

**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