



Six Point Meditation

***ENERGY ACTIVATION AND SELF-EMPOWERMENT TECHNIQUE
PREPARATION***

Six Point Meditation - Self-Empowerment

Activation Sequence

- ▶ Touch the Crown Point and press for a count of 30
- ▶ Touch Third Eye Point, press for a count of 30
- ▶ Touch Throat Point and gently press for a count of 40
- ▶ Touch Heart Centre Point, press and count for 40
- ▶ Press Left Palm Centre Point with right thumb hold pressure and count for 20
- ▶ Press Right Palm Centre Point with left thumb, hold pressure and count for 20

Chakras and Points



Six Point Meditation

Now listen to the audio meditation...

This is a special meditation to activate the six healing marmas or energy concentration points.



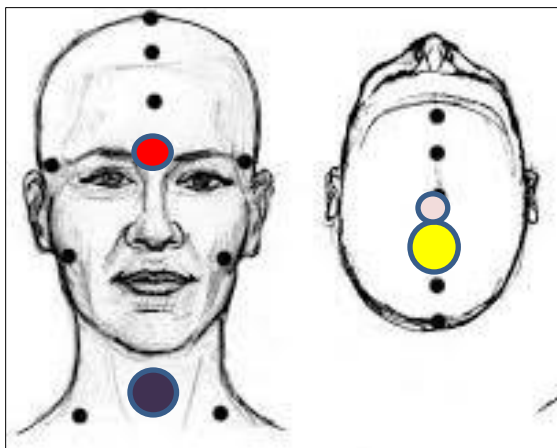
Self-Empowerment

- ▶ These points are located on the crown, forehead, Throat, Heart, and both palms and can be used for Self-Empowerment and Mutual Empowerment
- ▶ **Self-Empowerment** uses meditative awareness to activate the points
- ▶ **Mutual Empowerment** uses a specific Spiritual Being as the source of energy for activating the points

Six Point Meditation

Mutual Empowerment

- ▶ Visualize a Spiritual Being of your Choice
- ▶ One Representing Highest level of Compassion and Wisdom
- ▶ Then start listening to the meditation audio....





Thank you

For more information on courses please contact

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