

BHARVA OF REBIRTH AFFIRMATION

VERSES 1-3

1. I shall now abandon laziness and enter the undistracted mind through study, reflection and meditation.
2. I shall now abandon all distractions making visualization my path; thus when the astral of rebirth dawns I shall not be distracted.
3. I shall now abandon unconsciousness in the sleep state; thus when the astral of sleep dawns I shall be able to transform dreams into luminosity.



*THE ASTRAL OF REBIRTH - Goswami Kriyananda*

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