

## Session of light

Take a moment in which you allow yourself, to focus exclusively on yourself.

Find a relaxing position, where you can sit or lie down for a few minutes.

You can close your eyes, or keep them open, just as it is comfortable and right for you. If you leave open your eyes, pick a point on which you can rest your eyes.

I would like to invite you to a session of light. Now imagine a light, any beam of light that comes from the universe. And imagine further that this light beam has a particular colour, a colour that you associate in a special way with healing.

Imagine now, that this beam of light, in this unique colour, which is associated to you in a special way with healing, flows through your skull into your body. You know that the source of this light is the universe. The more you take, the more is available for you.

The light flows through your skull, it flows into your body and spreads throughout your body. You know that this light heals with its special colour and is both, invigorating and relaxing. It has an invigorating, healing and soothing effect on every cell, every organ, the muscles, the bones, the nerves, to all internal organs, the skin.

Let more and more of this healing light, in its particular colour, flow through your skull into your body. The light flows by itself throughout your body. It is flooded by light and starts to vibrate smoothly. Let the light flow through your whole body and let it spread its healing, soothing and relaxing effect.

If you like, you can let the light flow around your body and wrap it with the light that you associate in a special way with healing. Just as you like it, just as it is convenient to you.

If this exercise is comfortable for you, take a moment to enjoy it and deepen this experience. Then return, in your own pace, step by step, with your attention back here to this room.

**Author:** Sabine Koch, [www.koch-solingen.de](http://www.koch-solingen.de)