



GUIDED CLEANING

Sit in a comfortable position. Close your eyes and feel relaxed.

You are mentally cleaning complexities and impurities from your system. Think that they are leaving you. Settle down with the thought that all complexities and impurities are going away.

Think that they are going out of your whole system, through your back, from the top of your head to your tailbone.

Mentally suggest that the impurities and complexities are going out of your system from your back in the form of smoke or vapor. It is an active yet gentle process.

Do not dwell on specific events or things you want to get rid of. Simply brush them off.

Gently accelerate the cleaning with confidence and faith, and apply your will as needed.

If your attention drifts, and you find yourself involved in other thoughts, gently bring your attention back to the cleaning process. Apply your will as needed.

As the impressions are leaving from the back, you will start to feel lightness in your heart.

At home, continue like this for around ten to fifteen minutes.

[Pause]

When complexities are gone, you are feeling simple. Impurities are gone and you are feeling pure. Feeling of lightness is entering every cell, every corner of your body. Your whole body is feeling light. Your whole body is now completely purified and has become full of light. As the impressions are leaving from the back, you will start to feel lightness in your heart.