





## Gypsy Meditation "Flying Carpet"

Put yourself in the fourth Dimension and try to see the Aura:

Bring by narrowing their perspective (strabismus), the two halves of the image in the middle to cover

- In the color version the mixed color created purple tones
- In Black and White version the forms of the middle appears in shades of gray

Prolonged practice leads to out-of-body experiences and vision of the aura.

Advanced version::

Try

while maintaining the exact "squint"  
and the exact "to bring to cover the two halves,"

- The concentration of your body awareness (of your inner body esteem) move from top to bottom and from right to left -

paying attention to the changing color or shades of gray how changeable they respond

- At the same time you can help influence your feelings very gently, of anxious, cautious on relaxed, up to joyfully excited and pay attention to the changing color or shades of gray that are changing again accordingly.

*I wish you much pleasure and good experience when experimenting!*