

I RECEIVE DIVINE LOVE

How to download & activate this programme

1. First SAY "I RECEIVE DIVINE LOVE"
2. Now focus strongly on the idea of Divine Love literally pouring into you from all over the Cosmos and you soaking it up. Try to feel this with all your senses
3. Breathe slowly in and out for 3 rounds, centre yourself and then say very slowly: **"CREATION PROGRAMME I RECEIVE DIVINE LOVE"**
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 RECEIVE DIVINE LOVE." You can also say this at times throughout your day or as a mantra.