

HEALING FOR ME (for all levels of your Being - body, mind, emotions, soul)

How to download & activate this programme

1. First SAY “HEALING FOR ME”

2. Now focus strongly on the idea of Healing you and your life. Try to feel deep healing taking place within you and within your life. You can have specific or general healing in mind. 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 HEALING FOR 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 “HEALING FOR ME.” You can also say this at times throughout your day or as a mantra.