



Flight 2022

From Aradhana – Yoga of the heart magazine Rikhia, India

Same instructions for Flight 2023

Welcome to Flight 2023. We are prepared to take off into the New Year.

Please make sure your Positive Attitude and Gratitude are secured and locked in the upright position.

All self destructive devices: pity, anger, selfishness, pride and resentment should be turned off at this time.

All negativity, hurt, and discouragement should be put away.

Should you lose your Positive Attitude under pressure during this flight, reach up and pull down a prayer.

Prayers will automatically be activated by Faith.

Once your faith is activated, you can assist other passengers who are of little faith.