

## Become a Blaster-Master



Blast all your mental objects.  
Make the blast louder, bigger,  
blasting yourself, anything and  
the whole world until there is  
nothing left.

## **Become a Blaster-Master**

Recognize anything inside of yourself and outside in this very moment and blast it with a big, intense, hot and loud blast. Let the blast grow bigger and bigger, louder and louder to include anything beyond your actual awareness, just everything existing. Finally, when the blast settles, there is nothing left in your consciousness, no body, no mind, no things, no world. Just the Blaster-Master is totally relaxing. Some people even blow away the blaster-master sometimes.