

VISUALIZATION: "I TOO AM A SUN

*(Create a long pause between each line)*

*I imagine a sun shining out of a blue sky*

*I feel it's warming light on my face*

*I feel it's warming light on my neck ..... my shoulders*

*I feel it's warming light on my arms ..... my hands ..... my legs*

*I relax into this body of warming light*

*(Sitting quietly in Silence)*

*I now feel the warming light of an inner sun*

*It shines in warming light from a place within my heart*

*I feel this heart warmth stream up into my head*

*I feel this heart warmth stream into my thinking*

*I feel this heart warmth stream into my breathing - into my feelings*

*I feel this heart warmth stream throughout my body - warming and enlightening my being*

*I feel this heart warmth stream out into the world*

*I too am a sun shedding light and warmth*

*(Sitting quietly in Silence)*

