

MOVING WITHIN

Instructions

First stage: (10 min:)

Sitting comfortably, place the palms of your hands over the closed eyes - let the touch be as light as a feather. When we touch the eyes lightly the energy moves in and collects in the third eye.

Second stage: (10 min.)

Standing up with hands on your heart center, start feeling that the energy is moving from the head to the heart. It begins slowly - drop by drop until it becomes a river. The heart becomes flooded with light energy.

Third stage: (15 min:)

Feel your hands from within, and how full they are and without physically touching play with the aura that surrounds your hands.

Fourth stage: (15 min.)

Dancing softly - with the awareness that the whole body is totally surrounded with this aura.

Fifth stage (10 min.)

Be silent and still