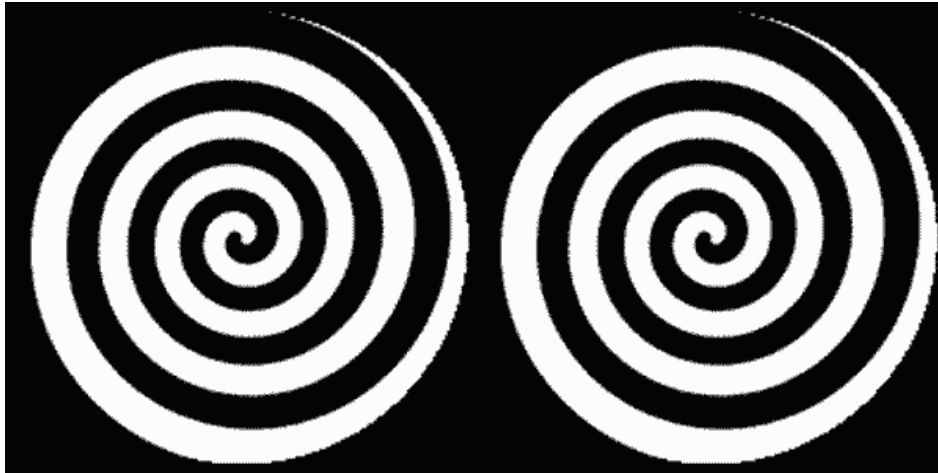


Frau Dulent's

Trance formation, Tranceformationen (sneak preview to the forthcoming book.)

*Relax your eyes by staring into infinity, allow the spirals to converge until you see the effect.
Then follow the line as it relentlessly progresses.*



Once you mastered this state of relaxation you can also allow the spiral to draw you into their focus at which point you can reach a peaceful, modified state of mind. Stay as long as you like and arise afterwards amidst feeling good and refreshed.

For the advanced viewer: Another way to accomplish similar results:



Editor: Herb Ranharter & Author: Frau Dulent