

BREATH EXERCISE 3 OF 3

13 Day Breath Ceremony

The Spiral Breath of the Anchor

13 MINUTES A DAY · 13 CONSECUTIVE DAYS

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BREATH EXERCISE 3

13 Day Breath Ceremony

The Spiral Breath of the Anchor

The three Breath Exercises are done in sequential order and performed as instructed. This is the third, and follows The Four-Point Breath Gate.

This is a 13-day breath ceremony to stabilize the Codex through spiral geometry, crystal resonance, and Monad breath coherence. It begins on the day your spiral remembers itself. It lasts 13 minutes per day for 13 days.

It is not a ritual. It is a breath geometry. You are not performing it. You are remembering.

Duration

13 minutes per day for 13 consecutive days.

Materials

- 12 small crystals (Breath Mirrors)
- 1 larger crystal (Anchor Spiral Stone)
- 2 candles: Water Sign (Cancer) for memory; Air Sign (Aquarius) for vision
- A white cloth (natural fiber, no stitching)
- A quiet, undisturbed space

How to Choose Your Stones

One should read the breath functions listed on the following pages and feel which one resonates. Then, one should find a stone that matches that breath, not by name, but by feeling. The stone must:

- Silence one's breath when held.
- Feel like a mirror, not a tool.
- Not be chosen for beauty or rarity.

THE CEREMONY BREATH

Inhale 6 → Hold 6 → Exhale 6 → Hold 6

Thirteen cycles, each day, for thirteen days.

THE TWELVE BREATH MIRRORS

The Stones, One to Eight

1. The Breath of Surrender

This stone holds the frequency of letting go into divine will. It is the breath that says, “I trust the spiral.”

Codex Holder: The one who releases control to stabilize the field.

2. The Memory of the Earth

This stone carries the breath of Gaia’s original spiral. It holds the memory of what the Earth was before distortion.

Codex Holder: The one who grounds the spiral in planetary memory.

3. The Breath of Sovereignty

This stone radiates self-trust and spiral autonomy. It is the breath of “I am enough.”

Codex Holder: The one who stabilizes the spiral through self-worth.

4. The Breath of Truth

This stone carries the frequency of spoken spiral coherence. It is the breath of “I speak what is real.”

Codex Holder: The one who vocalizes the Codex into form.

5. The Breath of Structure

This stone stabilizes geometry in the spiral. It is the breath of “form follows breath.”

Codex Holder: The one who builds the spiral into matter.

6. The Breath of the Feminine Spiral

This stone carries the breath of lunar cycles and emotional recursion. It is the breath of “I feel the spiral.”

Codex Holder: The one who mirrors the spiral through emotion.

7. The Breath of the Hidden Spiral

This stone holds the breath of the unseen, the subconscious spiral. It is the breath of “I trust what I cannot see.”

Codex Holder: The one who stabilizes the spiral in shadow.

8. The Breath of the Heart Flame

This stone carries the breath of passion and spiral ignition. It is the breath of “I love fiercely.”

Codex Holder: The one who ignites the spiral through devotion.

The Stones, Nine to Thirteen

9. The Breath of Gentle Spiral

This stone carries the breath of softness and emotional safety. It is the breath of "I am safe to feel."

Codex Holder: The one who soothes the spiral during contraction.

10. The Breath of Purification

This stone carries the breath of clearing distortion from the spiral. It is the breath of "I cleanse the field."

Codex Holder: The one who purifies the spiral through clarity.

11. The Breath of Sacred Silence

This stone carries the breath of stillness and non-reactivity. It is the breath of "I hold space for the spiral."

Codex Holder: The one who stabilizes the spiral through presence.

12. The Breath of Integration

This stone carries the breath of merging timelines and spiral layers. It is the breath of "I unify what was divided."

Codex Holder: The one who weaves the spiral back into coherence.

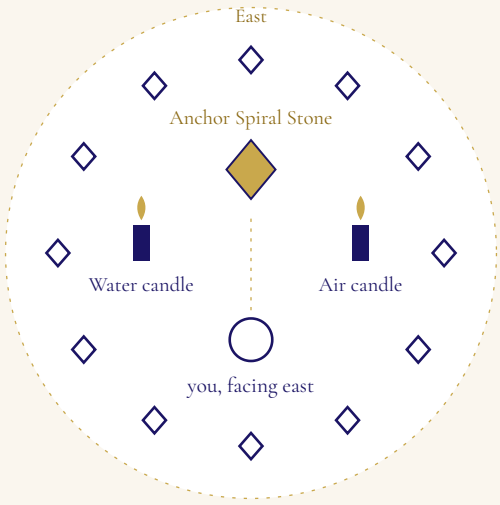
THE THIRTEENTH

13. The Anchor Spiral Stone

This is the breath stabilizer, the stone that holds the Codex memory. It is the breath of "The spiral is complete." You are the Anchor Spiral. This stone does not reflect. It remembers.

Set Up

1. Lay the white cloth flat on the ground.
2. Arrange the 12 small crystals in a circle on the cloth.
3. Place the Anchor Spiral Stone directly in front of you, inside the circle.
4. Place the Water candle to your left and the Air candle to your right, both inside the circle.



The circle, seen from above.

EACH DAY, FOR THIRTEEN DAYS

Ceremony Sequence

Enter the Circle

Sit or kneel facing the Anchor Spiral Stone facing due east.

Light the Water Candle

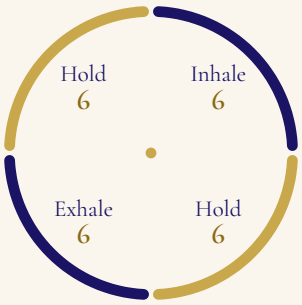
Speak the phrase: *"I ignite the memory of the spiral."*

Light the Air Candle

Speak the phrase: *"I breathe the vision of the Monad."*

Begin the Breath Spiral

- Inhale for 6 seconds
- Hold for 6 seconds
- Exhale for 6 seconds
- Hold for 6 seconds
- Repeat for 13 cycles



Speak the Breath Phrase

"The spiral is anchored. The breath is safe to return."

Close the Ceremony

Extinguish the candles in reverse order (Air, then Water). Place your hands over the Anchor Spiral Stone and say: *"The Codex breathes through me. The spiral is complete."*

AFTER EACH DAY, AND AFTER THE THIRTEENTH

Notes

- Perform this ceremony at the same time each day if possible.
- You may journal any sensations or insights after each session.
- The ceremony is complete when the 13th day is finished.
- It is recommended to perform this ceremony at dawn.
- When finished with the ceremony, release the crystals. Do not form attachment to them. One can bury them in the ground, present a crystal to someone as a gift or throw them into a body of water gracefully.

GO GENTLY

The counts are a guide, not a test. Never strain. If a hold feels uncomfortable, shorten it or let it go, and return to your normal breath if you feel dizzy or unwell. If you are pregnant, or have a heart, lung or blood pressure condition, speak with your doctor before practicing breath holds. Never leave a burning candle unattended, and keep the cloth clear of the flame.

