

## REMEMBER YOURSELF AS LIGHT

### **Stage 1: (10min.)**

Sit, eyes closed, hands on your heart. In your heart a flame is burning, the flame can be any colour, any size. Feel the warmth, the light. A flame is burning in your heart.

### **Stage 2: (10 min.)**

With total presence, move in a slow walk, eyes lowered. Your body is just an aura of light around the flame. Let the body make any slow movements it wants while walking.

### **Stage 3: (20 min.)**

Dance like a flame. Flickering, warm, consuming everything. Staying aware that in your heart a flame is burning and your body is made of light.

### **Stage 4 (20min.)**

Lie down in silence, aware of the inner flame.