

## **RESTORE ME**

Preferably done lying or sitting down

### **How to download & activate this programme**

- 1.** First SAY “RESTORE ME”
- 2.** Now focus strongly on the idea of being profoundly restored on every level of your Being and try to feel it with all your senses.
- 3.** Breathe slowly in and out for 3 rounds, centre yourself and then say very slowly:  
**“CREATION PROGRAMME RESTORE ME”**
- 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 “RESTORE ME.” You can also say this at times throughout your day or as a mantra.