

**CLEAR MY SHADOW** – a body, mind, spirit go to, especially for clearing any thoughts or feelings where shadow often dwells.

### **How to download & activate this programme**

**1.** First SAY “CLEAR MY SHADOW”

**2.** Now focus strongly on the idea of your Shadow being Cleared away and try to feel this with all your senses. Hold this feeling throughout the process below.

**3.** Breathe slowly in and out for 3 rounds, centre yourself and then say very slowly: **“CREATION PROGRAMME CLEAR MY SHADOW”**

**4.** Next you will count silently from 1 to 17. As you count, breathe slowly in and out e.g. in for 1-8 and out for 9-17. Pause after the out breath in the “still point of creation” for as long as comfortably possible, then take a strong dynamic breath in and out, and voila, your programme is activated.

**5.** Take a moment, a few minutes (or longer) to enjoy the energy roll out

**Note** that while you are paused in the “still point of Creation” you can either be in creative silence or silently say “CLEAR MY SHADOW.” You can also say this at times throughout your day or as a mantra.