



Name \_\_\_\_\_

### Instructions per ThothHorRa:

"Be aware that you will be working with a very powerful system that is overloaded with formats... It can work, but persons may experience physical-emotional problems while attempting to integrate with this overload of energies."

Therefore, when the session is complete, be sure you are sitting upright in your chair, feet flat on the floor, legs not touching one another, with your arms crossing your chest (in any way that is comfortable for you.)

Then take **seven deep selah breaths** while saying (to yourself) on the **OUT** breath:

## **RAJA ATUM KAPHA**

Translation:

**I RELEASE ALL ATTACHMENT.  
I AM CENTERED IN MY OWN DIVINITY.  
I AM ONE WITH 'I AM.'**

( THE MANDALA IS A THOUGHT-FORM THAT WILL ASSIST IN MANAGING INTENSE ENERGY. PLACE UNDER THE CHAIR. )