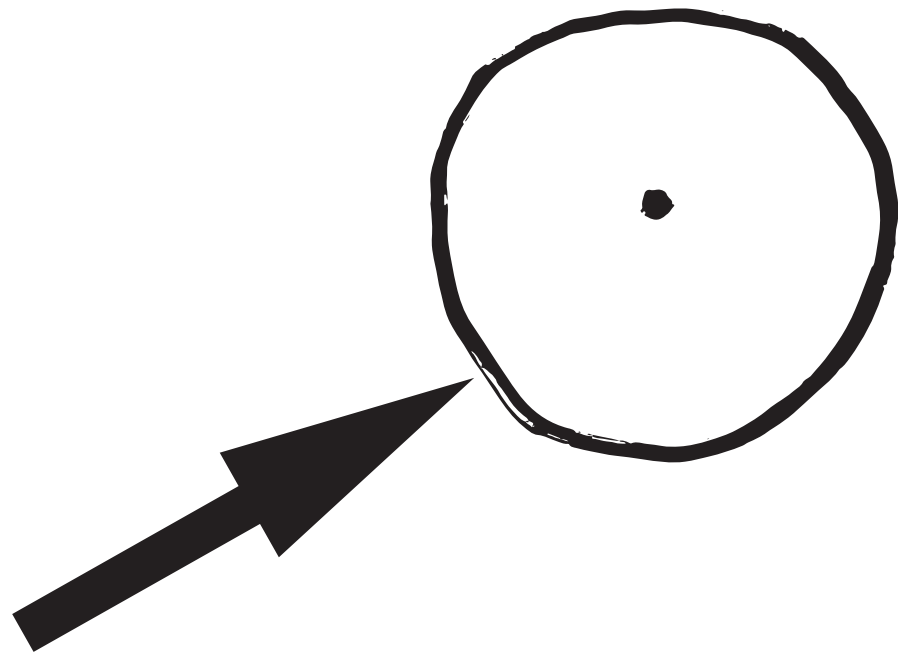
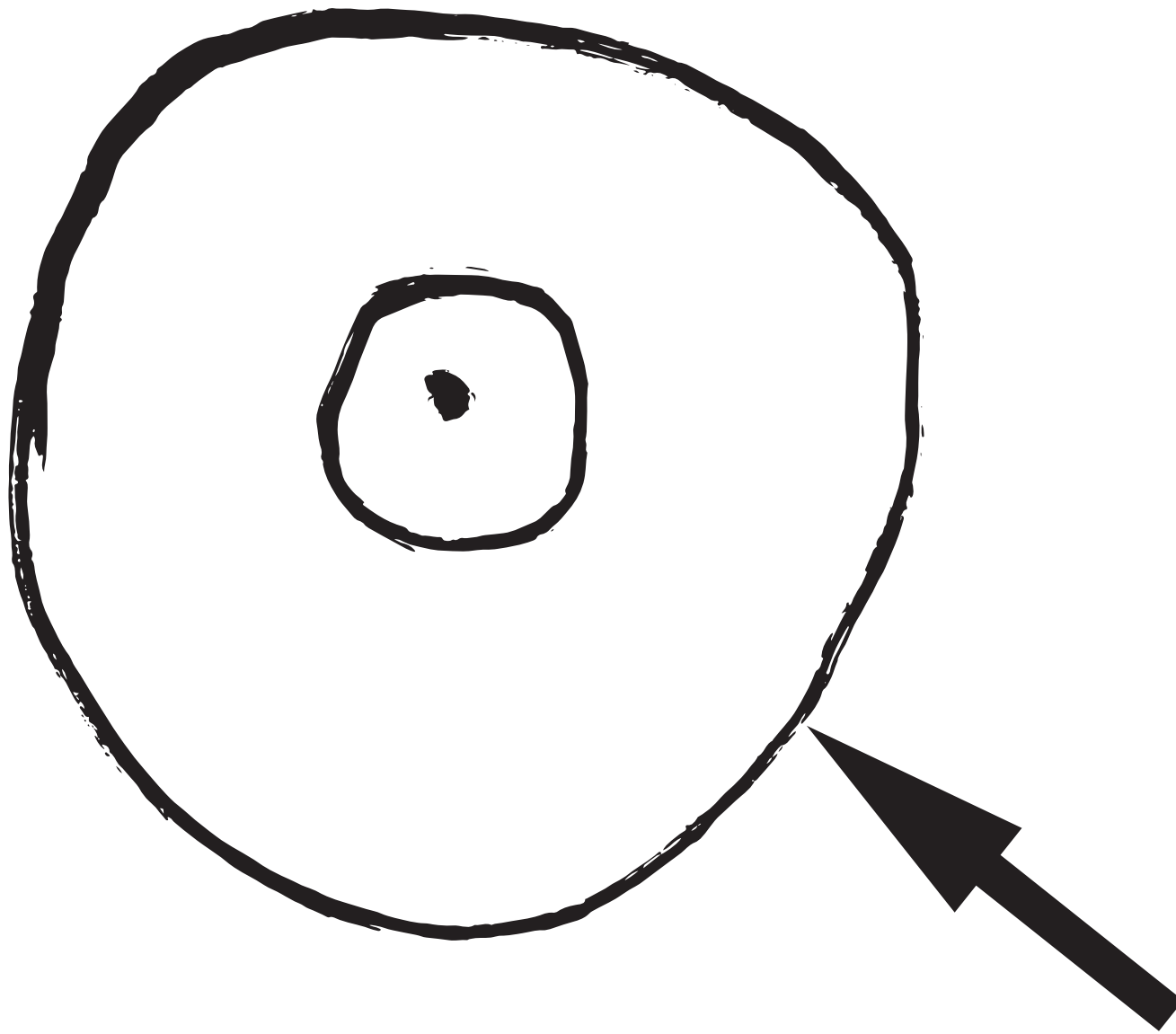


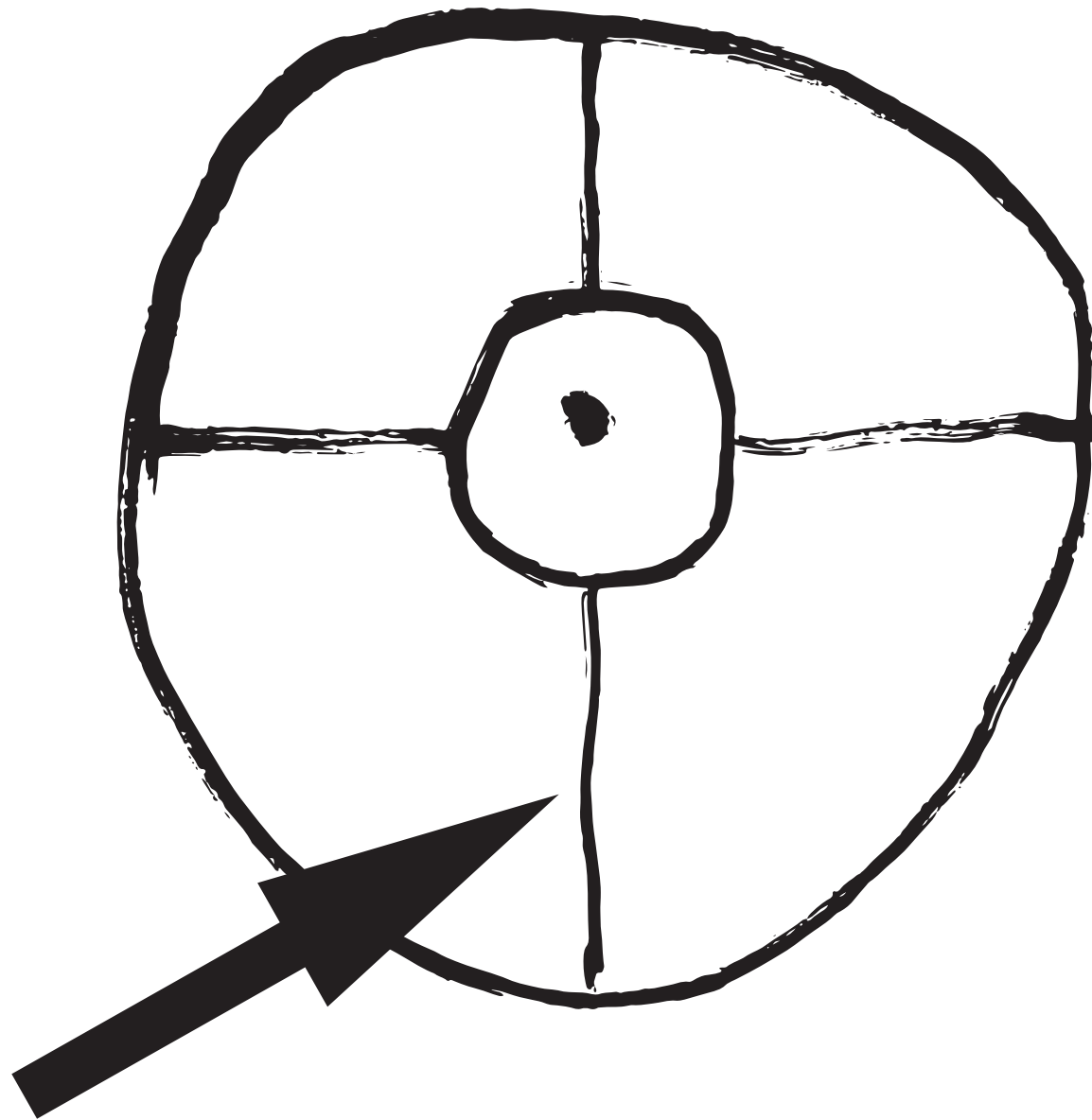
SWEET TERRITORY OF SILENCE
THE SACRED NEUTRAL
THE ZERO POINT
CONNECTION TO ALL THAT IS
NO-THING AND EVERYTHING



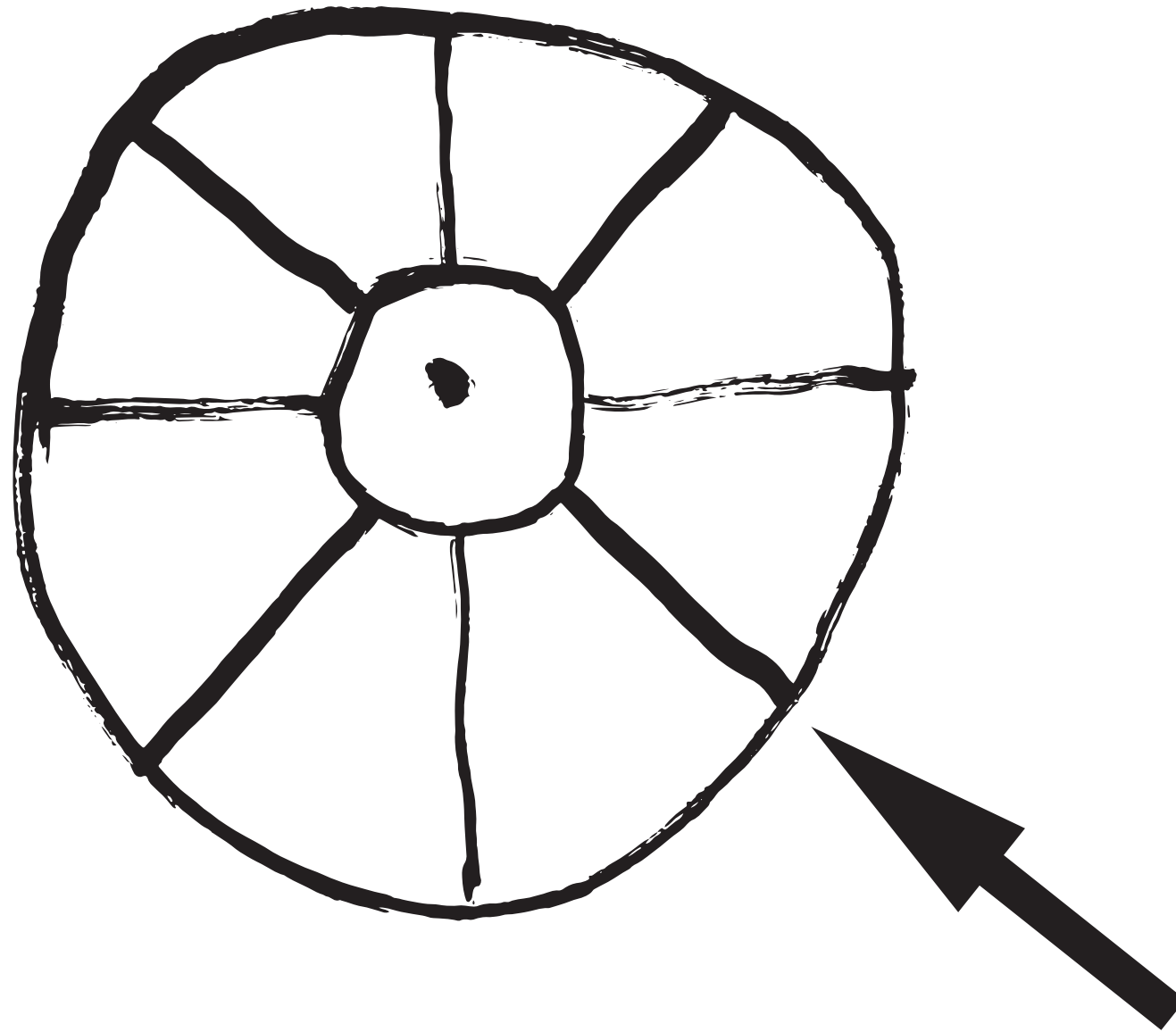
THE SPHERE OF YOUR HUMAN PHYSICAL
EXPRESSION AND ENERGY FIELDS



THE SPHERE OF THE EARTH



THE DIRECTIONS CONNECTING
YOU TO THE EARTH - NORTH,
EAST, SOUTH, WEST



THE DIRECTIONS OF ABOVE, BELOW,
AND THE DIRECTIONS OF THE ETHER
WITHIN AND YOUR CONNECTION
BACK INTO AND THROUGH THE ZERO
POINT SWEET SILENCE TO ALL THAT IS

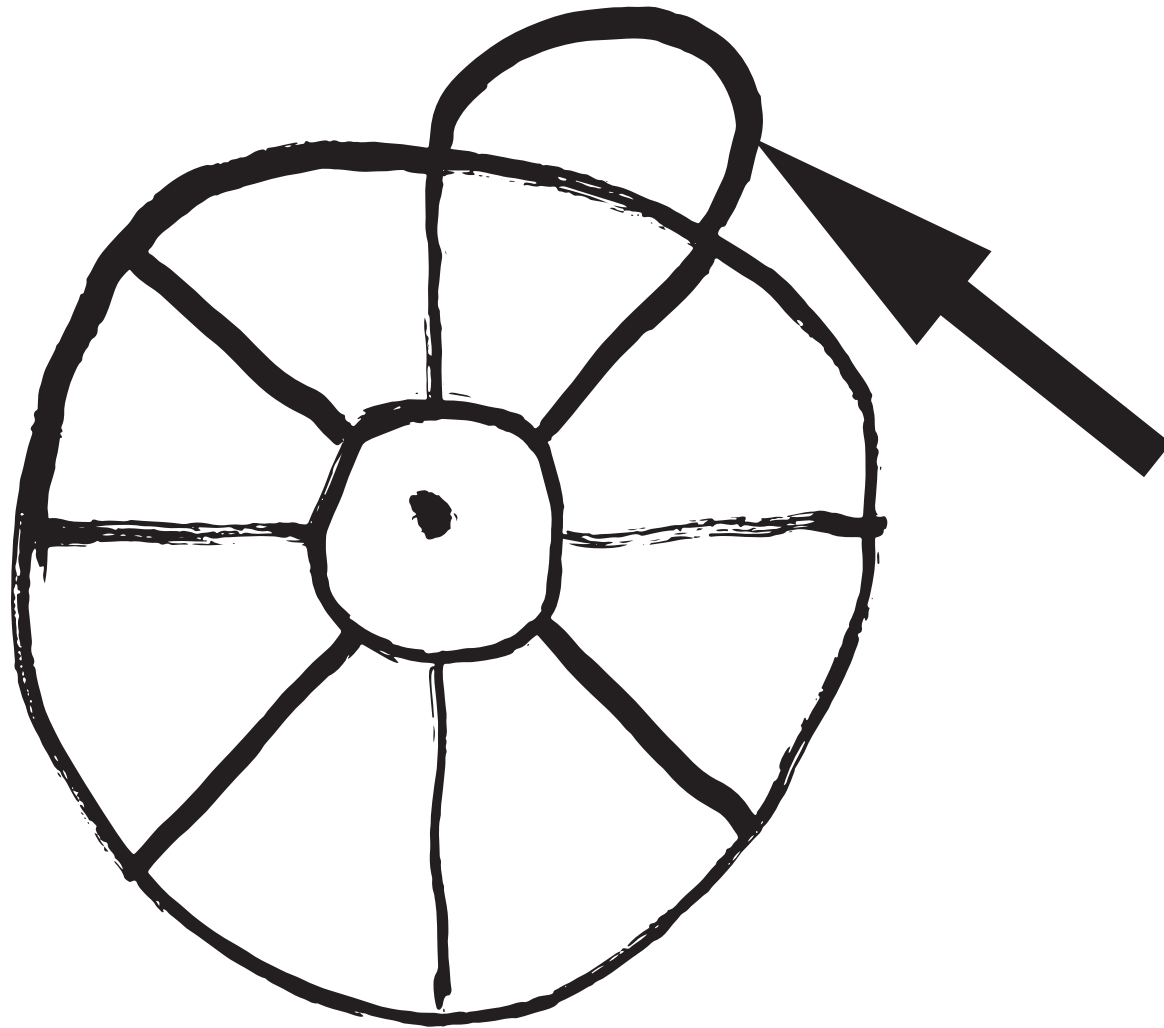


3 SIMPLE SHAPES
TO MOVE OUTWARD
WITH NEUTRAL/PURE
PRESENCE/SILENCE
100% PRESENT IN NOW
100% CREATOR

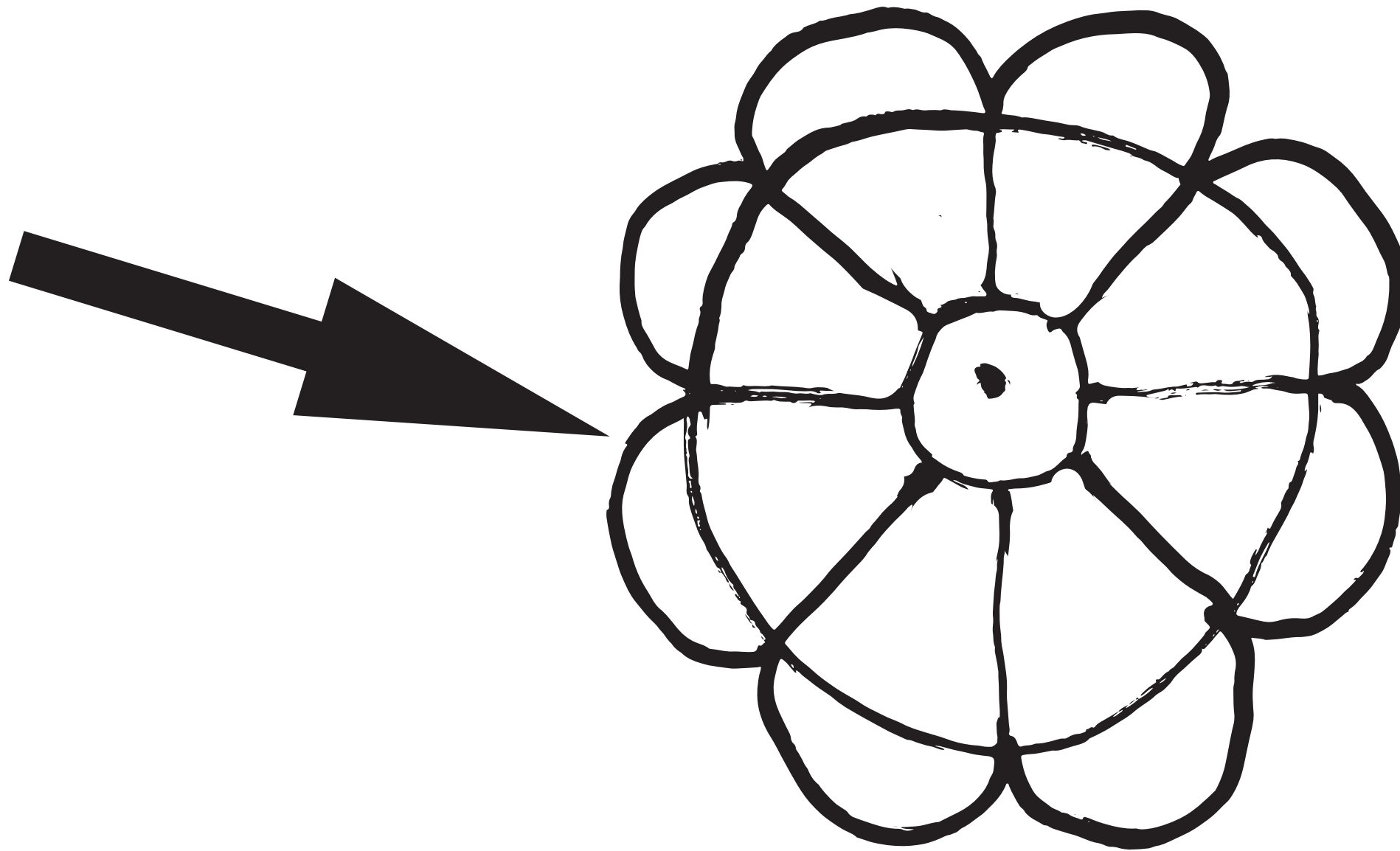
C

U

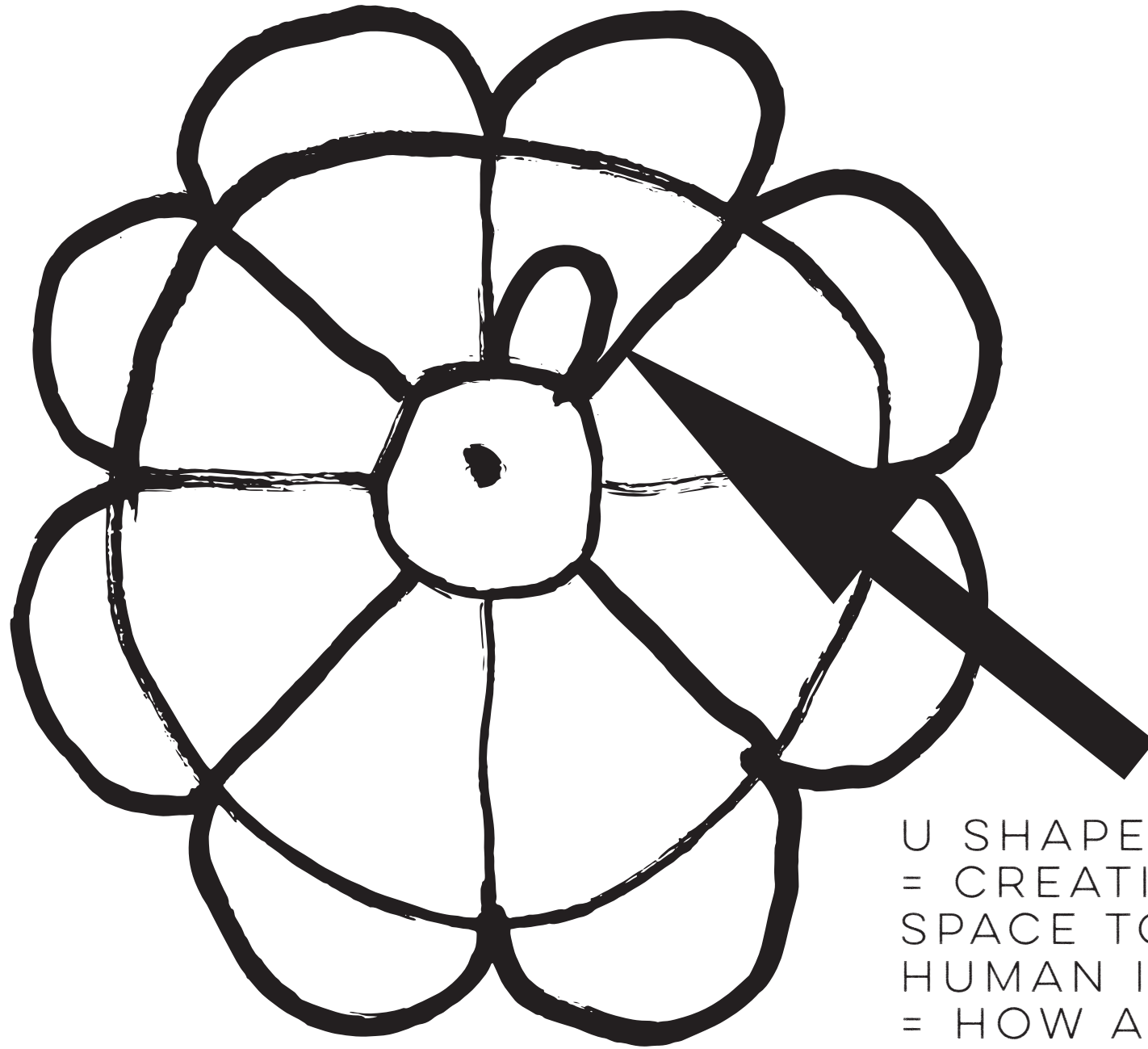
V



C SHAPE
= CONNECTION TO ALL
THAT IS
= CARE NOT CARRY
= COURAGE TO FEEL
WHAT ARISES WITHOUT
FIXING OR JUDGEMENTS
= CONSCIOUSNESS
EXPANSION AS YOU
RELEASE CONTROL

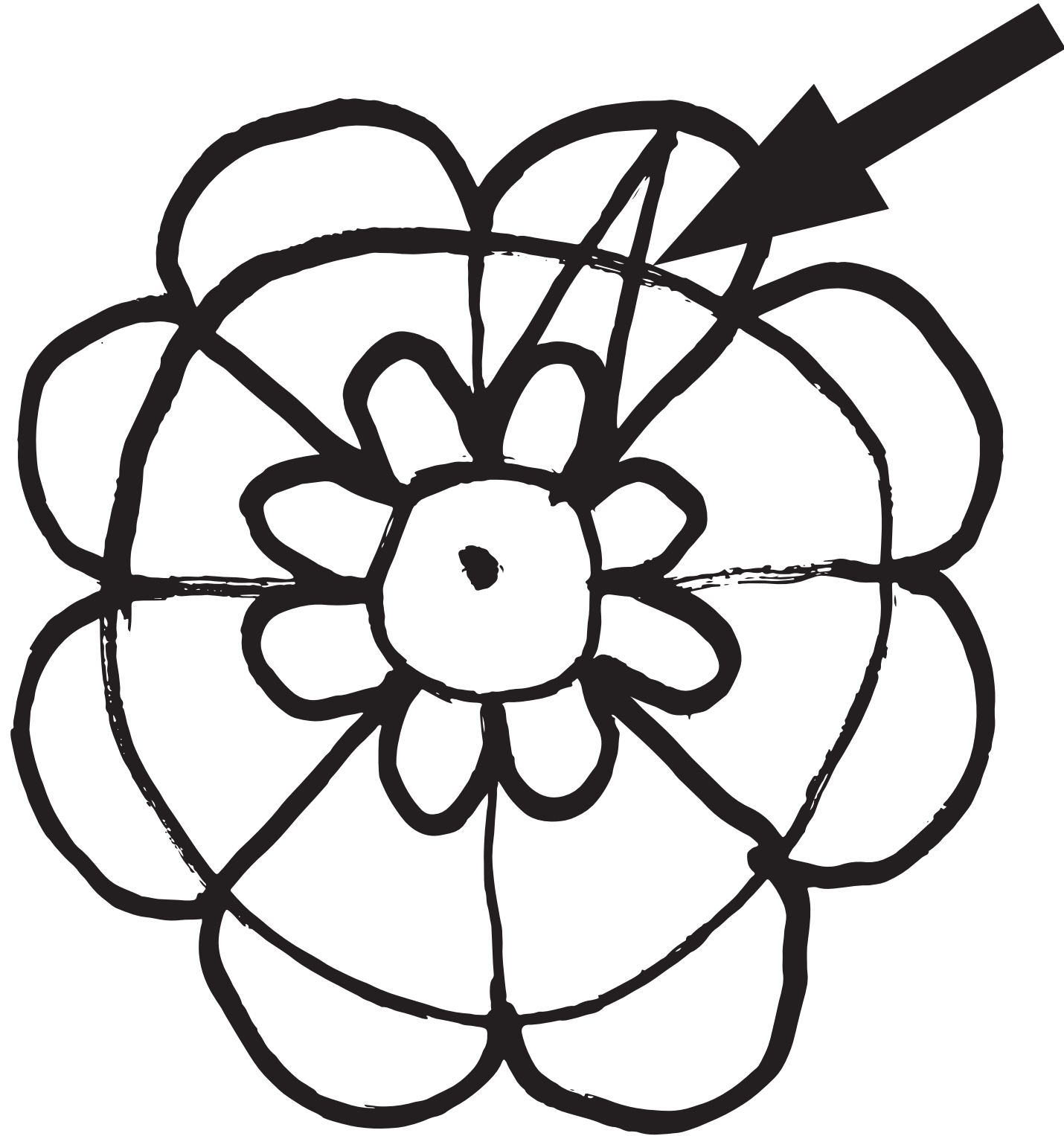


REPEAT 8 TIMES

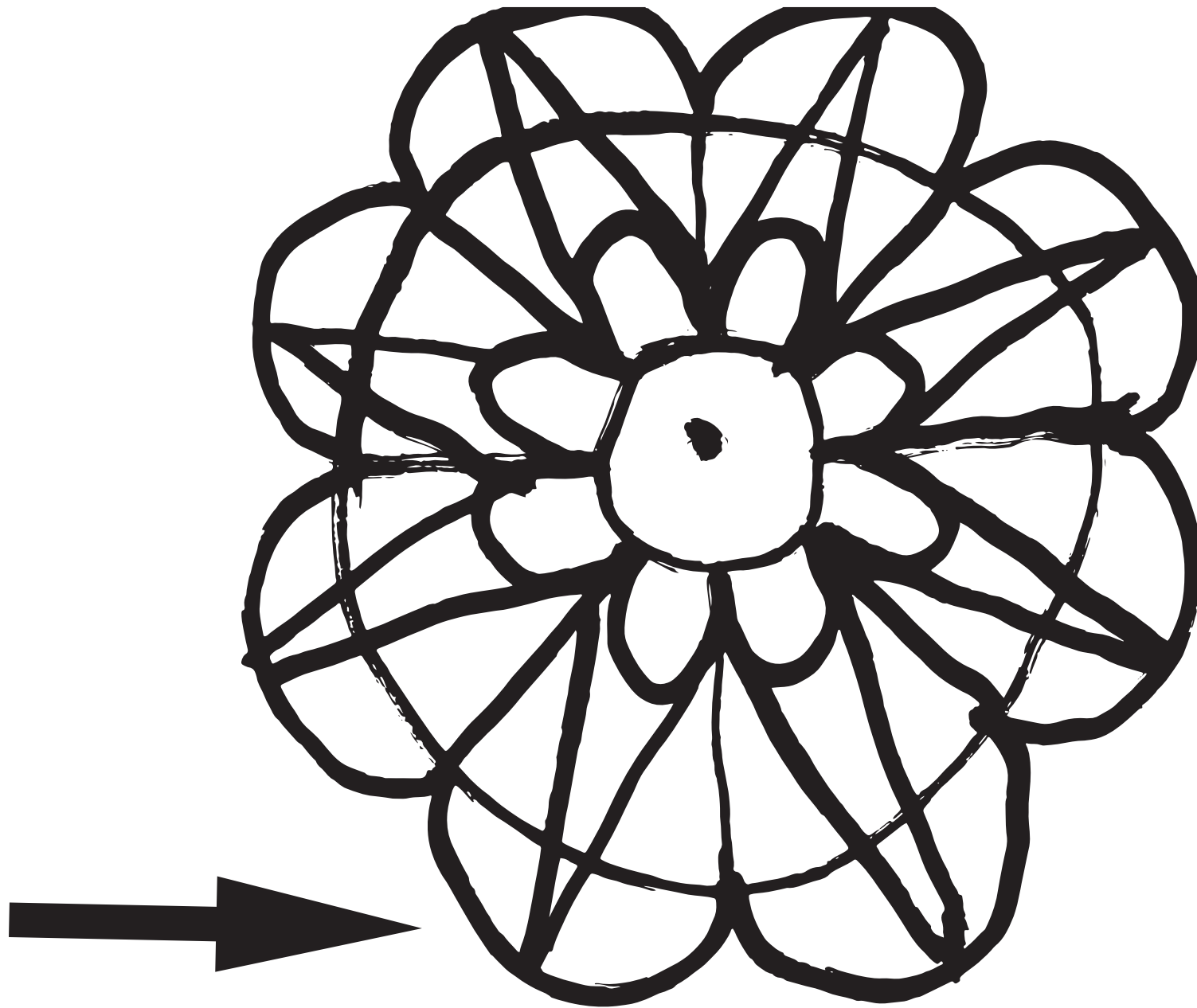


U SHAPE
= CREATING A GENTLE
SPACE TO HOLD THE
HUMAN IN THE SILENCE
= HOW ARE YOU OPENING
TO THE UNLIMITED WITH
NO ATTACHMENT TO
HAVING A SPECIFIC
OUTCOME

REPEAT 8 TIMES

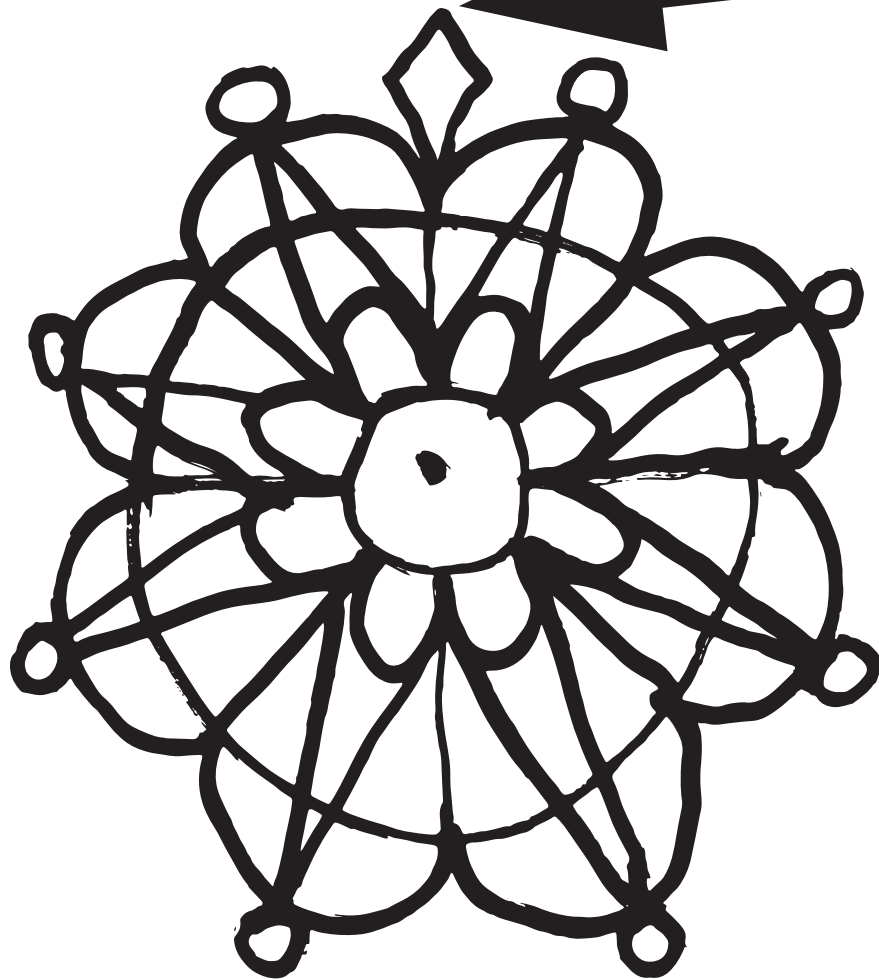
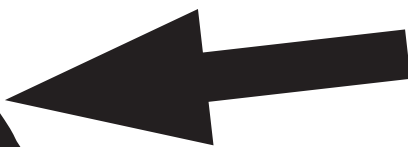
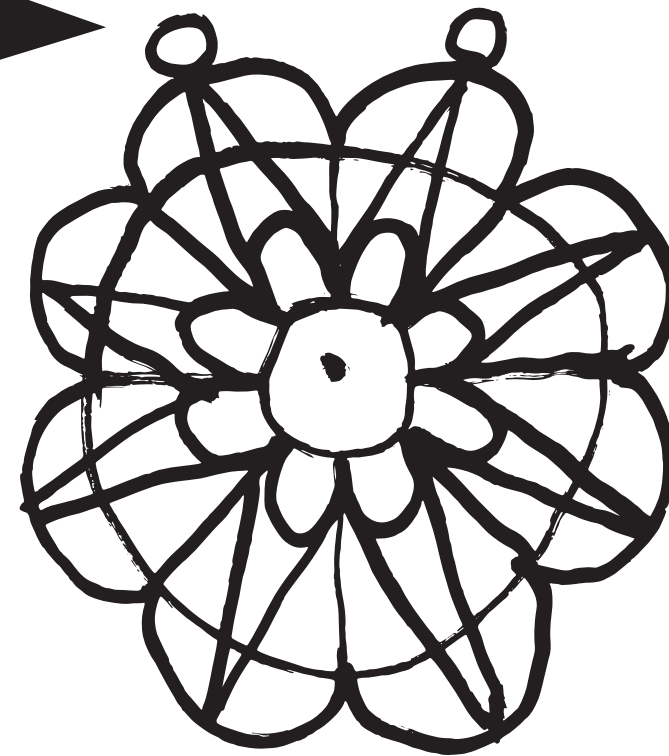
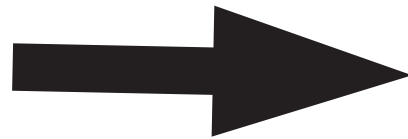


V SHAPE
= OPENING TO WHAT
IS BEYOND THE 5
SENSES
= BEING IN THE
MOMENT - THE NEXT
- AND THE NEXT - AND
SO ON...
= INTENDING TO MOVE
BACK INTO THE
LIMITLESSNESS
OF INFINITE CREATOR
POSSIBILITIES - TO
KNOW MORE OF
THE TRUE SELF

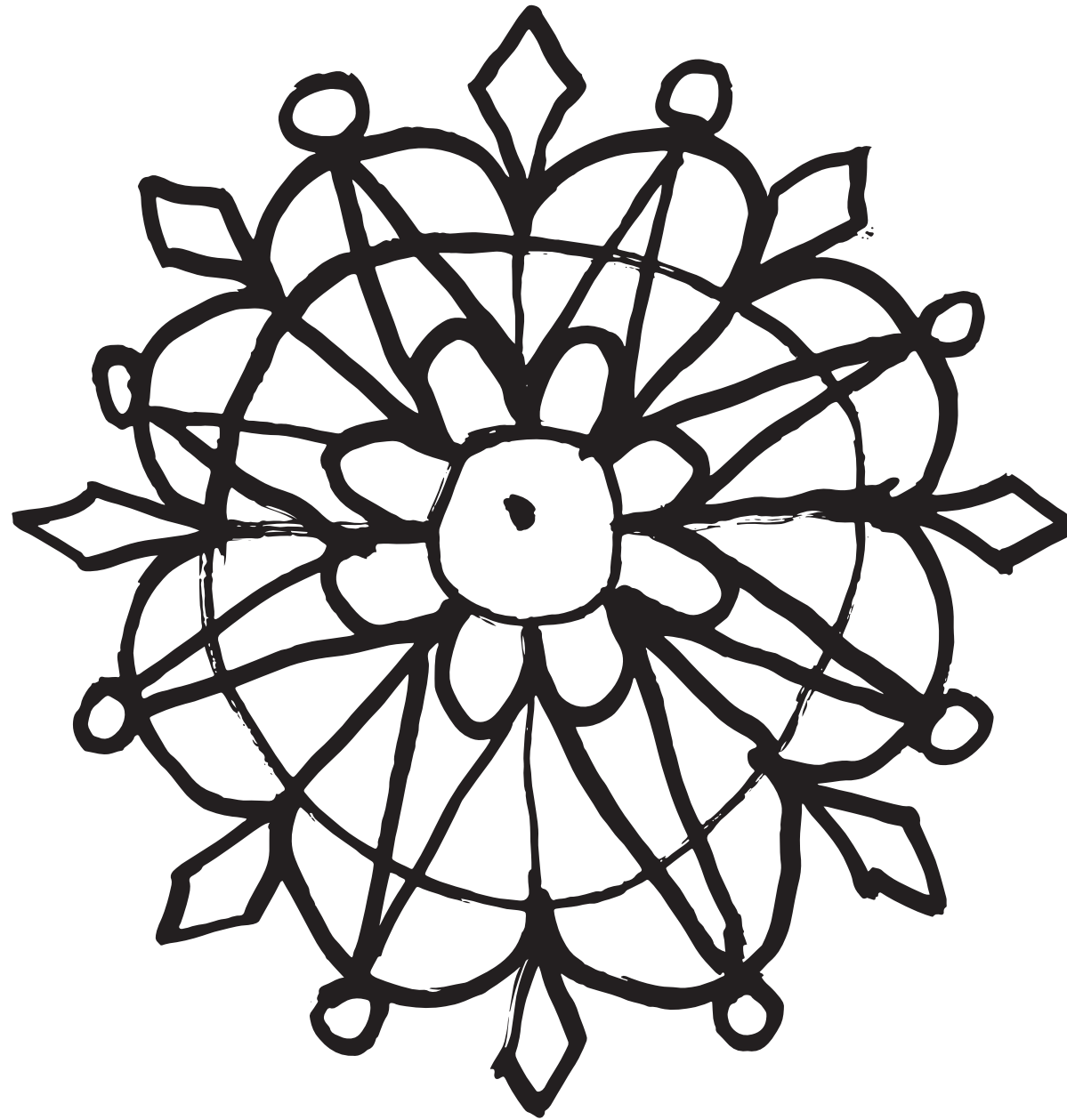


REPEAT 8 TIMES

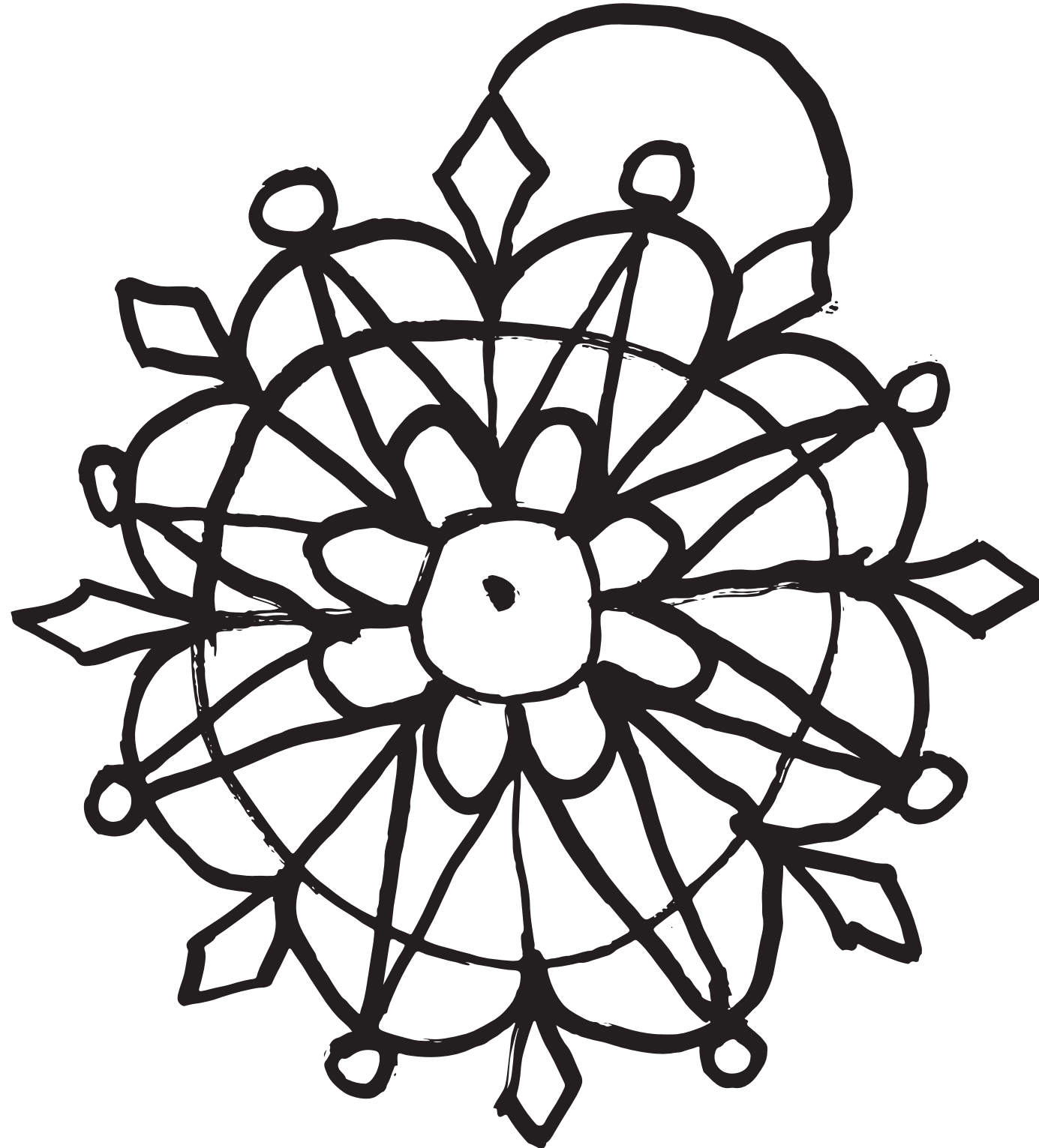
MINDFULLY MOVE
OUTWARD EITHER
REPEATING THE
3 SHAPES OR
ADDING CIRCLE AS
HERE = UNITY



OR DIAMOND HERE
= DIAMOND HEART
CENTER
= CORE OF BEING
= INFORMATION FROM
THE SILENCE

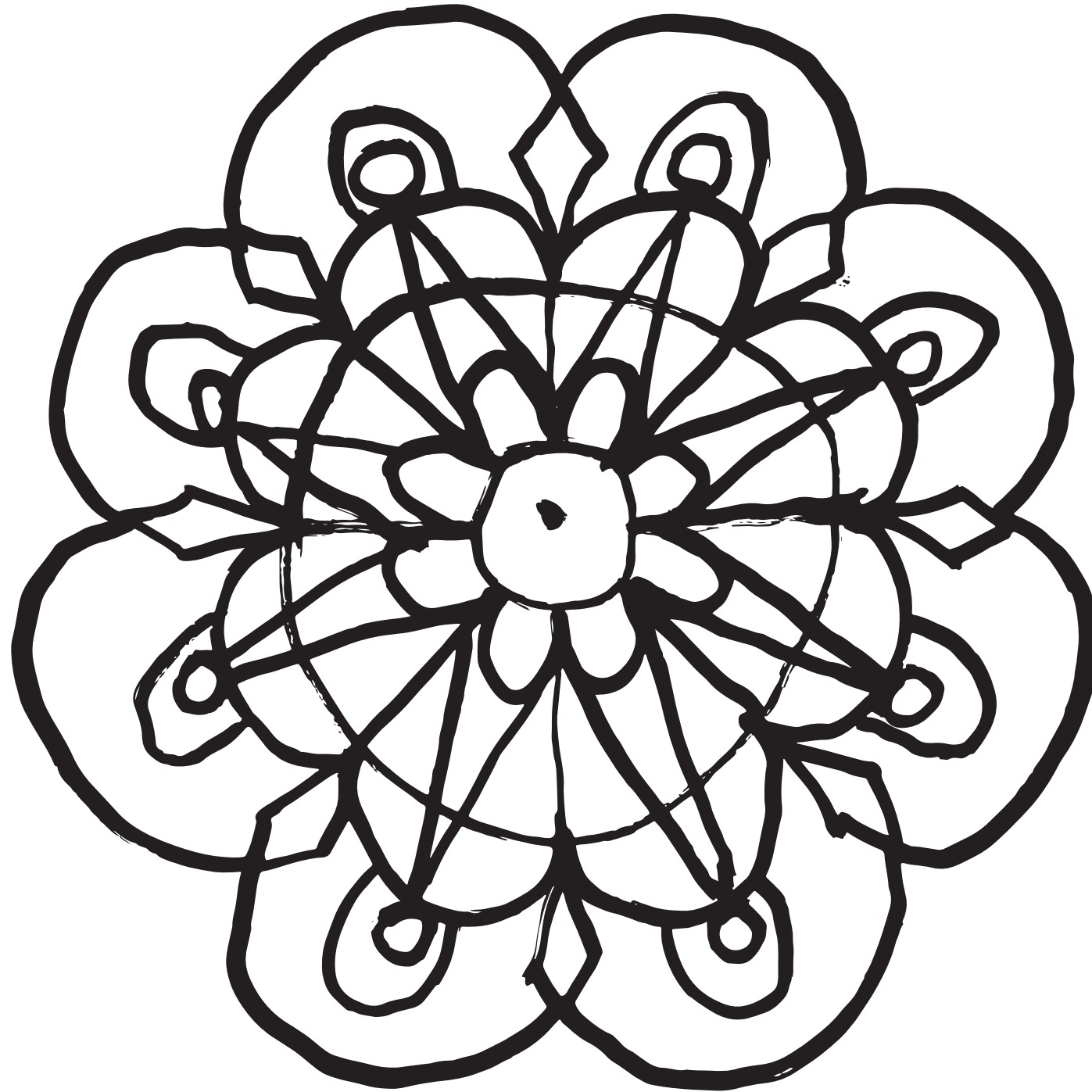


REPEATING 8 TIMES AROUND
THE SPHERE OF YOUR BEING
AND MOVING OUT INTO THE
MATERIAL ON THE EARTH AS
INSPIRATION, IDEAS, OR AS
NEW FEELINGS OF PEACE OR
CLARITY



MOVING BACK AND FORTH WITH
SIMPLE SHAPES = YOUR DAILY
PRACTICE OF SILENCE AND
NOTICING WHAT IS NOT YOU
WITHOUT FIXING

You have created a personal Yantra, a visual Mantra to bring you into your zero point



GROWING ALWAYS FROM THE PURITY OF
YOUR SILENCE = GROWING FROM THE INSIDE
OUT AND NOT IN RESPONSE TO THE
DISTORTION OUTSIDE OF YOU - SIMPLY
NOTICING THE DISTORTION AND BEING THE
LOVING WITNESS - NO FIXING - THE LONGER
YOU ARE IN THE SILENCE - THE LESS THE
EGO ATTACHMENT MATTERS OR RUNS YOUR
ACTIONS AND EMOTIONS