

The Globes of Light

Lie still, warm, relaxed and at ease. Imagine you have at your feet a bright blue globe of light, this is healing energy. Visualise the strong blue vibrant colour, feel the colour radiating healing, feel the warmth, you may even feel a tingling sensation. Feel as though the blue healing light is now moving into the feet, relaxing the toes, into the legs, soothing the knees and into the thighs. Hold this image at your feet, a bright blue globe of light.

Imagine holding in the palm of each hand a bright blue globe of healing light, feel the warmth in the palms of the hands, the heaviness, feel the solid blue globe of light, feel as though your hands are pulsating with energy, you can feel the energy moving through your fingers into your wrists, into your arms, into the elbows, into the shoulders. Feel the weight in the hands how heavy they feel.

Now imagine at the crown of your head a globe of pure blue healing light. This globe of blue light is radiating stillness, calmness, coolness, tranquillity.

Now imagine a fine laser of blue light connecting to each globe of light and forming a circuit of energy and healing. Visualise a laser of light coming from the globe of light at the crown of the head to each hand.

Visualise a laser of light from the hands to the globe of light at the feet.

Feel the stillness in the body, feel the ease. The whole body is now embracing the

healing light, you are being healed, you are being nurtured, you are being comforted, whatever you are in need of mentally or physically, at this moment in time, be assured, you are now receiving.

I give myself this time to relax, to be still, and to now receive.

OM SHANTI.

