

Healing

Meditation

Get yourself comfortable, in either a seating or lying position. Close your eyes.

Think of a white light at the top of your head. You can either visualise this or feel a sense of warmth through the white light. This white light is healing and will give your body the healing in each and every part of your body.

Picture this light going down your body. Feel the warmth travelling down your body. This white light is on the top of your head, travelling down to your forehead, moving down to your eyes, coming down now to the rest of your face to your ears and mouth and all around your head now, feeling a sense of healing. Take notice of the sensations you are feeling.

As this white light travels further down to your throat, across your collarbone, to your shoulder releasing all the tension you hold there. Moving down your arms, to each finger and to the top of your fingertips. As the white light move's down your chest now, into your heart, to your stomach and the organs that are inside, feeling the healing in each of these areas.

The white light moves further down to your hips now and all areas around the base of your spine. This white healing light continues to heal your body, as it moves to each and every part of your body. The light continues to move to your legs, wrapping around them like a warm blanket. Going down your thighs, to your knees, down your calves to it reaches your feet.

Feeling this sensation, this light is giving you in every part of your body. The white light continues to your feet and every toe to the end of the toenail's and wraps around the base of your feet.

Sit for a moment feeling the white light or seeing this bubble of white light around your whole body, healing every aspect of your body and organs inside. Sit for a moment feeling the protection from this healing energy. If you feel the need to place a colour in this bubble to help your body heal more do this now as you sit for a moment.

When you are ready move your finger and toes, start to move the rest of your body. Notice how relaxed and healed it feels. Slowly open your eyes. Giving yourself a big stretch. Welcome back.

You can come back to this healing space whenever you need to. Having the healing energy of white light to help your body to be more relaxed and a nature state.

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