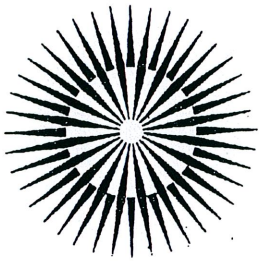


MEDITATION #1

"Experiencing the Light" is a key meditation that will be used over and over again, before many of the other meditations. It will teach you how to begin to relax and how to begin to release any tension in your body. You will then be able to listen to your own inner world. It invites the presence of love to be part of your healing process and helps you realize that you are always being sustained by this love. It also provides you with a sense of safety and psychic protection which are needed as you begin your inner healing journey.



EXPERIENCING THE LIGHT

Meditation #1

Make yourself comfortable, close your eyes, and begin to let yourself relax...

Begin to follow your breathing. Simply become aware of your breath moving in and moving out...

Now imagine that you are being surrounded by a gentle light. This light conveys to you a sense of love and healing...

Let yourself experience this light moving around you. Imagine that as it swirls around you it is relaxing every part of you...Feel the light washing over you starting with your feet, through your legs, and up through your entire body, relaxing and warming you.....Experience that each part of you is being touched with a presence that is loving and healing....

Breathe in the light, surrender yourself to it. Feel it coming into you with each breath... As you breathe in, inhale the warmth of this gentle light. Feel its love and healing enter you... As you exhale gently let go of any anxiety or any fatigue.

Now picture this loving light swirling around inside you.....Let it relax all that it touches within you so that gradually your inner self is as still as the outer....

Now experience that this light is actually breathing you. Feel it breathing you... Imagine that you are being sustained by a presence that is loving and healing, even when you are not aware of it. You have only to relax into it..