
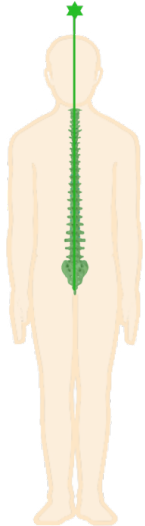
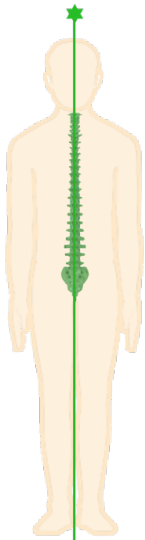
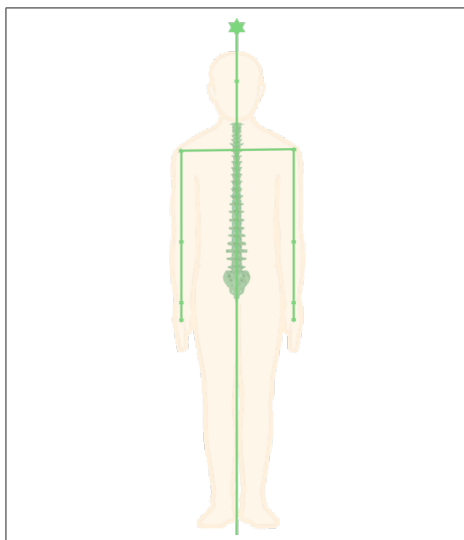


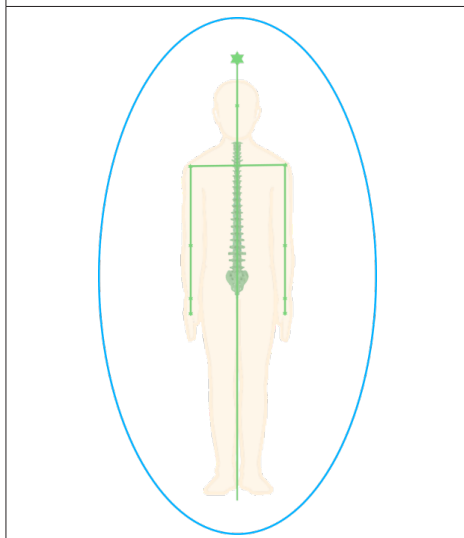
Appendix

The Emerald Alignment

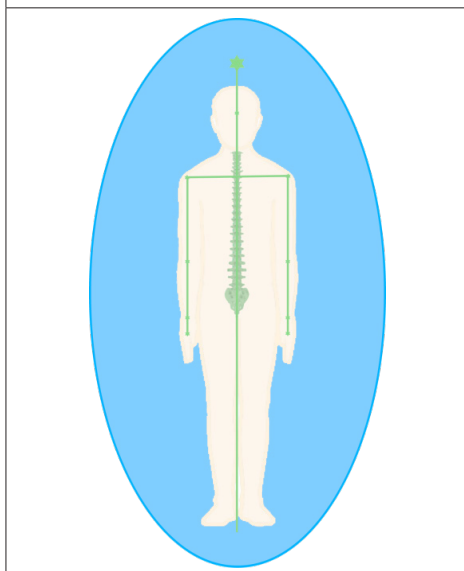
	<p>Take a moment to relax. Breathe down the body, from head to the fingers and toes, releasing any tension or heaviness within the body as you breathe out.</p>
	<p>Visualise a point of emerald green light above the crown of the head. Breathe the emerald light down to the top of the spine and into the body, following the line of the spine. Anchor the emerald light in the base of the spine.</p>
	<p>Continue breathing the beam of emerald down to between the heels and into the earth. Feel the body straight and balanced on each side of that line.</p>



Again, focus to the crown of the head, drawing the emerald green down to the top of the spine. Breathe the emerald across the shoulders, holding the shoulders light and straight. Breathe the emerald down the arms to the elbows, to the wrists and into the palms of the hands.



At a distance of arm's length, visualise an oval bubble of blue light surrounding the body



Visualise this bubble of blue light sealing and protecting all the positive light within.