

COCOON ME IN GOLDEN LIGHT

(for stillness, deep healing, retreat, rest, peace, rejuvenation etc do lying or sitting down)

How to download & activate this programme

1. First SAY “COCOON ME IN GOLDEN LIGHT”

2. Now focus strongly on the idea of being in a divine Golden Cocoon of Light and try to sense its all-encompassing magnificence. 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 COCOON ME IN GOLDEN LIGHT”

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 “COCOON ME IN GOLDEN LIGHT.” You can also say this at times throughout your day or as a mantra.