

ELEVATE ME

How to download & activate this programme

1. First SAY “ELEVATE ME”

2. Now focus strongly on the idea of feeling elevated and away from the flotsam and jetsam of daily thoughts and experience grinds. Being lightly **of** the world rather than densely **in** it. 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 ELEVATE ME”**

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 “ELEVATE ME.” You can also say this at times throughout your day or as a mantra.