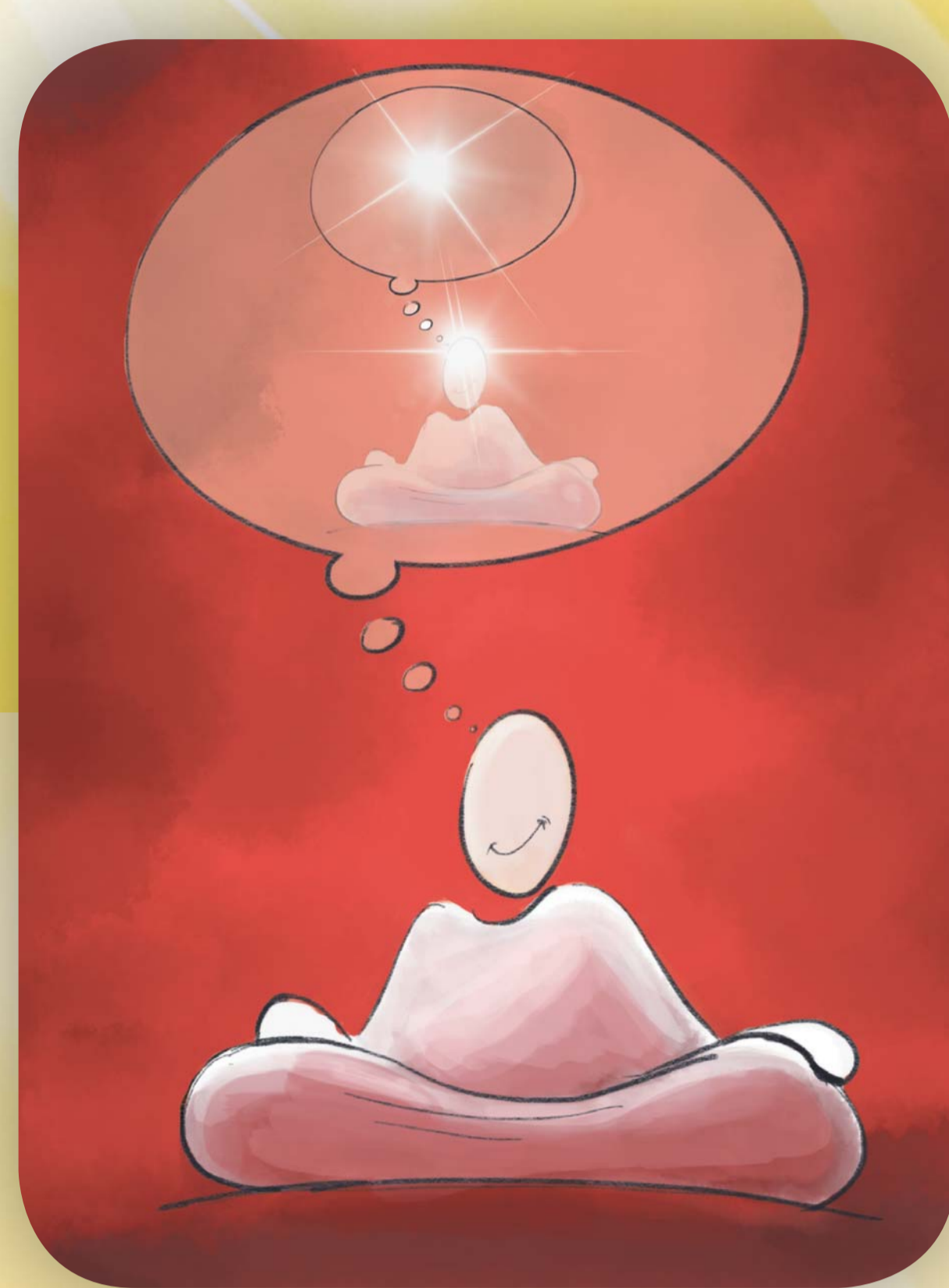




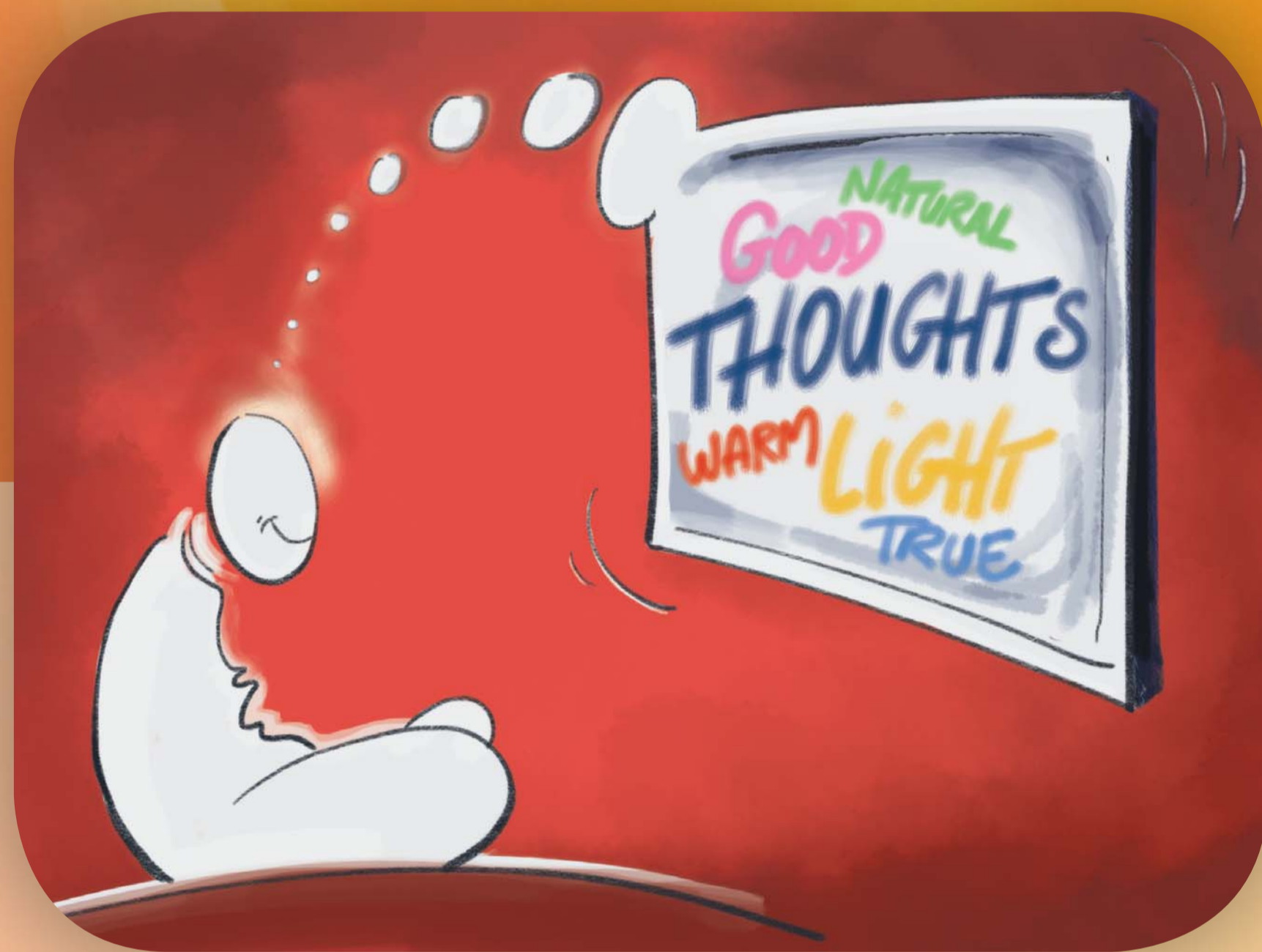
Making the Connection with the ONE to Heal the World and Empower Yourself

There are three simple stages
to connect and establish a
link with the ONE, The Source
of spiritual light and power.



instrospection

- Withdraw your attention from the world outside
- Centre your self and be gently aware of your self being aware



observation

- Watch the flow of your thoughts as if you were just an observer
- Notice what you are feeling in this moment
- Think of your self as a being of peace
- Allow your self to feel calm and peaceful



remembrance

- Gently turn your attention to the ONE
- Allow your mind to be free and open to any "insperience"
- Let your thoughts flow lovingly towards ONE, the Source of love itself
- Feel that light penetrate your being
- Reflect that light out into the world to all those who need love, light and power