

THE ARICA® GUIDE

SHARING THE ARICA® WORK WITH FAMILY AND FRIENDS

Getting Started Meditations:

[Arica® Meditation Information](#)
[Arica® Daily Routine™ Introduction](#)
[Awakening the Kath™](#)
[Four Elements in Space Meditation™](#)
[Harmonic Consciousness Meditation™](#)
[Symbol of Eternity Meditation™](#)
[The Unity Offering™](#)
[Universal Black Earth Ceremony™](#)
[Wave of Divine Love Ceremony for Humanity and the Planet™](#)
[Wave of Divine Love Ceremony™ quick version](#)
[We Are One Meditation™](#)
[Birth of Light Meditation™](#)
[The Getting Started Meditation Package](#)
[Innate Awareness Meditation™](#)
[Instant Vacation™](#)
[Key of True Self Meditation™](#)
[Song of the Heart Meditation™](#)
[Stopping Smoking Awareness™](#)
[Truth • Light • Love Meditation™](#)
[Violet Door Meditation™](#)
[Vows and Offerings Ritual™](#)
[Wave of Divine Love Ceremony™](#)

Getting Started Exercises:

[RELAX • Body • Mind • Soul™](#)
[Fire Exercise Meditation Booklet](#)
[P-Cals/Psychocalisthenics®](#)
[Pneumorhythm™](#)

Exercises in [The Chi-Generating Movements of the Kath State, The Energy of Inner Fire](#)

Central Channel Breathing™
Kath-channel Breathing™
Kath State Generation Movements™

Exercises in [Core Fire: Awaken • Generate • Revitalize:](#)

Diakath Breathing™ | Kath-channel Breathing™
Kath-channel and Fire Breathing™
CAT Enhancement™ | Kath Relaxation™
Standing Exercise for Generating Kath Energy™
Energy Breathing™ | Serenity Breathing™
Walking with Kath Awareness™
AH–HU Flower™ | Plantar Audition™
Kath State Generation Movements™

Readings from [books by Oscar Ichazo:](#)

[OSCAR ICHAZO, Insights into The Teacher](#)
• [The Philosophy](#) • [The School](#)
[Human Culture and Enlightenment](#)
[A Religious Consciousness](#)
[Letters, The Ultimate Purpose of the Arica School](#)
[WE ARE ONE, Facing our Global Crisis](#)
[The Four Killers of Humanity](#)
[P-Cals/Psychocalisthenics®](#)
[The History of the Integral Teachings, Volume 1](#)
[The Enneagrams of The Divine Forms—Perfect, Eternal, Unchanging Truths](#)
[A Commentary on Tantra](#)
[CORE FIRE, Awaken • Generate • Revitalize](#)
[The Chi-Generating Movements of the Kath State, The Energy of Inner Fire](#)
[A Commentary on Crazy Wisdom](#)

Video conferences by Oscar Ichazo:

[The Integral Scarab Lectures](#)
[Ego, Mind and Sudden Enlightenment](#)
[Psychology, Theology and Theurgy of Death, Intermediary State and Immortality](#)

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