

TRANSMUTE

How to download & activate this programme

1. First decide very clearly what you want to TRANSMUTE as you go through the process below. Keep this to one thing per process.

*From here on do not try to visualise things or imagery around what you have selected to TRANSMUTE; only focus on the energetic process you are going through with this programme. **Especially do not visualise anything else when the Golden Disc is moving up and down as you breathe in and out.** You have already selected what you wish to TRANSMUTE, now you need to trust in the Cosmic Intelligence of the programme's components along with your innate Divine Consciousness to do the transmutation energetically aka bypassing your monkey mind and or physical neural pathway ruts for example.*

2. SAY "TRANSMUTE"

3. Visualise yourself within a Clear Channel and your feet standing upon a Golden Disc of energy. The circumference of the Golden Disc and the Channel is the same. Now visualise your channel filling with concentrated Golden Light. You also, are filling with the concentrated Golden Light. Try to make it so gold that you feel like you can't "see" your physical body. Now cultivate this feeling with all your senses.

Visualisation tip for channel: think Star Trek "beam me up channel" but you are not getting beamed up 😊 Although the channel reaches into the Divine Light, keep your focus contained to just a bit above your head.

4. Next you are going to breathe slowly in for 8 counts and out for 8 counts, for 3 rounds. As you breathe in, the Golden Disc beneath your feet rises up through you to just above your head and on your out breath, it goes back down through you to beneath your feet again

At first it may help to imagine it a bit like a coffee pot plunger disc going up and down but without the lid and metal rod thingy.

5. Centre yourself and then say very slowly:

“CREATION PROGRAMME TRANSMUTE”

6. Now you will count silently from 1 to 17. As you count, breathe slowly in and out e.g. in for 1-10 and out for 11-17. Pause after the out breath and **visualise your Golden Channel going completely clear but the Golden Disc you are standing on remains the same.** Stay here for as long as comfortably possible, then take a strong dynamic breath in and out.

Visualisation tip for a clear channel: “Clear” could look like heat rising off a hot road but without the usual shimmer. Be creative re what “Clear” looks or feels like for you.

7. Visualise your channel filling once again with concentrated Golden Light, exactly as before

8. Again, exactly as before, breathe slowly in for 8 counts and out for 8 counts, for 3 rounds. As you breathe in, the Golden Disc beneath your feet rises through you to just above your head and on your out breath, it goes back down through you to beneath your feet again.

This time your Golden Disc moves up and down more easily, less like a “plunger thingy” and more as a Golden Disc of energy and light

9. Centre yourself and then say very slowly:
“CREATION PROGRAMME TRANSMUTE”

10. Now as before count silently from 1 to 17. As you count, breathe slowly in and out e.g. in for 1-10 and out for 11-17. Pause after the out breath **and visualise your Golden Channel going completely clear and disappearing. The Golden Disc you were standing on also disappears and you are in full clear space, within and all around.** Stay here for as long as comfortably possible, then take a strong dynamic breath in and out. And now, your programme is activated.

11. Take a moment, a few minutes (or longer) to experience the energetics of the process you just did, which are vast, then collect and centre yourself before moving on with what's next for you.