



## Rita Hraiz: Conscious Connection and Sacred Touch



Rita Hraiz is a teacher of Ageless Wisdom and White Tantra. Having an eclectic upbringing and life journey so far, she carries influences from Christian and Vedic doctrines as well as Tibetan Buddhism. Join Rita as your guide, to undertake a conscious journey within, connecting through your electromagnetic field to the primordial wisdom of your innate Buddha nature.

**TOP EMBODIMENT TIP:** Close your eyes, focus just below the base of the spine; open yourself to harmonizing with the earth, staying there until you feel the energy rise in the body. Walk for one hour a day.

### Embodiment:

- Embodiment is the unification between spirit and matter.
- **The body is a sacred gateway that houses our consciousness:** The body holds 1000 vortices of light and 21 minor chakras and 7 major gateways.
- Depending on which gateway we are using as a lens, our reality looks and is shaped differently.
- The brow as a gateway represents the single eye of non-duality, the eye that harmonizes. Using the brow gateway, we begin to not take things personally or see ourselves as a victim.

### Awakening:

- Different stages of awakening equate to the laws of initiation.
- The first stage of waking up is when we notice self-criticism and judgement of self and others as a running program in our everyday thinking.
- We then begin to become still and deepen our connection inwards to the body.
- **This level of White Tantra is all about intimacy - *Into me I see*** - the deeper we can connect with ourselves, the more we can open ourselves to connect with another.

### Today's Meditation:

- **Relaxing the nervous system, feel an energetic dissolution, then union with the earth, the sky and the eternal.**
- Allow the system to be open to a reset, clearing conditioned imprints and bringing you closer to your divinity.
- Building this bridge is a specific process, and it encompasses the law of harmlessness, activating the throat and other chakras to spin clockwise, aligning to the central spiritual sun, to the Christ in our heart, which is also the Buddha, White Eagle and Babaji.

### Resources:

- ❖ **Online Workshop and Ceremony:** *Healing The Wounds of the Womb Sunday 8th November, 5pm - 9pm GMT*
- ❖ **Website:** <https://www.ritahraiz.com/>



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