

breathe



Visualisation of perfect health

Start position

Lie down on your back and close your eyes. Your legs are 2 feet apart and feet relaxed so your toes drop gently out to the side. Your arms are straight and relaxed and your palms facing upwards to allow your shoulder blades to sink into the floor. Breathe slowly and calmly through your nose.

Step 1

Become aware of the area immediately below your navel. As you breathe in, your abdomen rises. As you breathe out, your abdomen falls. Count your breaths, starting at 5 and working down.

Step 2

When you reach the fifth breath, as you breathe in and your abdomen rises, visualize a white ball of glowing energy expanding in the area just below your navel. As you breathe out visualize this ball of energy exploding and sending bright light particles to all parts of your body all the way to the crown of your head and the ends of your fingers and toes. Repeat 5 times.

Step 3

This time, take a soft, deep breath in and see the ball of energy expand within your abdomen and as you breathe out direct all of that white energy to an area of your body that feels uncomfortable. If you have a headache, send it to your head and so on. Repeat 5 times.

Step 4

Finally, bring a picture into your mind of a time in the past when you felt 100% healthy and happy. A time when you felt physically and emotionally strong. Think of an experience you enjoyed during this time that has left a strong and vibrant memory. Bring yourself back to that moment. Imagine the sounds you would have heard. The things you would have seen. Remember as many pleasant sensations as you can and imagine they are happening right now. Bring this experience into your present relaxed state and imagine yourself to be feeling physically and emotionally happy, strong and confident in your ability to energise yourself.

Tell yourself that you are able to revisit this memory whenever you feel like it and bring some of that energy into the present moment in order to heal yourself and lift your spirits.

Step 5

When you are ready, open your eyes and come back to the present moment with a smile.