

# Allowing the White Light to Fill You

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Find a comfortable position for yourself. Take a long, deep breath in through your nose and slowly let out through your mouth. Again, in through your nose and slowly let it out through your mouth. Now, just continue breathing in and out, in and out, in and out, letting it become very rhythmic and at your own pace. With every breath feel it's cleansing effect and with each breath you are feeling more and more relaxed. You are feeling so good.

Focus now on your toes. Feel them relaxing and tingling. The arches of your feet, your ankles are feeling so relaxed. The calves of your legs, your knees, your thighs are so relaxed. You are feeling so relaxed and good. Your hips are relaxing, your abdomen and stomach are just so relaxed and you're feeling so good. Feel your chest relax as you continue breathing in and out. Your arms are feeling light and tingly, your hands, even your fingertips are so relaxed. Up your neck, now feel your chin relax; it may even drop. Your mouth is so relaxed and your cheeks, your nose; feel the muscles around your eyes relaxing, feeling so good, feeling just wonderful. Even the roots of your hair and scalp are relaxed.

Now, as you continue to breathe in and out, I want you to focus your attention far above the top of your head; out into the heavens – and get in touch with a brilliant powerful white light and energy – flowing down toward you. Allow yourself to experience this light and energy flowing all around you and through you, filling your body with its radiance.

With each breath you inhale this light. As it fills and surrounds you, it gently permeates your entire being and joins the river of energy already filling your body. Feel this white light as energy already filling your body. Feel this white light as energy flowing through your legs and feet and into the ground, connecting you with Mother Earth.

Now drop down into the quiet, still place within you. Down inside the very center of your heart, the very center of love and compassion. As you breath deeply, allow your heart to open from the inside. As your heart opens, you can feel the white light filling you with enormous love and compassion. This light grows brighter and brighter as your heart continues to open and accept it. You are feeling so wonderful right now. What a glorious experience; there is so much love and energy coming into your body, it feels like you're overflowing. First, let that overflow fill every limb – every nook and cranny! Just feel it flowing through your entire body. Allow yourself to feel warmth flowing out from your heart and through your body, filling you with light and love.

Feel it's healing power, accept it, own it! Feel it flowing out from your heart and into your arms and hands and then back to your heart. It will continue to circulate. Allow this love to penetrate your body, soul and your entire being and let it create a deep peace within you.

As you continue breathing you continue soaking up this wonderful feeling like walking on sand on a beach. You are feeling so wonderful – just like you deserve to feel. You give out so much love and energy, now it's time to be refueled and filled up so you can take care of someone special who deserves to feel loved, pampered and protected and that someone special is you. With each breath in you breathe in more power and protection and with each breath you take, you release any fears or weaknesses you may have. Breath by breath you are feeling stronger, more secure and more protected.

All your muscles, nerves, tissues and organs are being filled with this radiant white light. All the cells in your body are beginning to gently tingle. You can feel this energy all the way down through your feet and into the ground.

As you continue to breathe deeply, you can feel your heart becoming filled with love and compassion. You feel you can confront any challenges that may come your way and deal with any person you may have to face.

You are strong, loving, confident, safe and protected. You are radiant with light, love and energy. As you enjoy this beautiful feeling, let all tensions and stress within you go. Feel it dissipate. What a comforting feeling – you don't have a care in the world. How wonderful this feels. Enjoy it – wallow in it – soak it up!

As you go out into the world you will feel protection from within and all around you. You will feel radiant. See your whole body and whole being as joyous and radiant with light.

It is time now to return to our daily lives. Whenever you may feel the need for more energy and protection, you will only have to breathe deeply and focus on allowing the white light to fill you.

Now as I count to three, you will open your eyes.

**One** – feel your body normalizing

**Two** – becoming more aware.

**Three** – eyes wide open and feeling wonderful.