

The Detachment Process

The Complete *LiberatingTouch*® Detachment Process has 4 steps

It is important – VITAL – to have either read the book

‘Detachment – The Secret of Infinite Peace’ and/or to have this process explained to you by a **LiberatingTouch® Facilitator** before you use these steps. The Detachment process is quite powerful and the effect of becoming free from old conditioned negative tendencies can be disorienting. Please make an appointment with a **LiberatingTouch® Facilitator** if you are new to this process.



1. **Relax, Connect, and Ask** the Illumined-Self what to detach from. (Refer to the book, ‘Detachment – The Secret of Infinite Peace’ for this script, or you can use the script below)
2. **Practice the Infinity Exercise with the Finger Holds Sequence.** (Below are 2 variations that are different from our book ‘Detachment – The Secret of Infinite Peace’)
3. **Use the Detachment Visualisation Technique audio or script.** (The script can be found below.) All audio links are available at <https://liberatingtouch.com/psychology/>

Here is the Outline of the Detachment Visualisation Technique:

- *Begin with the Liquid Light Relaxation Sequence*
- *Use the Tree Connection Sequence for connecting to the Illumined-Self and receive the qualities of Love and Truth*
- *Revisit the Infinity Exercise*
- *Use the Finger Holds Sequence*
- *Raise the vibration with the Chakra Meditation*
- *Use Light Imagery to uncreate energetic links and purify the mind*
- *Finish with the Tree Integration Meditation for balancing, aligning and being nourished by the Cosmic Masculine and Feminine Energies, for becoming one with the Self*

4. **Write the letter to the SELF.** (Template below. This is a rough guide. It is essential to write this letter in your own words), after you have written the letter, burn the letter in a fire proof container, once the letter is just ashes, add some water to it and then pour the water and ashes at the base of a tree, you can then know that the detachment is complete and all that is no longer serves you has returned to the Tree to be transformed into love.

Beloved SELF,

Thank you for assisting me in detaching from this person/situation/habit/energy... and freeing me to live in... Love and Truth...

Thank you for the lessons of.... And for helping me integrate all that I have learnt.

Help me forgive.... So that I am now free to grow.

Thank you for this healing and for restoring my power to me... Help me integrate this now.

Yours, the seeker

Step 1: Script to Relax, Connect, and Ask the Illumined-Self what to Detach from

First sit down on the ground or in a chair, or in any position that allows you to feel comfortable. Place your right hand above the left hand in a cupped position, palms facing upwards, with your hands resting on your lap. This classic hand pose is called the 'dhyana mudra'. Alternatively, you can place your fingers in the centre of your palm, or you can choose any hand posture or mudra of your choice.

Now, close your eyes and focus on your breath. Breathe in and breathe out. Visualise your body as hollow. Imagine that liquid white light is entering the soles of your feet. As the level of the liquid light rises up from the soles of your feet to your ankles, both your feet are now filled with light, and all the muscles in your feet are completely relaxed.

Visualise the liquid white light rising up from your ankles into your calves, so that both your calves are now filled with light, and all the muscles in your calves are completely relaxed.

Visualise the light now entering your knees and thighs, so that both your knees and thighs are now filled with light and all the muscles in your knees and thighs are completely relaxed.

Visualise the light now entering your bottom, groin and waist; so that your bottom, groin and waist are now filled with light, and all the muscles in your bottom, groin and waist are completely relaxed.

Visualise the light now entering your belly, so that your belly is now filled with light, and all the muscles in your belly are completely relaxed.

Visualise the light now entering the whole of your back, so that the whole of your back is now filled with light, and all the muscles in your back are completely relaxed.

Visualise the light now entering your chest, so that your chest is now filled with light, and all the muscles in your chest are completely relaxed.

Visualise the light now entering both your shoulders, so that both your shoulders are now filled with light and all the muscles in your shoulders are completely relaxed.

Visualise the light now entering your arms, so that both your arms are now filled with light and all the muscles in your arms are completely relaxed.

Visualise the light now entering both your hands, so that both your hands are now filled with light and all the muscles in your hands are completely relaxed.

Visualise the light now entering your neck and throat, so that your neck and throat are now filled with light and all the muscles in your neck and throat are completely relaxed.

Visualise the light now entering your jaws, cheeks and mouth; so that your jaws, cheeks and mouth are now filled with light, and all the muscles in your jaws, cheeks and mouth are completely relaxed.

Visualise the light now entering your eyes, forehead, and scalp, so that your eyes, forehead, and scalp are now filled with light.

Your whole body is filled with light and your body is completely relaxed. As you become more and more relaxed, find yourself going deeper and deeper within yourself. Floating very gently, just like a feather, to the very centre or core of your being. When you reach the very centre of your being, imagine a vast space around you, and in this vast space, you will find the Tree, which is the symbol of the Illumined-Self.

The Tree has many different coloured ribbons flowing down from the branches to the ground. Pick any one of the coloured ribbons that catches your eye, reach out, take it in your hands and give it a gentle tug. When

you tug on the ribbon, feel the resistance coming from the branch of the Tree where it is attached. When you feel this resistance, know that you are connected to the Illumined-Self.

Now that you are connected to the Tree, which represents the Illumined-Self and is the Source of Wisdom and Love, you can ask the Illumined-Self to send via your ribbon the light of TRUTH. Visualise this quality of Truth filling your whole being as you breathe it in and as you breathe out, visualise any untruth or false beliefs, leaving you with your breath and going up the ribbon to the Tree to be transformed.

Keep inhaling the light of Truth and exhaling untruth or false beliefs. Continue breathing in the light of Truth and breathing out untruth or false beliefs.

Now ask the Illumined-Self to send the energy of SELF-RESPONSIBILITY, and visualise it coming from the Tree via your ribbon, strengthening you as you inhale. You can visualise the energy of Self-Responsibility filling your whole being with mental and physical strength. As you breathe out, visualise any weakness or ignorance leaving you with your exhalation and going through the ribbon to the Tree to be transformed. Keep inhaling the energy of Self-Responsibility and exhaling weakness and ignorance. Continue breathing in the energy of Self-Responsibility and breathing out weakness and ignorance.

Now ask the Illumined-Self to send you the light of PEACE, and visualise this energy coming from the Tree via the ribbon and filling up your whole being with Peace as you breathe it in and as you breathe out, visualise any disharmony, conflict, or negativity that you are ready to release, leaving you with your exhalation and going up the ribbon to the Tree to be transformed.

Keep inhaling the light of Peace and exhaling disharmony, conflict or negativity. Continue breathing in the light of Peace and breathing out disharmony, conflict or negativity.

Now, ask the Illumined-Self to send you the energy of LOVE, and visualise it coming from the Tree via your ribbon, filling your whole being with Love as you breathe it in. Exhale any fears, darkness, or resistance within you that you are ready to release, and visualise them moving up the ribbon to the Tree to be transformed.

Continue inhaling the energy of Love and exhaling any fears, darkness, or resistance. Continue breathing in the energy of Love and breathing out fears, darkness, or resistance.

Now focus on your breath, breathing in all the energies of Truth, Self-Responsibility, Peace and Love, from the Illumined-Self, and exhale anything that you are ready to release. Keep breathing out whatever you are ready to release and see it going back up the Tree, back to the Illumined-Self to be transformed. Keep focusing on your breath.

Now think see or imagine a Serpent of White Light emerge from the Tree, it loops around you and in front of you creating an infinity pathway/symbol. Give the ribbon a tug to remind you that you are connected to the Illumined-Self. Imagine that you are sitting or standing in one loop of the Infinity Symbol and the other loop

of the Infinity Symbol is unoccupied. Ask the Illumined -Self to show you what you need to detach from in the other loop of the Infinity Symbol. Accept whatever you are shown, and do not try to reason out why the person, object, symbol, emotion or text is impressed upon you. TRUST the Illumined-Self. (Pause for a while)



Slowly return to the here and now (time, date and venue). Stretch and ground yourself. Make a note of what you have received and begin with Step 2.

Variations for Step 2: Practice the Infinity Exercise with Finger Holds Sequence – You can read this like a script





This step of the Detachment Process is for building up the energy the seeker requires, to detach and reclaim their personal power. It also helps the seeker to release fear and resistance. Breaking or changing negative habitual conditioning takes a lot of energy, as the old habitual patterns have to dissolve before the new balanced energy can be integrated. This step can be challenging as stored uncomfortable and old impressions surface, ready for clearing.

In this stage of the Detachment Process, visualise the Infinity Symbol and see yourself in one of the loops of the Infinity Symbol and whatever you are shown to detach¹ from, in the other loop. Then visualise the Serpent of Light (the Power of Love and Truth) going along the path of the Infinity Symbol, clockwise around the loop in front of them and then anti-clockwise around yourself, in a continuous movement. Watch the Serpent of Light move faster and faster creating a vortex of spinning energy in both the loops. As you witness this do the finger holds and repeat the phrases below.


The Finger Holds Sequence – Variation 1






	<p>While focusing on the Infinity Exercise hold your THUMB (either side) and repeat within yourself:</p> <p><i>'I now release all my anxieties in relation to this _____ (whatever you are detaching from) __. I am open to perceptive/inspired action.'</i></p>
	<p>While focusing on the Infinity Exercise hold your INDEX finger (either side) and repeat within yourself:</p> <p><i>'I now release all my fears in relation to this _____ (whatever you are detaching from) __. I invite Love here.'</i></p>

¹ Occasionally, while you are doing the Infinity Exercise whatever you are detaching from may change.

	<p>While focusing on the Infinity Exercise hold your MIDDLE finger (either side) and repeat within yourself:</p> <p><i>'I now release all my impatience in relation to this _____ (whatever you are detaching from) __. I choose Peace.'</i></p>
	<p>While focusing on the Infinity Exercise hold your RING finger (either side) and repeat within yourself:</p> <p><i>'I now release all my sadness in relation to this _____ (whatever you are detaching from) __. I welcome Truth.'</i></p>
	<p>While focusing on the Infinity Exercise hold your LITTLE finger (either side) and repeat within yourself:</p> <p><i>'I now release all my criticisms in relation to this _____ (whatever you are detaching from) __. I am open to Non-Violence.'</i></p>
	<p>While focusing on the Infinity Exercise place your fingers in the centre of your palm (either side) and repeat within yourself:</p> <p><i>'I now release all my dejection in relation to this _____ (whatever you are detaching from) __. I choose to identify with constant integrated awareness.'</i></p>

The Finger Holds Sequence –Variation 2

	<p>While focusing on the Infinity Exercise hold your THUMB (either side) and repeat within yourself:</p> <p><i>'I choose to exhale my anxieties in relation to this _____ (whatever you are detaching from) __. I open to Dharma (Conscientious Action).'</i></p>
---	---

	<p>While focusing on the Infinity Exercise hold your INDEX finger (either side) and repeat within yourself:</p> <p><i>'I choose to exhale my fears in relation to this _____ (whatever you are detaching from) ___. I open to Prema (Absolute Love).'</i></p>
	<p>While focusing on the Infinity Exercise hold your MIDDLE finger (either side) and repeat within yourself:</p> <p><i>'I choose to exhale my annoyance in relation to this _____ (whatever you are detaching from) ___. I open to Shanti (Peace).'</i></p>
	<p>While focusing on the Infinity Exercise hold your RING finger (either side) and repeat within yourself:</p> <p><i>'I choose to exhale my grief in relation to this _____ (whatever you are detaching from) ___. I open to Sathya (Absolute Truth).'</i></p>
	<p>While focusing on the Infinity Exercise hold your LITTLE finger (either side) and repeat within yourself:</p> <p><i>'I choose to exhale my judgements in relation to this _____ (whatever you are detaching from) ___. I open to Ahimsa (Non-Violence).'</i></p>
	<p>While focusing on the Infinity Exercise place your fingers in the centre of your palm (either side) and repeat within yourself:</p> <p><i>'I choose to exhale my attachment in relation to this _____ (whatever you are detaching from) ___. I open to Sat-Chit-Anandam (Truth-Awareness-Bliss).'</i></p>

Step 3: The Complete Script for the Detachment Visualisation Technique

First sit down on the ground or in a chair, or in any position that allows you to feel comfortable. Place your right hand above the left hand in a cupped position, palms facing upwards, with your hands resting on your lap. This classic hand pose is called the 'Dhyana mudra'. Alternatively, you can place your fingers in the centre of your palm, or you can choose any hand posture or mudra of your choice.

The Liquid Light Relaxation Sequence

Now, close your eyes and focus on your breath. Breathe in and breathe out. Visualise your body as hollow. Imagine that liquid white light is entering the soles of your feet. As the level of the liquid light rises up from the soles of your feet to your ankles, both your feet are now filled with light and all the muscles in your feet are completely relaxed.

Visualise the liquid white light rising up from your ankles into your calves so that both your calves are now filled with light and all the muscles in your calves are completely relaxed.

Visualise the light now entering your knees and thighs so that both your knees and thighs are now filled with light and all the muscles in your knees and thighs are completely relaxed.

Visualise the light now entering your bottom, groin and waist so that your bottom, groin and waist are now filled with light and all the muscles in your bottom, groin and waist are completely relaxed.

Visualise the light now entering your belly so that your belly is now filled with light and all the muscles in your belly are completely relaxed.

Visualise the light now entering the whole of your back so that the whole of your back is now filled with light and all the muscles in your back are completely relaxed.

Visualise the light now entering your chest so that your chest is now filled with light and all the muscles in your chest are completely relaxed.

Visualise the light now entering both your shoulders so that both your shoulders are now filled with light and all the muscles in your shoulders are completely relaxed.

Visualise the light now entering your arms so that both your arms are now filled with light and all the muscles in your arms are completely relaxed.

Visualise the light now entering both your hands so that both your hands are now filled with light and all the muscles in your hands are completely relaxed.

Visualise the light now entering your neck and throat so that your neck and throat are now filled with light and all the muscles in your neck and throat are completely relaxed.

Visualise the light now entering your jaws, cheeks and mouth so that your jaws, cheeks and mouth are now filled with light, and all the muscles in your jaws, cheeks and mouth are completely relaxed.

Visualise the light now entering your eyes, forehead and scalp so that your eyes, forehead and scalp are now filled with light.

Your whole body is filled with light and your body is completely relaxed. As you become more and more relaxed find yourself going deeper and deeper within yourself. Floating very gently, just like a feather, to the very centre or core of your being. When you reach the very centre of your being imagine a vast space around you. In this space you will find the Tree, which is the symbol of the Illumined-Self.

The Tree Connection Sequence for Syncing with the Illumined-Self

The Tree has many different coloured ribbons flowing down from the branches to the ground. Pick any one of the coloured ribbons that catches your eye, take it in your hands and give it a gentle tug. When you tug on the ribbon, feel the resistance coming from the branch of the Tree, where it is attached. When you feel this resistance know that you are connected to the Illumined-Self.

Now that you are connected to the Tree, which represents the Illumined-Self and is the Source of Wisdom and Love, you can ask the Illumined-Self to send via your ribbon **Truth**. Visualise this quality of Truth filling your whole being as you breathe it in and as you breathe out, visualise any untruth or false beliefs, leaving you with your breath and going up the ribbon to the Tree to be transformed.

Keep inhaling Truth and exhaling untruth or false beliefs. Continue breathing in Truth and breathing out untruth or false beliefs.

Now ask the Illumined-Self to send you the energy of **Self-Responsibility**, and visualise it coming from the Tree via your ribbon, strengthening you as you inhale. You can visualise the energy of Self-Responsibility filling your whole being with mental and physical strength. As you breathe out, visualise any weakness or ignorance leaving you with your exhalation and going up the ribbon to the Tree to be transformed. Keep inhaling the energy of Self-Responsibility and exhaling weakness and ignorance. Continue breathing in the energy of Self-Responsibility and breathing out weakness and ignorance.

Now ask the Illumined-Self to send you **Peace** and visualise this energy coming from the Tree via the ribbon and filling up your whole being with Peace as you breathe it in. As you breathe out, visualise any disharmony, conflict, or negativity that you are ready to release, leaving you with your exhalation and going up via the ribbon to the Tree to be transformed.

Keep inhaling Peace and exhaling disharmony, conflict or negativity. Continue breathing in Peace and breathing out disharmony, conflict or negativity.

Now ask the Illumined-Self to send you **Love** and visualise it coming down from the Tree via your ribbon, filling your whole being with Love as you breathe it in. Exhale any fears, darkness or resistance within you that you are ready to release and visualise it going back up the ribbon to the Tree to be transformed. Continue inhaling Love and exhaling any fears, darkness or resistance. Continue breathing in Love and breathing out fears, darkness or resistance.

Now focus on your breath, breathing in all the energies of Truth, Self-Responsibility, Peace and Love from the Illumined-Self, and exhale anything that you are ready to release. Keep breathing out whatever you are ready to release and see it going back up the Tree, back to the Illumined-Self to be transformed. Keep focusing on your breath.

The Infinity Exercise






Now visualise the Infinity Exercise that you have been practising. Imagine that you are sitting or standing in one of the loops of the Infinity symbol, whichever is comfortable for you, and visualise ‘the person, symbol or object’² that you have been detaching from in the opposite loop. Visualise the white serpent of light moving along the path of the Infinity symbol. Watch this serpent-like energy moving faster and faster with increasing power. Continue visualising this white serpent of light moving along the path of the Infinity symbol for a few minutes, while doing the Finger Holds Sequence.

The Finger Holds Sequence for the Detachment Process



While focusing on the Infinity Exercise hold your THUMB (either side) and repeat within yourself: ‘I now release all my anxieties in relation to this ____ (whatever you are detaching from) ____ . I am open to experiencing Self-Responsibility and I am developing positive boundaries in relation to this.’

² When reading this script, you can replace the words, ‘person, symbol or object’, with the description or name if you know what the seeker is detaching from.

	<p>While focusing on the Infinity Exercise hold your INDEX finger (either side) and repeat within yourself: 'I now release all my fears in relation to this ____ (whatever you are detaching from) ____ . I am open to experiencing Love and I am discovering creative solutions in relation to this.'</p>
	<p>While focusing on the Infinity Exercise hold your MIDDLE finger (either side) and repeat within yourself: 'I now release all my frustrations in relation to this ____ (whatever you are detaching from) ____ . I am open to experiencing Peace and I am regaining my equanimity (balance) in relation to this.'</p>
	<p>While focusing on the Infinity Exercise hold your RING finger (either side) and repeat within yourself: 'I now release all my sadness in relation to this ____ (whatever you are detaching from) ____ . I am open to experiencing Truth and I am aware of exhaling my old belief systems in relation to this.'</p>
	<p>While focusing on the Infinity Exercise hold your LITTLE finger (either side) and repeat within yourself: 'I now release all my struggle in relation to this ____ (whatever you are detaching from) ____ . I am open to experiencing Serenity and I am developing effortless understanding in relation to this.'</p>
	<p>While focusing on the Infinity Exercise place your fingers in the centre of your palm (either side) and repeat within yourself: 'I now release all my despondency in relation to this ____ (whatever you are detaching from) ____ . I am open to experiencing Fulfilment and Integration; I am cultivating relationships based on Truth.'</p>

The Chakra Meditation

Give the ribbon a tug to remind you that you are connected to the Illumined-Self. Remember the Infinity Exercise and what you are detaching from. Focus on your breath, breathing in and breathing out. Now we will do the chakra meditation to raise the vibration.

Imagine or visualise the first chakra, the 'muladhara', at the base of your spine. The colour of this energy vortex is red. Imagine taking a red thread of light from this sphere of energy and guide it up your spine towards the next chakra in the pelvic region.

This chakra in your pelvic region is the 'svadhisthana', it is orange in colour. Take an orange thread of light from this sphere of energy, twist it around the red thread of light, and guide it up your spine to the third chakra in the solar plexus region.

The third chakra in your solar plexus is the 'manipura', it is yellow in colour. Take a yellow thread of light from this sphere of energy, twist it around the red and orange threads of light and guide it up your spine towards the fourth chakra in the middle of your sternum.

The fourth chakra, the 'anahata', also known as the heart chakra, is green in colour. Take a green thread of light from this sphere of energy, twist it around the red, orange and yellow threads of light and guide it up the spine to the fifth chakra located in the throat area.

The fifth chakra, the 'visuddha', is blue in colour. Take a blue thread of light from this sphere of energy and twist it around the red, orange, yellow and green threads of light, and guide it up to the sixth chakra located in the forehead.

The sixth chakra, the 'ajna', is also known as the third eye, it is violet in colour. Take a violet thread of light and weave it with the other threads of light; the red, orange, yellow, green and blue. Visualise them all twirled around as one rope of light rising up through the seventh chakra also known as the 'sahasrara', or crown chakra.

Visualise this rope of light coming out of the top of your head as a fountain of white light. Imagine this fountain of white light pouring out from the top of your head and falling to the ground around you in a curtain of light, spinning very gently around you. As you visualise it, hear the sound of 'Aum', the sound of creation, resounding within you with every breath you take.

Keep visualising the fountain of light spinning around you and experience the sound of 'Aum' vibrating within you. Allow your vibration to align with the resonance of the 'Aum'.

Light Imagery to Uncreate Energetic Links

Give your ribbon a gentle tug. Remind yourself that you are connected to the Illumined-Self. Visualise the Infinity Exercise that you have been practising. Imagine 'the person, symbol or object' that you have been detaching from in the opposite loop. Visualise the white serpent of light moving along the path of the Infinity symbol. Watch this serpent-like energy move faster and faster with increasing power.

Ask the Illumined-Self to send down a laser beam of light now. This light can take the shape or form of any object, for example, a sword of light. Let this light move along the path of the Infinity symbol. As this light travels around the Infinity symbol it severs and dissolves all energetic links between you and what you are detaching from. Continue watching this laser beam of light moving along the path of the Infinity symbol uncreating any mental-emotional energetic links between you and 'the person, symbol or object' in the other half of the Infinity symbol.

As this laser beam of light moves along the path of the Infinity symbol it uncreates or unmakes any conditions or patterns between you and 'the person, symbol or object' in the other half of the Infinity symbol.

Keep watching this laser beam of light moving along the path of the Infinity symbol. As it moves along the path of the Infinity symbol, it uncreates or dissolves all energetic links, whether it is visible or invisible, between you and 'the person, symbol or object' in the other half of the Infinity symbol. All energetic links between you and whatever you are detaching from is now severed, dissolved, or uncreated. There are no more energetic links between you and whatever you are detaching from.

(Pause for a while)

You can ask the Illumined-Self to appear as a Mentor and take the person, symbol or object, or you can place the symbol or object at the foot of the Tree. If it is a person, you can visualise leading them to the Tree so that they merge with the Tree. Visualise or imagine that the Illumined-Self has removed whatever you have been detaching from in the other loop so that there is nothing left in that loop. Thank the Illumined-Self for enabling you to have the lessons that you need to go forward in your journey. If you need to forgive or ask for forgiveness you can do this now.

(Pause for a while)

Once this is complete, see the serpent of light return and dissolve into the Tree. Now ask the Illumined-Self to rain light upon you like a waterfall, washing away all conditions and patterns connected to 'the person, symbol or object'. The waterfall of light dissolves and transforms all tendencies and habits related to 'the person, symbol or object'. Continue inhaling this light and exhaling any related patterns and conditions. Feel your body, mind and life being bathed in this light, cleansing any remaining tendencies within you and removing all latent inclinations and subtle habits you may have adopted from, or in response to 'the person, symbol or object'. Feel the healing taking place as your conditions and patterns transform and allow you to regain your power. With every breath, reclaim and regain your power. Keep inhaling the light and exhaling any remaining subtle disempowering conditions relating to 'the person, symbol or object'. Experience the inhale and the exhale balancing. Now, step into your power and see yourself shining and radiant with Love and Truth.

The Tree Integration Meditation

Give your ribbon a gentle tug and remind yourself that you are connected to the Illumined-Self. Visualise yourself going up to the Tree and stand or sit with your back against its trunk, knowing it will support you. Identify with the Tree. Visualise your energy field and the energy field of the Tree merging together to becoming one. Feel yourself become one with the Tree. Imagine that you are sending your roots down, deep into Mother Earth, like the Tree does, to bring up the nourishment you need from the Cosmic Mother. Inhale whatever you need, such as love, affection, acceptance, compassion and acknowledgement or anything else you think you lack and breathe out any negative emotions which you are willing to release. Now continue breathing in all the energies and breathing out whatever you are ready to release. Focus on your breath and keep breathing in all the nourishing energies and breathing out whatever you are ready to release.

Reach up as the Tree does with its branches and leaves towards the sun, the Cosmic Father and breathe in whatever is being given to you from that source of nourishment. Exhale anything that could prevent you from receiving it. You may want to specify what you wish to be given, such as courage, validation, acceptance, affection, protection and support or anything else that comes to your mind. As you breathe out let go of any negative emotions that you are willing to release. Now keep breathing in all the energies and breathing out whatever you are inspired to release. Focus on your breath and continue breathing in all the positive energies and breathing out whatever you are ready to release.

Now inhale from both sources and with each breath feel the two streams of nourishment flow throughout your body bringing about the balance you need between the Yin and Yang forces of the earth and sun. Stay connected in this way, breathing in whatever you are being given. This unification with the Tree, energises, revitalises and heals you.

(Pause for a while)

You can return to the Tree at any time to seek guidance, nourishment and healing.

We end this meditation by thanking the Illumined (Universal) Self.

‘May all the beings in all the worlds be blessed with happiness, peace and contentment.’

Now, slowly return to the here and now (time, date and venue). Stretch and ground yourself.

Step 3 is now concluded so you can proceed to Step 4 (write and burn the letter)



Note: Infinitise, Divinise, Harmonise, Realise

Use the **Infinity exercise to create space**, get clear, centred and awaken non-reactionary awareness

Once aware, **pay attention** to your thoughts, words and actions, **divinise your thinking** and the rest will follow

Continue to bring your thoughts, words and actions **into harmony with Love and Truth**

This will lead to the **realisation of the SELF** of knowing GOD as the SELF.