

MY ILLUSION BE GONE

How to download & activate this programme

1. First say “MY ILLUSION BE GONE”
2. Now focus strongly on the idea of the mists and veils of your illusion along with all self-deception and self lies; being sucked away from you, evaporating into Divine Light. 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 MY ILLUSION BE GONE”**
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 “MY ILLUSION BE GONE.” You can also say this at times throughout your day or as a mantra.