

IV. Induction Techniques Phase II

C. Conscious Awareness

2. Images

Resting in witness consciousness, allow yourself to receive the following images and experiences.

Judge nothing, remaining unconditionally open and present to all that passes in the field of awareness. A hive of honey bees Torrential rain Swimming pool And now be still.....still in that black space behind the forehead and observe what passes.....witnessing unattached to all that passes.....if nothing appears, just be aware of that.....

Be totally present.....completely absorbed.....(pause 5-7 breaths).
