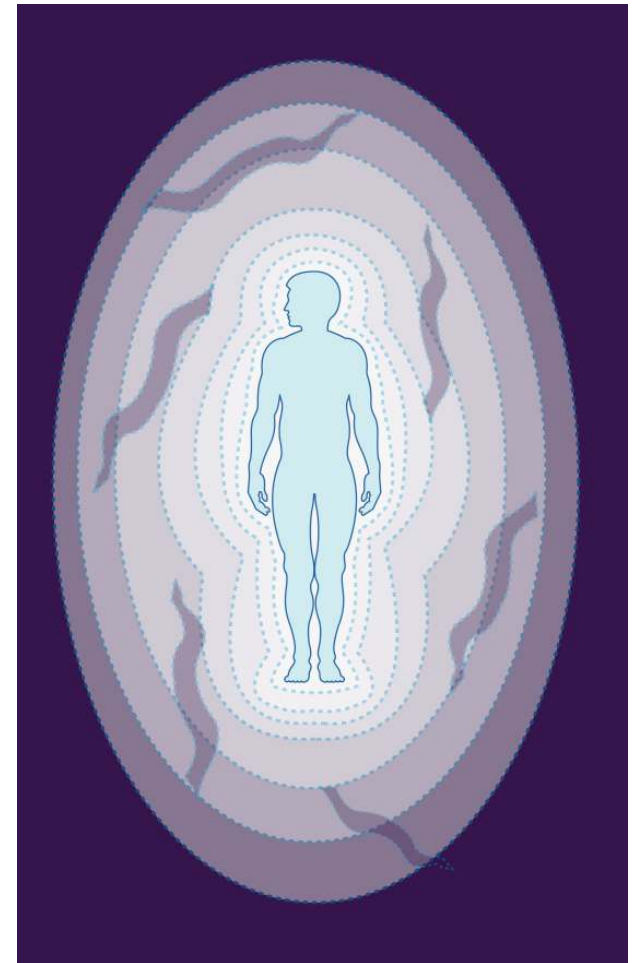## Removing Programming

Programming operates similarly to a software program. On your computer, the copy function replicates text or images. The delete function makes information disappear.

Programming is replicable, consistent and drives your experience.

Release programming waves by visualizing compressing the wave-like energy into a compact ball – the size of a softball.

Drop the ball down your Grounding Cord.