

Light Stream

Concentrate on the disturbing feeling in your body.

- If the feeling had a shape what would it be?
- What color would it be?
- How big would it be?
- Where in your body is it sitting?

What color do you associate with healing?

Imagine that this favorite colored light is coming in through the top of your head and directing itself at the shape in your body. Let's pretend that the source of this light is the cosmos: The more you see, the more you have available. The light directs itself at the shape and penetrates and permeates it, resonating and vibrating in and around it. As it does, what happens to the shape, size, or color?

As the light continues to direct itself to that area, you can allow the light to come in and gently and easily fill your entire head, easily and gently. Now allow it to descent through your neck, into your shoulders, and down your arms into your hands and out your fingertips. Now allow it to come down your neck and into the trunk of your body, easily and gently. Now allow it to descent into your legs, streaming down your legs and flowing out your toes.

