

## **HARMONISE ME**

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

**1.** First SAY “HARMONISE ME”

**2.** Now focus strongly on the idea of synthesis, smoothness, harmony and flow, moving beautifully and seamlessly within you and all around you. 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 HARMONISE 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 silence or silently say “HARMONISE ME.” You can also say this at times throughout your day or as a mantra