
Subject: Re: VISUALLIZE IT AS IF BURNING THROUGH, SLOWLY

Posted by [the_cacc](#) on Thu, 03 Apr 2003 08:02:05 GMT

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Pavel Romashkin <pavel_romashkin@hotmail.com> wrote in message
news:<3E8B0F03.55E6BF0D@hotmail.com>...

>

> I am sorry, I am not following the jargon.

>

I think it's an ancient meditation technique, "Be the breathing",
"Focus your energy" etc.
