 or other songs with spirit from HeartSongs