

## Beginning exercise

### Cloud of Unknowing

Energy is filled with information, emotional, thoughtforms and resonances. When you change your energy, through meditation, healing, therapy, energy work, you change yourself and your life. You see, your aura, is more of you than your physical body and everything you have gone through, believe and experienced.

**Here are three ways you can use this technique:**

#### 1st way to use the cloud of unknowing

Often in life we find ourselves too full of thoughts. We tend to keep many details in our head instead of making lists, seriously this adds to a lot of brain fuzz. Perhaps unknown to you, at least perhaps to the full extent, you may be full of other people's mental thoughts, opinions and energy.

Ever heard of 'people in your head? We will get into more about clearing foreign ownership in your head later, for now, we are doing a simple healing.

- Sit and centre within your mind's eye.
- Visualize a large cloud, soft grey and full of opalescent colours, pale yet marvellous.
- See it above you collecting the perfect energy to pick up all the congestion creating brain haze.
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- Let in come down to your head levels and kinda sit on your shoulders.
- Make sure it extends above, behind, besides and in front of these areas.



- This energy is transforming the congestion, foreign energy, fear based thoughts, and replacing your field with neutral energy.
- Your own thoughts and energies can now fill your 'headspace'.
- Learn to write lists

#### 2nd way to use the cloud of unknowing

- When your stunned, numb or traumatized - unable to think.
- Bring down the cloud to reset your brain so to speak. See the aura around your head being healed, balanced and centred.
- Stay with it until you feel comforted and more in your body.

#### Third way to use the cloud of unknowing

- To empty out of beliefs, attachments and preconceived ideas.
- To feel like yourself after a huge growth spurt, transformational or initiatory process.
- To weaken your closed mind so you can let go of control and the need to be right.
- To have zen mind, beginner's mind.

Mp3



