

THE POWER WITHIN YOU

FIVE-WEEK OPEN CLASS

PROGRAMMING THE UNIVERSAL MIND HANDOUT WEEK THREE

1. **Call in the Light for yourself.**

2. **Decide what you would like to program for.**

Take some time to visualize it, getting a picture of it if you can. The following quote is from the “Power Within You,” to help you visualize.

“If you want a new color television, see that television in your front room. See what it will look like and where it will go. See yourself sitting on the couch, watching television in its perfection. Also put on it the price tag you think you can afford. See it being delivered to your house safely, and see it installed correctly. See it all, in complete detail. If you leave something out, you’ll miss the perfection. Program it perfectly and place it into universal mind. If you are to get it, the money will appear and you will have it. It will be easy when everything is right and proper. I can’t begin to tell you how easy it is when it falls into line.”

~John-Roger

3. **Write down every detail of what you are programming for.**

Remember, what you leave out is as equally important as what you write in the program.

4. **Start the program with, “I am.”**

And end the program with, “for the highest good of all concerned.”

5. **Place out the idea that the money/resources for your request will become available in a way that causes no harm to anyone.**

6. **Leave out of the program an attempt to control others.**

In other words if you are writing a program to sell your house, leave out of the program details of the person who will buy the house. For example, how much they will enjoy the house, they will be a family with 2 kids and a dog, etc...)

7. **The most effective way is to take the time necessary to say the entire program, without stopping, 100 times in a row.**

It will still work to say the program, more and more, as it is repeated in succession.

8. **Go to an area where you can receive it.**

The book gives the following example:

“If you want to fish for trout and you see yourself catching a lot of them, don’t go into the Sahara and expect the vision to manifest. Go where there is water, where there is a strong possibility of trout. You have to actively place yourself in a position to receive what you want.”

~John-Roger