
**YOU ARE A TINY POINT
OF ENERGY!**

— In the centre of your forehead! —

**ALWAYS BE AWARE YOU ARE NEITHER
MALE OR FEMALE**

**SIT COMFORTABLY, IN A QUIET ENVIRONMENT AND
WITH YOUR EYES CLOSED TURN YOUR EYES
INWARDS AS THOUGH YOU WERE SEARCHING INSIDE
YOURSELF AND ENJOY THE EXPERIENCE DESCRIBED:**

THINK OF YOURSELF AS A SOUL:

I, THIS SOUL, AM A VERY TINY POINT

I AM A VERY SMALL POINT OF LIVING ENERGY

I AM A STAR RADIATING OUT ENERGY AND LIGHT

CONSIDER YOURSELF TO BE A SOUL:

I AM A TINY LIGHT

I PLAY MY PART THROUGH THIS BODY

MY BODY IS JUST THE VEHICLE

MY BODY IS THE CAR I DRIVE

I AM THE LIFE WITHIN THIS BODY

WE SOULS ARE JUST TINY POINTS:

MY TRUE SELF IS A SOUL

I AM MORE THAN A BODY

I AM AN ETERNAL SOUL

MY NATURAL STATE IS PEACE

MY NATURAL LANGUAGE IS SILENCE

I AM A SOUL

MAKE A CONNECTION!

SIT COMFORTABLY, IN A QUIET ENVIRONMENT AND WITH YOUR EYES CLOSED TURN YOUR EYES INWARDS AS THOUGH YOU WERE SEARCHING INSIDE YOURSELF AND ENJOY THE EXPERIENCE DESCRIBED:

JUST SIT AND ENJOY THE CONNECTION!

IMAGINE YOURSELF TO BE A BATTERY THAT IS BEING RECHARGED BY CONNECTING TO THE ENERGY SOURCE.

STAY AS LONG AS YOU LIKE

CONSIDER YOURSELF TO BE SOUL, A TINY POINT OF LIGHT. WE SOULS ARE JUST TINY POINTS, MY TRUE SELF IS A SOUL.

I AM MORE THAN A BODY I AM AN ETERNAL
SOUL, I AM CONNECTING WITH THE SUPREME
SOUL AND I AM CONNECTING WITH A TINY POINT
OF LIGHT, THE PURE PURE LIGHT, THE ENERGY
SOURCE

YOU MAY ONLY HOLD THE CONNECTION FOR FEW SECONDS BUT STAY WITH THE FEELING. JUST ENJOY THE FEELING OF PEACE, LOVE AND ENERGY THAT COMES FROM THE EXPERIENCE.