

## Absorb an Archetype



Visualize an enlightened figure of  
pure wisdom and compassion  
above your head. Let it become  
pure light flowing down into you.

**Absorb it fully.**

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The figure can be an idealization of an existing or historical person (Gandhi, Mother Theresa, a Saint, Bodhidharma) or an ideal, fictional archetype, which you appreciate. Imagine it with many details, before it dissolves into pure light and flows down on you from above through the top of your head filling your whole body and mind with its pure wisdom and compassion. Absorb it all, become the Archetype and say: "I am XXX!".

Nice Videos: [Guru Yoga](#)