

DROP IT

How to download & activate this programme

1. First SAY “DROP IT”

2. Now focus strongly on the idea of instantly dropping away what you don't want or need. All that you drop starts dissolving and gladly returning to Divine Light. Try to feel this occurring with all your senses

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

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

When you focus, you can have specific or general “drops” in mind.

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