

See a white light at the top of your head, in the middle of your brain. Feel the light's movement or energy.

FAITH: I AM Faith. I AM the power of Faith. I trust. I AM Faith.

Gently move the white light to the area above your left eyebrow. See the light, feel it.

WILL: I AM Will. I AM the power of Will. I choose. I AM Will.

Gently move the white light above your right eyebrow.

UNDERSTANDING: I AM Understanding. I AM the power of Understanding. I know. I realize. I AM Understanding.

Gently move the light to the center of your forehead in the third eye area. See the light, sense its energy.

IMAGINATION: I AM Imagination. I AM the power of Imagination. In envision. I create. I AM Imagination.

Gently move the light to the base of your skull. Sense it, feel it.

ZEAL: I AM Zeal. I AM the power of Zeal. I AM directed energy. I AM Zeal.

Gently move the white light to the throat area at the base of the tongue. Feel its presence.

POWER: I AM Power. I AM the Divine power of Power. I use my power for Good. I AM Spiritual Power.

Gently bring your attention to your heart area and move the white light all around and through your heart.

LOVE: I AM Love. I AM the power of Love. I AM harmony and Unity. I AM one with the One. I AM Love.

Gently move the white light to the solar plexus area, upper abdomen. Sense the light and its energy.

WISDOM: I AM Wisdom. I AM the power of Wisdom. I discern with ease. I AM Wisdom.

Gently move the light to just below your navel. See the light. Feel it.

ORDER: I AM Order. I AM the Power of Order. I balance and adjust in perfect order. I AM Order.

Gently move the white light to the curve of your lower back. See the light. Feel the energy.

STRENGTH: I AM Strength. I AM the Power of Strength. I stay the course, I am stable. I AM Strength.

Gently move the light to the bottom of your spine. Feel the light's presence.

ELIMINATION: I AM Elimination. I AM the Power of Elimination. I release thoughts, beliefs, and things that no longer serve me. I AM Elimination.

Gently move the white light to your generative organs. See the light. Feel it.

LIFE: I AM Life. I AM the Power of Life. I am a vital presence. I AM Life.