



# SELF HEALING

PREMIUM COURSE

## Lecture 5

### About Air element meditation

It is good for Throat chakra connected healings.

When you understand the work of the lower chakras then it is time to take on the journey to find yourself and your purpose. Otherwise you will be wandering in the desert for much longer than 40 days, circling around yourself, without getting anywhere. Then, it is also time to connect to the macrocosm, where the knowledge is held in the form of Fire.

Windpipes, lungs and the lymphatic gland are the major organs here.