

# Healing Meditation

Begin by getting comfortable. You may want to sit or lie down. Close your eyes, or focus your gaze on one spot in the room.

Start to relax your body, beginning with your feet. Allow a feeling of relaxation to fill your feet...feeling heavy, loose, and relaxed. Relax your ankles...lower legs...and knees.

Allow the relaxation to continue, relaxing your upper legs. Let the muscles of your legs completely let go...feeling very heavy and relaxed.

Relax your hips and pelvis, and all the surrounding muscles. Feel your stomach and lower back relaxing...the muscles giving up their hold.

Feel the relaxation in your chest, back, and sides...feeling very relaxed...very heavy.

Let your hands relax, all the way from your fingertips to your wrists. Feel your lower arms relaxing...letting go. Relax your elbows and upper arms...loose and heavy.

Relax your shoulders, feeling them lowering slightly...finding a comfortable, relaxed position...free from tension...

Allow the muscles of your neck to relax...letting go...and relax your face and head.

Feel your entire body relaxing even more deeply...becoming completely relaxed...limp...heavy...comfortable.

Now turn your attention inward...even more deeply inside...to see your own light shine.

As you lay comfortably and I begin to feel your mind relaxing. Forget the past, look forward to the future and be in the now as you begin to heal your way to happiness.

visualize yourself stepping out of your physical body and feel yourself above your body looking upon it.

Begin to feel yourself radiating healing golden light to yourself and focus on that golden light projecting into your heart.

Now feel that light radiating through your heart into your veins and arteries filling your entire blood stream, your life force.

Feel the golden healing light flowing through every part of your physical body and everywhere that this healing light touches is healing and rejuvenating.

Feel the positive energy as it touches every aspect of your physical body, cleansing and clearing any toxins and injecting new life and energy into your body

Because you love yourself you find this very easy and the golden light flows with endless positive feelings felt throughout your entire body as you experience health and happiness.

Now turn your attention to your stomach and send golden light to relax and heal the stomach.

See the light being absorbed Into the body And becoming light energy And filling the body with this golden green light.

As it is transforming the light into energy your body is filled with this golden energy And healing every part of my being.

Your body is filled with this golden healing light and now you send blue light  
To all the other organs and I feel this blue light  
Healing them and filling your body with this beautiful relaxing blue light  
And you talk to your body filled with blue golden light and you say  
That you care for it, and you will heal your body now and always because you love  
yourself and Because you are the chariot for your soul

And with this blue golden light it removes all Toxins and any negative energies  
And your see your body as being healthy  
In the present and in the future  
And you radiate out this blue golden healing light and wish good health and happiness  
from you to every person in the world.