

HEAL MY BODY

How to download & activate this programme

1. First SAY "HEAL MY BODY"
2. Now focus strongly on the idea of healing your physical body and try to feel it deeply and potently with all your senses
3. Breathe slowly in and out for 3 rounds, centre yourself and then say very slowly:
"CREATION PROGRAMME HEAL MY BODY"
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 at the start, you can have specific areas or general healing in mind.

Note that while you are paused in the "still point of Creation" you can either be in silence or silently say "HEAL MY BODY." You can also say this at times throughout your day or as a mantra.