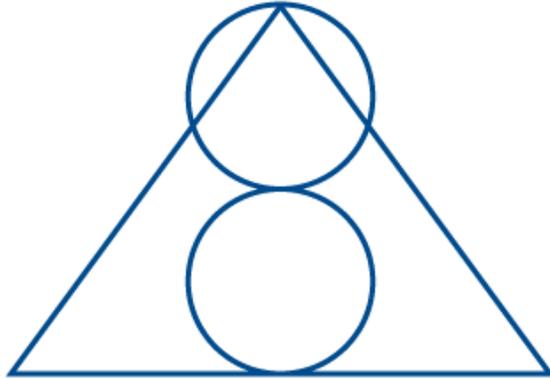


®



MASTER LANTOS

Vision Technique

7 Steps of the Vision Technique

These are the seven steps of the Vision Technique. They should be performed over the course of seven days. These steps are cumulative, so you begin with step 1, and then you will proceed to add the instructions for each day onto the instructions you have already been given. The only differences to this are in step 2, when you will lie down instead of sitting down, and in step 5, in which the position of the Tools changes.

Once you have gone through the seven steps, over the course of seven days, you will then continue to perform this Vision Technique in full, every night.

1. **First Day**—First Rays Progress Wheels:
 - a. Sit easily. Close the eyes.
 - b. Hold a First Rays Progress Wheel in each hand (this requires two First Rays Progress Wheels).
 - c. Hold the Wheels flat in each palm; palms should be facing upwards. Each hand may rest comfortably on each knee area, or on each side of the body.
 - d. Experience the enlivenment of Fullness, enlivenment of the Great Cosmic Regions. Do this for several minutes.

From this point onward, you will lie down on your back and position the Tools on yourself. You will rest for several minutes with the Tools in position; then retire to bed.

2. **Second Day**—Lie down on your back. First Rays Progress Wheel in each hand. Now add your BioTrinity of the Personal Pathway (your personal Trinity). Place the BioTrinity at the center of your forehead.
3. **Third Day**—Add the Shield of Genesis: position at center of the throat (hollow of the throat)
4. **Fourth Day**—Add the Pocket Seal of Genesis: position over the heart
5. **Fifth Day**—Place in left hand a Pendant of Eternal Light. Place a BioTranslator in your right hand. Position the Pocket Seal over the heart. Place the Shield on the center of the throat. Place the BioTrinity of the personal pathway on the center of the forehead. Position the First Rays Progress Wheels on top of your closed eyes.
6. **Sixth Day**—Add a Wheel of Hope: place it above your head, within one hand's length from the top of your head
7. **Seventh Day**—Add the 8-Sided Pyramid: position on the stomach

Complete Vision Technique

(Follow this once you have completed the 7 steps)

Instructions:

- Lay down on your back
- 8-Sided Pyramid on the stomach
- Pocket Seal over the heart
- Shield of Genesis on center of throat (hollow of throat)
- First Rays Progress Wheels on closed eyes (one on each eye)
- BioTrinity of the Personal Pathway on center of forehead
- Wheel of Hope above the head, within a hand's length of the top of the head
- Pendant of Eternal Light in left hand
- BioTranslator in right hand
- Rest for several minutes, then retire to bed