

## V. Integration/The Third Eye

### C. Affirmations--More in Appendix

#### 1. Affirmations

Allow your entire self to respond spontaneously and effortlessly to what I say.... \r I am released from my self-image to explore, expand and experience the infinite potential unfolding from within me. \r I am the non-participative observer, separate from my thoughts and emotions that come and go.

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