

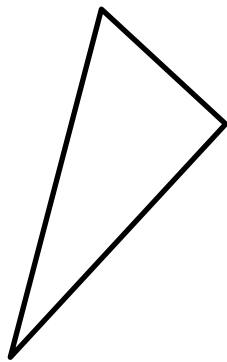
## Transmutation Technique

This technique can be utilized each evening before retiring, or as needed.

Make the usual threefold lower alignment and focus the consciousness in the ajna center.

Integrate the consciousness in aspiration to the Soul.

Visualize a triangle of light between the:



Soul

Yourself as the observer in the Ajna

Subconscious.

Repeat slowly and carefully:

*“The Light of the Soul is thrown downward into the instrument to reveal, cleanse, and purify that which is karmically ready to be brought to Light in Divine Law and Order. I stand clear, observing only.”*

Transmute whatever negativity is revealed into its polar opposite via the application of Love.

Meditate for three minutes on the concept: *“THE TRUTH SHALL MAKE ME FREE.”*

Spend a few moments radiating the Light of Truth through the instrument and into the environment.