

## *Three Clearing Techniques*

# **The Wheel of Eight Spokes**

**Useful for Clearing Away Negativity**



Be seated in your *Asana* (meditation posture).

Envision a Wheel with eight Spokes directly over your head.

The Wheel is huge - As big as the Sky.

It rotates. Very, very slowly.

## **No, Not this!**

**Useful for Dismissing Anything**

Be seated in your *Asana* (meditation posture).

Envision nothing.

When *anything* arises, say:

"No, Not this!"

# Concentric Rings of Fire

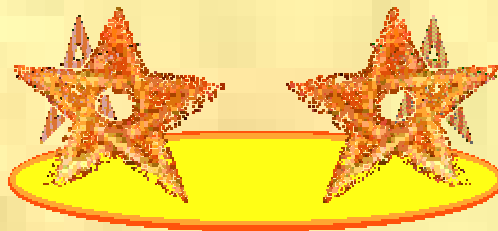
## Useful for Housecleaning on a Grand Scale

Light a Candle - Set the living Flame at Heart level when you are seated in your *Asana* (meditation posture).

Transfer the Flame into your Heart. *See it there for one minute.*

◇ Radiate the golden Light of the Flame in all directions, and let it stop as a Circle of Fire at a distance that encompasses the Room or Area in which you are seated. *The circle will be 10 to 30 feet in diameter.*

In the four directions, envision four blazing Pentagrams in the air at the edge of the Circle. *See the circle and pentagrams for one minute.*



◇ Further radiate the golden Light of the Flame in all directions, and let it stop as a Circle of Fire at a distance that encompasses the Neighborhood or Locale in which you are seated. *The circle will be 1000 feet in diameter.*

In the four directions, envision four huge blazing Pentagrams in the air at the edge of the Circle. *See the circle and stars for one minute.*

◇ Further radiate the golden Light in all directions, and let it stop as a Circle of Fire at a distance that encompasses the City or Valley in which you are seated. *The circle will be miles in diameter.*

In the four directions, envision four huge blazing Pentagrams in the air at the edge of the Circle. *See the circle and stars for one minute.*

◇ Further radiate the golden Light in all directions, and let it stop as a Circle of Fire at a distance that sequentially encompasses the State or Country or Planet or Solar System or Galaxy in which you are seated - until the Universe is included. *The circle will be infinite.*

In the four directions, envision four gigantic blazing Pentagrams in the air at the edge of the Circle. *See this at each stage for one minute.*