

The Way of the Turtle - Daily practice

If possible at 6.30am and/or at 6pm local time, or whenever possible

- ❖ Breathe consciously:
 - on the inhale – become aware of the energy of love surrounding you
 - on the exhale – allow it to radiate

- ❖ Formulate the intention of your soul and heart:

*« Crossing the point of light I put myself in the Service of the Source.
By the power of my love, the earth, its inhabitants of the four
levels regenerate, (mineral, plant, animal and human).
We are accomplished. »*

- ❖ For access to the source: (sacred space of all possibilities)

- 4 breaths : silence enters
- 4 breaths : sensation dominates
- 4 breaths : sagacity flows
- 4 breaths : I put myself into service
- Take a deep breath and on the exhale dive to the center of a double 8 at the point of light to cross it and reach the source. (see logo)



- ❖ Within the source:

- Wonder at the perfection of all creation.
The universe is beauty and peace
- Feed it with your love
- Live it in full health, your dreams accomplished.

- ❖ To return, take a large breath, and then cross the point of light.

- ❖ Be conscious that all within you is light, love, strength and beauty.

"The way of the turtle" should be practiced if possible everyday for the amount of time you wish. Don't change anything in the way of accessing, nor with the intention. It is they who link us all in the same unity and who allow us to co-create an egregore of powerful regeneration. Thank you!