

breathe



Visualisation to restore energy

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

Imagine you are lying on a raft, face up, staring at a clear blue sky. As the sun slowly rises overhead you feel its warmth.

A light breeze carries the smell of the ocean and a subtle smell of flowers from a distant island.

As the sun grows strong overhead all you can see and feel is white light. It fills and saturates every molecule of your body.

Step 2

As you breathe in the space between each molecule in your body expands and is filled with energizing white light.

The sun is now directly overhead and you see and feel white light pouring over your body, filling all remaining spaces.

You feel light, calm, energized, happy and full of love.

Your only desire is to feel calm and energised. This moment is perfect.

Step 3

Squeeze the skin between your thumb and first finger and recall the smell of the ocean, the gentle breeze and the warmth of the sunlight on your face.

As you squeeze harder the light grows stronger and the feeling of contentment grows. Tell yourself with 100% confidence that whenever you wish to repeat this experience all you need to do is squeeze the same place on your hand and recall the sensations of light, warmth, gentle breeze and smell of the ocean.

Step 4

Slowly come back into your body, wriggle your fingers and toes.

As you return you will be left with the feeling of relaxation, contentment and free from desires.