

# YOUR READER GIFT



COMPLEMENT OFFERED TO READERS OF THE BOOK  
"THE TWIN FLAMES: A PATH OF TRANSFORMATION  
THROUGH A NEW DIMENSION OF LOVE."»

\*\*\* EXERCISE WITH THE CLE SEAL \*\*\*

<https://thetwinflames love>

*Catherine & Ludovic LABBÉ*

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## Module 1: Seeing and Understanding through Symbolism

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Even if this is not the object of the gift we wish to send you here, and that it will certainly be the object of a later work which is very rich, we invite you nevertheless to look carefully at the cover of the book. This is a gift that you are giving yourself.

The cover of the book is a painting that we had specifically made by the artist Lucie Yonnet whose website is: <https://www.lucie-yonnet.com/>

It is a "connected" painting in the sense that Lucie drew her inspiration from herself through contact with our couple, and from the energy perceived during our exchanges. Moreover, she comes back on our meeting and on her work in the preface of the book.

We invite you to look carefully at this cover because it is the symbolic illustration of the twin flames brought together and the whole process of the necessary journey.

There is the "before" and the "after" of this fully lived meeting.

Take the time to look at it in a general way, to connect with it, to feel what it releases, what it inspires you. Then look at it in detail from the bottom up.

The symbol is a bridge between the visible and the invisible, between the conscious and the unconscious.

The symbol is revealed to you in its visible form, the one you see.

To cross the bridge and connect to the essence of what the symbol wants to reveal to you, it is then necessary to search within you by questioning what these symbols awaken in you and teach you.

Here are some of the questions you may ask yourself about the details of the painting on the cover of the book:

- What shape does this symbol have before my eyes?
- What might its meaning be in context?
- What does it mean to me?
- What does this symbol evoke in me?
- What makes it present here? in this place?
- What is its meaning in the context of Love and the Twin Flames?
- As part of the process, what does it invite me to do?
- • ...

There are a multitude of questions like that.

In reality, this painting on the cover is a way of questioning the how, the why, the for what, the for whom, on the way to take ...

Therefore, we invite and encourage you to do this exercise not once, twice or even three times ... but a multitude of times, at different times and allowing time to elapse in your life before doing it again.

Each time you do this exercise, you will then undoubtedly discover that new symbols will appear as if they had not been present during the first consultations.

Of course these symbols are already present on the canvas. However, your eyes may not see them right away in the way they will appear to you later.

You will also see your understandings and interpretations of these symbols evolve with the renewed exercises. This is because you are evolving, and questioning is a process with steps.

At each new stage of understanding yourself, you will then revisit past understandings in the light of the new revelations.

As you do this and realize about it, you become aware that the path is immense and that believing we have arrived is only an illusion, and that it is enough for a new door to open again to let us glimpse a new path behind it.

We can understand that this exercise is not simple for everyone. Address it where you are with yourself (you- "love me").

Some people are very comfortable with symbols and will be able to write whole pages.

This is not the goal here. In our approach to life and in the approach, we teach people, the important thing is to manifest what is revealed.

We repeat again: the important thing is to manifest what is revealed.

It is through manifestation that transformation takes place. And in the field of Divine Love, this is also fully and equally the case.

Understanding the interpretation of the symbols but not manifesting any of them will not serve your path.

Being able to see only 1 or 2 symbols, but having the ability to manifest in your life what they have revealed to you, it will be extremely valuable

The relationship to Divine Love and the relationship of the Twin Flames are subtle, and by subtle, one must also understand the subtle levels of energy and consciousness.

So, if you are not accustomed to the subtle worlds, the world of symbols, the magic and power of your Being, then practice, at your own pace, with this inspiring and connected canvas by manifesting what is revealed to you.

**ADVICE for the practice.**

I invite you to put the book not in your library where only the book cut could be visible. Instead, put the book, and especially the cover, in a visible position so that you can regularly cross it with your eyes.

Then write down all this work of research, understanding, interpretation, questioning in a notebook or notepad.

Before you start, be sure to write down the date on which you do the exercise. By dating your work, you will be able to see your progress on the one hand, and on the other hand, to go back over what you may have noted on previous occasions.

It is not only at the time of the exercise that you can write down information. It is very common, that your unconscious creates images, interpretations, clues emerge in your consciousness related to the work on the cover, during your day when you are doing something completely different, or during your sleep.

Write down this information, you can do it on a post-it or a piece of paper, or on your phone.

**In conclusion:**

If you get caught up in the game of the visible and invisible through this cover, we can assure you that many revelations will be made to you.

So take your time! Give yourself time!

Only perseverance, regularity, an authentic and sincere approach, benevolence and Love towards yourself will allow you to access these revelations.

Now let us move on to the next modules concerning the exercise offered as a gift. Click on the button "Mark as completed" below.



It is possible to work with the CLE seal of Love and Twin Flames in many ways.

To extend the book, and to allow those who wish to go a little further, we have decided to offer as a gift an exercise with this CLE seal.

I remind you that CLE means here ChristAll Love Energy.

This exercise is both simple, accessible to everyone and powerful. It will mix creativity, colors, emotions, feelings, energies and LOVE.

Before doing this exercise, it is important that you understand the meaning of what you will be asked to do with this symbol.

### Love through the full, love through the empty

First of all, I would like to come back to this notion of Love by the FULL and love by the EMPTY.

It is not a question here of rewriting what we have written in the book, even if indeed the process of repetition allows a notion to be well anchored in itself.

You must remember here that nature abhors emptiness. And for this reason, every void is filled.

Love is no exception to this rule.

This means that every emptiness in you is filled. And if it is not filled by yourself, it is filled by another or by others.

And by letting others fill your voids to have the illusory sensation of being full and whole, you are at the same time giving them the power to break this illusory balance. They can make you happy or unhappy, consciously or unconsciously taking back what they gave you to fill your void.

You often make the other person responsible for your happiness and unhappiness in this way, whereas most of the time, you have granted them this power by letting them fill a void in you that you have not filled by yourself - "love me".

This is the concept of the balance of imbalances that we explain in the book.

This understanding of full and complete self-understanding by oneself-"loves me" for oneself is one of the primordial aspects of access to Love through the fullness and balance of a relationship of twin flames.

It is thus on this aspect of emptiness and fullness that we have decided to make you work with the CLE seal of Love and the Twin Flames.

This exercise will facilitate the connection to the CLE seal. And it will especially create a bridge between this seal and you.

Moreover, remember the notion of bridge evoked with the cover exercise. This exercise along with the symbolism of the canvas on the cover of the book was not insignificant.

With this exercise, you will go from 2 elements, which are you and the seal, to the meeting of you and the seal to form only ONE. You will mix your energy with the CLE energy of the Seal.

## The CLE Energy

Before we start the exercise, let's also take a look at CLE Energy.

This CLE Energy is the energy of pure Love to which I had access at a precise moment of my life, to which I have access today and which we now work with regularly.

It appears to us as the energy associated with LOVE as a state of consciousness.

I remind you here that Love as a state of consciousness has nothing to do with love as a feeling. This is a point that was explained by Ludovic in his conference at the Summit of Consciousness 2017.

When we speak of the CLE energy of the seal, we imagine an energy outside of ourselves transported and carried by the seal. This is partly true.

This seal is indeed the path and the carrier of this energy. This seal is the bridge that will (re)connect you to this CLE energy.

Based on this principle, one can actually see this energy as external to oneself.

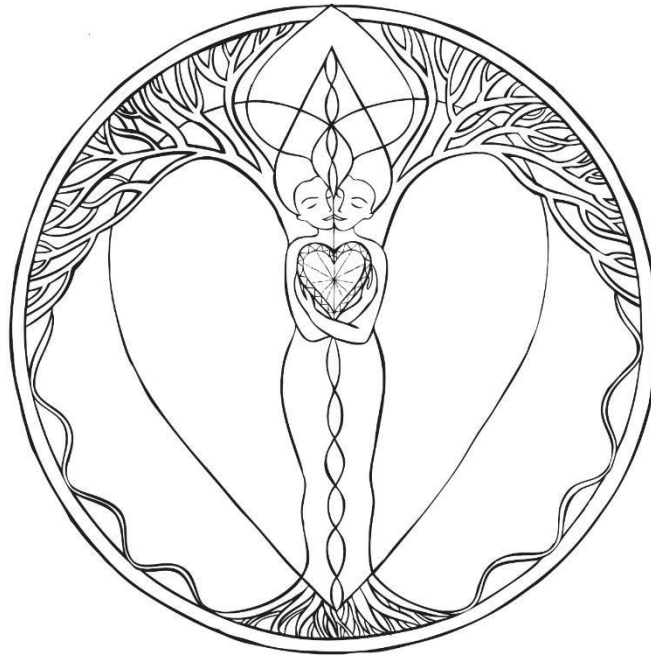
In reality, in order for you to reconnect to Love as a state of consciousness and thus live and manifest your Being in this state of consciousness in your daily life, this energy must not only be external to you.

It must also find its place as a source in you, in your heart, to then animate your entire Being from within and allow it to radiate this state of consciousness of Love towards the outside.

This quest and this path consist in re-forming only ONE with this CLE energy.

## Module 3: Principles of the Exercise

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For this exercise, you will have the CLE Seal of Love and Colourless Twin Flames. And your job will be to color it or paint it as you like.

The point here is not about taking the model of the site and coloring it identically. It's about coloring it according to your own inspiration. Or rather I should write according to YOUR own aspirations.

Now, read the following to understand the work you can undertake with this CLE seal.

### CONTRIBUTE TO THE UNIFICATION OF THESE 2 ENERGIES OF LOVE

The Seal has its energy, even when it is thus emptied of its colours.

By coloring in the CLE Seal the expression of love in you, you will unite, you will unite your energy related to this aspect of love in you and the one of the Seal to finally be ONE.

If you are sensitive and at ease with the energetic, then when your drawing is completed, then I invite you to feel, once your drawing is completed, what happens at the level of this blending and unification of the energies of love: yours with your expression of love and the one of the Seal with the CLE energy that carries.

The important insight also to understand here is that the CLE Seal will welcome in it what you carry in you concerning love.

### EMPTY | FULL

Through this exercise, you will work on the notion of EMPTY and FULL that we reviewed earlier.

The CLE Seal thus without color is EMPTY. You are going to relate to this emptiness and it will become your expression plan.

As nature abhors emptiness, you will fill this CLE Seal with colours, with YOUR COLOURS.

The purpose is to express, through these colours and through your colours, what you feel within you about love. And if you wish, how you feel about the representation of your relationship of twin flames.

You don't have to worry about the meaning of the colors. That's not the subject here. Especially since if you work in this way according to the meaning of the colors, the work will not be authentic and right. Also it will be useless in this exercise.

You should not worry about drawing with the intention of having a beautiful result. This is not an exercise about style.

It is about filling the void of the CLE Seal with your sensitivity, your authenticity, your emotions, your feelings ... without worrying about the form it will take in the end.

## YOUR MIRROR

It is often difficult to look within oneself when there are so many barriers to this, conscious and unconscious, wounds that you do not want to see or no longer want to see, narrow inner patterns that distract you from the right path, areas of shadows that veil the light.

The purpose of this exercise is not looking inside but looking outside the expression of one's "inside".

By filling the CLE Seal with your colors connected to your inner feelings, you will reveal the face that love can have in you, the one that you feel.

The coloring will be the expression of what you have inside, and that you will be able to look into and looking at this mirror will facilitate awareness.

## AUTHENTICITY

In order for this exercise to be relevant and effective, you must colour, at the time you are doing the exercise, according to what you feel and want to express about love, and not according to what you would like love to be.

I have no doubt that you want to colour in such a way that you get a very nice Seal. But let me remind you that is not the main goal here.

Colour as it comes out of you, as it is felt within you.

You have to bring out the authenticity of what's inside you. It is not a question of doing an artistic feat (You can do it if you feel like it but it is outside of this exercise).

If you are feeling tormented, sad, frustrated, angry, lost, oppressed, imprisoned, betrayed, alone, in pain, afraid ... express it through colors by filling in this CLE Seal.

If you feel filled with joy, happiness, serenity, benevolence, peace, love ... express it through the colors you choose to fill this empty CLE Seal.

In fact, just be as authentic as you can be by expressing what you feel as negative and/or positive within yourself.

This authenticity will not necessarily come spontaneously. It will require letting go and an appropriation of this exercise.

To do this, repeat the exercise several times to really manage to express your inner representation and expression of your relationship to love on this CLE Seal.

## EXPRESSING LOVE AT DIFFERENT LEVELS

It is proposed that you connect to the love within you and express it through the CLE Seal.

But what kind of love are we talking about here?

Indeed, in order for the results of the exercise to be revealed to you, it is necessary to work at different levels.

The perception that one has of love is not the same. It depends on whether we talk about the love that one we feel for one's friends, the love that one feel to one's parents or the love that one bears to one's children or one's spouse, the love that one bears to one's twin flame ... or the love that one bears to oneself. Remember that famous "love me" self.

This means that when you do the exercise, you will have to focus your intention on the specific love relationship you wish to work on.

Are you going to work with the Seal on the love relationship with your parents, or with your spouse, or on the love relationship that binds you to your twin flame?

You must make a choice before beginning the exercise and focus your intention and your conscience on the love relationship you will have previously chosen.

This being the case, I invite you to include in the exercise these two relationships:

- The love relationship with yourself now
- The love relationship with the child you were (your inner child).

I know that the main, almost exclusive purpose of people who are in a twin flame relationship is to work primarily, almost exclusively, on that relationship with the person identified as their twin flame.

I understand this will and desire.

However, I think that we have extensively insisted in the book, and I repeat it here, the CLE is above all the relationship of Love that you have with yourself, since it is by filling your voids with your own love that you will become full and whole.

And thus you will be able to accept and live the Twin Flame relationship in a balanced, just, enlightened way and in the power of Love as a state of consciousness.

By inviting you to work on the loving relationship you have with yourself and with the child you were, I am not telling you not to work on your twin flame relationship.

On the contrary, that is precisely the interest of this CLE Seal.

And if you are in a difficult time in this relationship, it will be important and interesting to express this and to blend this energy of tormented love that you carry within you with the energy of the CLE Seal.

My advice is just to make sure that you include in your work with the seal those two loving relationships that you carry within you - "love me" now and as a child.

## IMPRESSIONS AND AWARENESS

Once you have completed the exercise of expressing your relationship to the love that you intended, by filling in the CLE Seal, you will put down your pencils and take a step back.

You have just expressed on the outside what you feel on the inside. Now it is time to look at what appears to you.

To make the work more profitable, I invite you to take a notebook or a notebook in which you will take notes of a certain number of elements in each exercise.

Before continuing the exercise, take a moment to refocus and cut with the colouring exercise you have just done.

During the exercise, you were connected to yourself. You created a bridge between your interior and the Seal in order to move what you had inside to the interior of the CLE Seal.

Now, you need to disconnect this connection with the CLE Seal in order to have a detached look at what you have just achieved.

This detached posture is what we call in the book the meta-position posture. This posture allows you to observe yourself as if you were someone else in order to perceive the situation and the energies from another angle.

Once you feel ready, then look at the CLE Seal that you have filled with your expression.

And as you look at this Seal thus drawn, I suggest that you continue the exercise by answering some questions that I added below.

Of course, you will be able to answer other questions that may seem legitimate and appropriate when you do the exercise.

Some questions are intentionally addressed to you, as if you were not the artist who drew on the CLE Seal. I remind you that you are in a meta-position, which allows you to apprehend the situation and the exercise without being directly involved.

Here is a non-exhaustive list of these questions that I invite you to follow in order:

- What happened inside you during the coloring?
- What do you see?
- How would you describe what you see?
- What story would you tell if you had to describe this CLE Seal to another person in the state it is drawn in front of you?
- What do you like about this drawing?
- What makes you like it?
- What don't you like?

- What makes you dislike it?
- What do you feel through that you don't like in this drawing?
- What would have had to be expressed in this drawing for you to like it?
- What do you think was missing inside the artist to express what you would have liked?
- What do you think should have changed inside it to express what you would have liked in an authentic way?

As I explained earlier, you can do this exercise by focusing your intention and consciousness on different types of relationships to love.

To complete this exercise, I can invite you to compare your drawings according to the relationship to love that you have been working on.

Through this comparison, determine :

- What looks identical to you;
- What looks different to you;
- What makes it the same;
- What makes it different;
- And if all this were to be unified, what do you think it should be?

These post-coloring exercises are important because they will allow you to bring to your consciousness certain elements, certain patterns, certain wounds, certain hidden fears.

This reading will also show you how your relationship to love can take on faces that are sometimes different and sometimes very similar depending on the type of relationship to love that you are treating with.

What can happen when you look at your coloring work and comment on it is that you may feel what you have drawn and expressed is not really honest about what you really feel.

You may indeed feel that what you have drawn is what you would have liked it to be and not what you really feel.

That's okay. It's part of your internal defense mechanism that doesn't necessarily want you to be able to see what's inside.

Just feeling that what you have drawn is not right and authentic is already a step further

Work on it by looking for inconsistencies between what you have done and what you felt you needed to do. Note these points and look for what made a part of you not want this brought to your consciousness.

Once you think you have written it all down, you can stop writing.

However, this does not mean that the work you have started will stop. It will continue to work within you. For that, you can continue to write down what may come to your mind later and in the following days.

## CLE SEAL ACTION

Once you have completed this part of the exercise and have recorded all the information in your notebook, I invite you to focus your attention on the Seal and the CLE Energy.

The CLE Seal is thus filled with the expression of the loving relationship you have on a particular relationship.

As I explained earlier, by filling the CLE Seal in this way you are blending energies.

You are going to bring your intention to the Seal and to the CLE Energy and you are going to say aloud this intention.

"May the ChristAll Energy of Love work to restore Divine Love in this relationship to the love that I entrust to the CLE Seal, in my Being and in my life, to access with my whole Being to Love as a state of Consciousness".

Repeat 3 times this intention by feeling it resonate within you and by feeling the energy of the CLE Seal activate.

You can put the CLE Seal under cover for a few days. Then you can stick it on your page, where you wrote the comments about it.

Don't forget to put the date of the exercise on the page where you have the comments and the drawn Seal.

## YOUR OWN ACTION

I think I've said it before and even repeated it often, don't expect to find a magic wand that will accomplish for you in one fell swoop all the journey you need to make.

As I have already told you, this journey is necessary and is an integral part of the process.

On the other hand, by looking for a magic wand through a method, a technique, a person or another, you would be giving power to the other, to that method, to that person. And one of the CLEs to this access to Love is the reappropriation in oneself of one's own power, the construction of one's FULL by "loving oneself".

To do this, you must not be satisfied with simply bringing the intention to the level of the CLE Seal and waiting for the effects to take place.

You must have an active and acting role. You must abandon this state of victimhood and realize that you have the power and authority to take back the reins of your person and your life.

Nothing will happen if you allow yourself to put in place all the mechanisms to ensure that nothing moves so that you continue to live your life as it is and your relationships to love as they already are.

If the CLE Seal will work in the subtle and energetic levels, it is up to you to work at your level in the manifestation at the level of your person and your life.

Go back to the part of the questions to ask yourself in the part impressions and awareness.

In relation to the answers you were able to give, you have here the tracks of the transformations that you can carry out within yourself.

And you must understand that these transformations cannot take place if you do not have the strong and authentic will to work in this direction.

So accompany the energetic work of the CLE Seal by fulfilling your part in your own path and your own transmutation.

## BENEVOLENCE AND LOVE

In the book, we insisted on the long road to travel for the return to Love. We also insisted on the necessary work of transmutation of the zones of shadows into Light and Love in you.

With this exercise as with the others that you will surely be led to do, if your approach is authentic and if you move forward with strength and courage, then you will be regularly, very often, confronted with your shadow zones.

Remember the importance of self - "love me".

For this, it is necessary that you welcome everything that comes to you from yourself with kindness and love.

Do not judge yourself. And don't fall into "victimhood" either.

Be kind to yourself and welcome yourself with love.

This is how you will be able to go beyond this stage and transmute each area of darkness into Light and Love. Since it is not a question of occulting or of carrying an additional responsibility and guilt.

By doing so, you will continue to build a chasm between you and the access to Love. And you would continue to energetically feed a blockage and a pressure that would invisibly be another obstacle.

This difficult path, these obstacles and these sufferings are a necessary path that will allow you to heal, to free yourself from your burdens, to increase your level of consciousness.

And above all this path will allow you to fully and completely love yourself.

## START OVER AND OVER AGAIN TO BUILD THAT BRIDGE.

A path is made in time because it implies a slow integration process.

Commitment, regularity, willpower and courage are all qualities that are necessary when embarking on such a path.

For this reason, it is recommended to do this exercise often and regularly, focusing your intention related to the the different types of love relationship.

And it is necessary to do this same exercise several times concerning the same loving relationship.

Also it is interesting to do it when you are in different states, for example, when you feel sad, angry, in pain regarding this or that a relationship, and then when you feel more appeased.

Then let those emotions express themselves within you. Express it. Entrust them to the empty CLE Seal by filling it with the colors of the expression of your state at that precise moment concerning the relationship to love involved in that state.

It will be interesting to note the evolution of the expression of a love relationship according to your state and according to the time that passes.

By doing this exercise regularly, you will strengthen the power of the bridge between you and this CLE Seal.

## LAST ADVICE

I will say it again: just because you read everything that has been written previously and agree on the moment, does not mean that you will apply what is necessary.

Regularity, courage, discipline, action (your actions as a co-actor) and kindness towards your path and yourself are essential factors.

You will find multiple opportunities to renounce and to move on to other things by privileging the ephemeral and the superficial over the depth of a serious and voluntary journey and commitment to 'yourself' and your soul, thus preventing you from walking towards the gates of Love as a state of consciousness and thus aspiring to manifest a life and live a relationship of Twin Flames in this energy.

So, I invite you to regain control of yourself and not giving in to the trumpets of the ego comfortably installed in a system that it has learned to lead and manage.

I invite you to work tirelessly to move forward on the path towards this door of Love as a state of Consciousness and towards this balance in the relationship of twin flames.

Do not stop saying to yourself "It is too hard". Difficulty is only an illusion that you most often feed yourself.

Continue because it is worth it, because with each step you take, your state of consciousness evolves, because with each step you take, you will feel freer and closer to you - "love me".

I would like to remind you that this exercise, as a complement to the book, is only an illustration of what can be undertaken. Of course, it is not enough on its own.

This gift was just an example of what can be done with this specific CLE Seal of Love and Twin Flames. And already if you work consciously as indicated, then you will feel the energy of it and the insights of the work that can be accomplished.

*May this exercise invite you to continue in this quest for you-"loves me".*

*May this quest allow you to regain your full power and strength.*

*May it contribute to your evolution towards this state of consciousness of Love.*

*May your actions therefore contribute to the restoration of Love on Earth.*

*With all our hearts, we love you.*

*With all our hearts, we are present.*

*With Gratitude.*

*Catherine and Ludovic*

## Module 4: Operating procedure

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Now it's time for practicing.

I can hear some people saying FINALLY! 😊

Aaaah, this rush!

The problem is that we also find this precipitation in the path to be followed to reach Love as a State of Consciousness, as in this quest for its twin flame or the return to the balance of the relationship.

This precipitation is as much strength as you give to the illusion and to the superficial aspect of any work undertaken.

As we explain in the book, most of the time people focus on the result they want to achieve with the purpose of reaching it as quickly as possible without too much effort, and especially by avoiding suffering as much as possible.

So many factors fed and maintained by the person himself so that the objective is above all not reached, at least not otherwise than in the illusion of the balance of imbalances.

The path is more important than the goal because you will realize that the initial objective may take a very different form as you progress along your path.

This is because as you drop the veils of illusions, you will bring light to your goal and thus aspects of yourself and your life that were previously not visible in the shadows of your illusions will be revealed to you and brought to your consciousness.

So, we invite you to follow this advice that we give and repeat over and over again to people who start an accompaniment with us: Take your time and do not sacrifice the journey to the detriment of an illusory result and a goal distorted by your areas of shadows that would change as the light regained.

### Download the tools

To practice the exercise, click here to download the Empty CLE Seal.

Once downloaded, you will be able to print it.

# Exercise Operating Instructions with the CLE Seal

## 1 - Preparation

- Download the Empty Seal and print it. Here is the link: <http://bit.ly/2vNtB7a>
- Prepare your pencils, markers or paints in front of you.
- Place the printed sheet of the empty CLE Seal in front of you.
- You can light a candle, put on soft music and light incense if you wish.
- Unplug telephones and remove all distractions.
- Now that everything is ready, make yourself comfortable so you can color the Seal.

## 2 - Connecting to yourself

- Close your eyes and take three deep breaths.
- Then breathe slowly
- Connect to the love relationship you wish to treat in this exercise. If you wish to treat the relationship with the child that you were, visualize that child and connect to the relationship that you have with that child that you were. If you wish to treat your relationship as twin flames, visualize the other person and connect to the relationship that you have with each other.
- Take the time to let the emotions, the feelings that come with the relationship emerge from this connection to the relationship.
- Don't stop anything. Instead, let the whole emerge.

## 3 - connection to the CLE Seal

- When you feel this connection to yourself and to this love relationship that you want to work on, open your eyes.
- Look at the Seal in front of you.
- Visualize it as a tunnel from your heart that leads you to the empty CLE Seal in front of you.

## 4 - Fill in the CLE Seal of the representation of the love relationship

- Once you feel the connection between you and the CLE Seal, you will begin to color it in with the pencils, felt-tip pens or paints in front of you.
- To do this, you will feel and visualize these emotions, these feelings as you pass through the tunnel you have created to come into shape and color inside the CLE Seal.
- Color in the energy of what you feel and want to express without worrying about the result.
- Take all the time you need.

- Then when you think you have expressed in the CLE Seal what you had to express about the love relationship you are treating, you can stop coloring.

#### 5 - Impressions and awareness.

- Close your eyes again and breathe 3 times deeply.
- Cut this bridge between you and the CLE Seal that you had visualized before coloring.
- Open your eyes and look at the coloured CLE Seal in front of you.
- Write down in a notebook what you see, feel and understand through this personalized CLE Seal.

For this, you can help yourself with the following questions:

- What happened inside you during the coloring process?
  - What do you see?
  - How would you qualify what you see?
  - What story would you tell if you had to describe this CLE Seal to another person in the state it is drawn in front of you?
  - What do you like about this drawing?
  - What makes you like it?
  - What don't you like?
  - What makes you dislike it?
  - What do you feel through what you don't like in this drawing?
  - What would have had to be expressed in this drawing for you to like it?
  - What do you think was missing inside the artist to express what you would have liked?
  - what should have changed inside him or her to authentically express what you would have liked?
- Then when you think you have expressed what there was to express, you can stop writing.

#### 6 - Action of the CLE Seal

- Close your eyes again and take three deep, deep breaths.
- Open your eyes.
- Look at the CLE Seal in front of you and say aloud this intention 3 times in a row:

"May the ChristAll Energy of Love work for the restoration of Divine Love in this relationship to love that I entrust to the CLE Seal, in my Being and in my life, to access with all my Being to Love as a State of Consciousness."

- Close your eyes again.

- Breathe again 3 times deeply while visualizing the energy of the CLE Seal entering in you by the heart.
- Feel this CLE energy then spread throughout your body.
- Leave your drawing for 3 days or more in a sheltered place.
- Pass this period, stick this drawing on your notebook in the place of your notes by adding the date on which you carried out the exercise.

#### 7 - Your actions as a co-actor

- Reread the notes you made about the CLE Seal you drew.
- Extract 2-3 actions that you could put in place within you, for you, by you to work towards your necessary transformations.
- Apply them regularly with awareness and mastery.

#### 8 - The following days

- Continue to observe what is happening in you and around you, in your daily life and in your dreams, in relation to this exercise and the love relationship being treated.
- Write down the additional elements that you will perceive in your notebook.