



**Read the directions first and then try to do on your own**

**OR**

**Have a friend or relative read it to you as you sit with your eyes closed**

Imagine a light above your head, like the sun's light.

Imagine the rays of light coming into your head, filling it up.

Imagine that light filling up the rest of your body...

Going into your neck, your arms, your chest...filling them up completely.

Into your stomach, hips, and legs...filling them completely.

Imagine it going through your feet down to the heart of the earth.

And then bouncing back up into your feet.

And back through your body.

Imagine spreading that light outside of you.

And then imagine sending it to everyone around you.

