

I AM A CREATOR CREATING IN CREATION

How to download & activate this programme

1. First SAY “I AM A CREATOR CREATING IN CREATION”

2. Now focus strongly on the idea of being a Cosmic Creator, creating seamlessly and naturally in the Golden Fields of Creation. Feel this profoundly

3. Breathe slowly in and out for 3 rounds, centre yourself and then say very slowly:

“CREATION PROGRAMME “I AM A CREATOR CREATING IN CREATION”

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 AM A CREATOR CREATING IN CREATION.” You can also say this at times throughout your day or as a mantra.