

I LET GO

How to download & activate this programme

1. First SAY "I LET GO"
2. Now focus strongly on the idea of letting go and going from a closed state to an open and free expression. Try to feel this happening with all your senses
3. Breathe slowly in and out for 3 rounds, centre yourself and then say very slowly: **"CREATION PROGRAMME I LET GO"**
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 LET GO." You can also say this at times throughout your day or as a mantra.