

COLLATE, INTEGRATE and SETTLE

How to download & activate this programme

- 1.** First SAY “COLLATE, INTEGRATE and SETTLE”
- 2.** Now focus strongly on the idea of all your energies assembling and getting into order, then your whole Being absorbing and integrating the order, and then all your energies feeling comfortable and settled. Try to feel this with all your senses
- 3.** Breathe slowly in and out for 3 rounds, centre yourself and then say very slowly: **“CREATION PROGRAMME COLLATE, INTEGRATE and SETTLE”**
- 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 silence or silently say “COLLATE, INTEGRATE and SETTLE.” You can also say this at times throughout your day or as a mantra.