

## **DISPATCH MY EGO**

Please note that Ego's essential purpose is to keep you physically safe which includes fight & flight response, this essential purpose of Ego will remain.

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

**1.** First SAY "DISPATCH MY EGO"

**2.** Now focus strongly on the idea of all unhealthy parts of your Ego being dispatched, dissolving, and gladly returning to Divine Light.

**3.** Breathe slowly in and out for 3 rounds, centre yourself and then say very slowly: **"CREATION PROGRAMME DISPATCH MY EGO"**

**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 "DISPATCH MY EGO." You can also say this at times throughout your day or as a mantra.