

I ALIGN WITH MY TRUTH

How to download & activate this programme

1. First SAY "I ALIGN WITH MY TRUTH"
2. Now focus strongly on the idea of absolute TRUTH growing strong within you. Try to feel the energies of TRUTH with all your senses.
3. Breathe slowly in and out for 3 rounds, centre yourself and then say very slowly: **"CREATION PROGRAMME I ALIGN WITH MY TRUTH"**
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 "I ALIGN WITH MY TRUTH." You can also say this at times throughout your day or as a mantra.