



REJUVENATION EXERCISE

Sit quietly, relaxed in a chair with the left palm turned up on the left knee and the right palm turned down on the right knee. Enter into Silence and contact Universal Life Energy by the method previously explained. After you feel that Power flowing through your body — make the following statements in a low voice with eyes closed:

I am One with Universal Life Energy, which is flowing through me now, I feel it.

It is filling all centers, cells, glands and organs of my body, my blood, my bones, my nerves and tissues; it stimulates them, rejuvenates them, strengthens them, harmonizes them.

I am One with Universal Life Energy which is flowing through me now, I feel it.

It eliminates all my fears; it stimulates all my mental qualities; it develops my memory; it brings out and properly directs my will; it unfolds my intuition, it makes my thought strong, clear, creative; it makes me self-reliant.

I am One with Universal Life Energy which is flowing through me now, I feel it.

It brings out all the priceless treasures of My Soul; it is the Power that heals, it is the Power that enlightens; it is the Power that makes me free; it is the Power that purifies and uplifts me; it brings me back my birthright, Harmony.

I am One with Universal Life Energy which is flowing through me now, I feel it.

My life is a part of the Life of the Universe; my mind is a ray of the Supreme Intelligence; my sincerity is an expression of the Great Law, which is setting me free; my Love is a manifestation of the Universal Power of Attraction. Within my soul is shining the Soul of the Universe and *now* through Universal Life Energy, do I commune with Mother Nature, the Infinite One, the Source of all Being, Eternal and Harmonious.

N.B. These statements are not to be used as affirmations but must be mentally realized during their audible statement. From five to ten minutes should be the duration of the exercise. It is to be repeated every day if possible at same hour and keep on until satisfactory results are obtained. Even then it is advisable to continue the exercise every day so as to hold the ground already gained.