



The Pink Light Technique

The following technique is a powerful healing tool to be used daily. This technique is ancient in origin and has been used throughout the millennia to Heal relationships. It has never been known to fail. This technique has been effectively used to heal all pain and suffering between the user and the subject. Use the technique in innocence and without conditions. It's miraculous!

1. Get yourself in a Loving space. Remember a time when you felt loved.
2. In your minds eye, picture Pink Loving Light radiating from your heart, encompassing you in it (like it's a Pink Sphere surrounding you).
3. Starting with a loving memory of yourself, bring the image of you in front of you – outside of the Pink Light. In your minds eye, picture yourself covering the image of you with your Pink Light (as if you were icing a cake). Cover the image then, let it go.
4. Next, bring in a loving memory of your immediate family, (mother, father, siblings, children) cover them with the pink light individually and move on to the next person. (If you cannot remember this person in a loving memory, just picture them in front of you. If you cannot do this, then bring them in, standing at a distance and/or facing away from you.)
5. Next, bring in anyone who you still have an emotional charge or discomfort with. (Follow instructions above)
6. Allow for anyone else to show up; cover them with the Pink Loving Light and let them go as well.

Note: In the beginning, this process should take no more than ten minutes a day, eventually getting down to five minutes. If you can't visualize the Pink Light, that is fine, the intent is what's important.

Once someone is done, assume that they are done for the day and they do not need to be done again. You will get a sense, when someone is completed and does not need to be done anymore. Some people will not show up for a while; others that you didn't expect to see will suddenly appear to receive the Pink Light. Always do them.

This technique has had great success for those who have been raped, molested or abused. Runaway children have been known to reconnect with their family within weeks of this technique being implemented.

Although most people using this technique find it easy to do, some – principally cancer patients – have difficulty doing step 3. Everyone using this technique should remember to do him or herself daily.

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