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The Take Out

Free Your Physical and Emotional Pain with Compassion



Sacred Water Blessing for Healing

Create a potent elixir of light: *Infuse your water with 1000 suns*

Prepare a cup of water. (Can also apply to soups, showers, and spit sprays)
Bring clearly to your mind a bright and brilliant sun shining on you and your water.
1 sun, 2, suns, 3, suns… more. Feel the powerful sun, turn up the intensity, exponentially expand the light. All of the suns are now dipping into and merging with your cup of water.
Drink into your body and savor, imagine even your pores shining out pure bright light.

Creative Take Out Variations

1

THE INVISIBLE BACKPACK

Unpack your burdens

2

STRESS RELEASE BALLOON

Release your stress

3

MIRROR, BOARD, PAPER, TEA

Reflect on your pain



Generate Compassion. Create Ring of Light and Divine Lotus. Tune-in and scan body with Inner Wisdom Eye.



Locate pain, quantify 0-10, and describe the pain. Invite onto Lotus. (Booster-Pack on standby) What do you see?



Bless with Gratitude and Love. Sincerely send and merge into Light and into Paradise. Recheck newly emptied space. Repeat or Infuse. Remeasure.

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