

The Golden Light

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Sit back and relax and allow yourself to get comfortable. Close your eyes and take a deep breath and exhale. Now, I want you to focus your attention on your breathing. Breathe in through your nose and out through your mouth and as you do this I want you to breathe in on the count of four (4) and exhale on the count of four (4). Breathe in relaxing, soothing energy and breathe out all the tension and stress that you have inside you. Again, become aware of the rhythm of your breath, take a deep breath and hold... now exhale and relax your body... let go and just relax.

Now I want you to feel this Golden Light above your head. Feel the calming energy of this light so soothing, so comfortable, so very relaxing. Allow yourself to let this energy relax you. Just let every muscle in your body relax, feel this energy around the top of your head, soothing, stroking and relaxing the muscles in your scalp... it feels so very good. Now let this energy flow across the forehead and the sinus area, relaxing, soothing, and stroking all those muscles. Allow this energy to flow down into the jaw, relaxing all those muscles in the jaw, feel your jaw gently drop down as the muscles relax.

Now feel yourself flow with the rhythm of your breathing. Feel your body drift and float into relaxation. Let this Golden Light energy flow into your neck, relaxing all your muscles. Now, allow this energy to flow across your shoulders and down into your hands and into your fingertips, allowing all stress and tension to flow out your fingertips. Now, feel this relaxing energy flow down your back and into the hips, stroking, soothing and calming all the muscles in your back and hips. Let this energy flow around into your chest area and down into your abdomen, relaxing all those muscles, and you are feeling so very good.

Let this energy flow down your legs into your calves relaxing all your muscles in your legs and calves. Let this energy flow down into the ankles and into your feet, all the way down to your toes, allowing the stress and tension to flow out your toes, let go... you no longer need it.

Now that your whole body is completely relaxed, let yourself open up and become receptive to the sound of my voice. But knowing at all times you are in complete control.

Now, I want you to reflect back onto the Golden Light. It has now filled your body with calming, soothing relaxing energy and you feel a sense of security and stability. It has brought balance back into your body. And it feels so very, very good. I want you to feel the healing this light has given you. Let yourself feel this golden healing light through your body and around your body, filling you with healing energy... feel it, sense it, enjoy it, let it heal you and send it's special loving, comforting and healing energy to every part of your body and any part of you that needs it. Feel it begin to refresh you, revitalize you and restore you. You feel better than you have in a long time. You are full

of radiant healthy energy. You love and accept yourself being able to sleep better, more soundly and more relaxed and when you awaken, you feel energetic and full of vitality and your skin has taken on a healthy new glow. Your body is balanced and is in perfect harmony.

And with the sound of my voice you go deeper and deeper with every breath you take. Know that you are no longer a tense and nervous person and because of that, you will be more understanding of the people and the world around you.

You love and approve of yourself! You love and approve of yourself!

You have become a more positive person... you're able to deal with stress and every day worries and difficulties with ease and calm and you are growing stronger and more confident with yourself as each day passes. You are now taking on a new appreciation of yourself, you realize how much you have to offer to others. You see the positive in you. You are an intelligent person, a happy person and your outlook on life is a joyous one. Happiness is yours. You need only to look inside yourself, for inside yourself is the Golden Light. It has always been inside of you, waiting for you to find it and use it. It is pure, unconditional, divine love. It is you, in the highest form. Know always, it is a part of you and draw on it anytime you need it... just feel the Golden Light in all it's love, fill your body with healing energy, confident energy, and positive energy. Know always that this is yours. You have the right to use it whenever you need it. All you need to do is put your hand over your heart and you will feel the love flow through you. Now it is time to return.

On the count of five, you will open your eyes and feel wide awake, feeling recharged, full of happiness and smiling most of the time. One... coming up a little bit, two... feeling more awake, three... feeling so very good, four... completely normalized, five... eyes open, wide awake and feeling wonderful.