



## **Starlight Essence June 2019**

### **33 Mykos**

Mykos contains completed power potentials. It brings you into contact with the creation information of your sacral chakra. It frees the power to live your own light and to move on imperturbably. Mykos contains the power levels of the light. It helps you to accept your own power and to bring it into service. It contains the reigning levels of light. It activates your inner power core and helps you to take your steps. It carries the knowledge about the power of the light and helps to build the new foundation for the Golden Age. It furthers the awakening and reconnection with your true self and helps to let go of dependencies. It helps you to unfold your own divine potentials.

#### **Daily application in June:**

1. Lead the essence slowly with your arm stretched out from the front, the right, from the back and from the left to your solar plexus chakra.
2. Lead the essence slowly with your arm stretched out to your belly button and hold it there for a moment. Then make a clockwise spiral with the essence starting at your belly button, and continuing until your entire belly area has been filled. Then hold the essence in front of your heart chakra.
3. Rub one drop of the essence onto the front of each chakra (root to lotus chakra) and place one drop onto your temples.
4. Place one drop onto your thumb and index finger held together from both hands, and hold hold your coccyx and atlas until your spinal cord has been filled.
5. Place one drop onto the area of your 7<sup>th</sup> throat vertebrae, both knees and the back of your feet.
6. Finally take one drop orally.