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The visualization and meditation comes from an ancient tradition which calls travel centripetal to increase awareness and to cause deep healing. Meditation is used to help develop an awareness of energy and calm that is the core of your being. The slight meditation is especially suited to the practice in early morning before the climb and towards the end of even before the withdrawal. Meditation slight Begin by closing your eyes.

Now imagine that there is a beautiful golden light just beneath your feet. You can feel this light shimmering begin to move up on your toes, relaxing and soothing your feet. She now travels on your ankles, falling along your calves, relieving outside any coercion or fatigue your calf muscles. The beautiful light now divides your knees and now moves higher along your thighs, gently massage and healing as it sank. It now runs under your chair and starts to move up above your lower back. Feel your back to fill commencement of this energy calming and healing. The light is now up your spine, and extending everywhere your back to gently massage the tension portion of each muscle. The light rises above your shoulders, relaxation and activation, releasing any tension on your shoulders. Now the light flowing down your arms.

You can feel it 's fresh energy radiating above your elbows. She now travels down on your hands and wrists, extending to relax each of your fingers. The light now moves above your lower abdomen and begins to move up on your stomach. Rougeoyant and glassy light travels up to your chest. Now it moves higher above your collarbone, and rises along your neck, easing yet outside any tension that might have accumulated with the stresses and strains of life. Now the light travels up to your face, moving above your mouth and nose, running on your jaws, releasing any tension, calming and healing. Feel these beautiful light rays penetrate the very core of your being, bringing love and peace profound. The light now circulating up on the eyes, heals and mass gently your eye-sockets. Feel the light now exclude up above your forehead, dismissing it '; beautiful rays brightest s above your head, t'apportant a feeling affectionate hot flows as light above your head. Now your whole body is full of light.

You feel deeply relaxed, safe and peace. Focus on this light that runs through your veins. Feel the light make deep and the healing balm in every muscle, every bone, and every fiber of your being. Made entirely account that you be eternal light. Concentrate on the feeling of unity, love and peace that emanates from the core of your being. Continue to feel the essence deeply inside. Your gasoline is linked to the source of all life. Spend a few minutes to allow light to penetrate further into every crevice of your being, providing deeply healing and joy in every cell of your being. Now in your own time rendezvous account of your body resting on the chair. Go with your hands resting on the chair or in your recovery and your feet resting on the floor. Open your eyes and slowly return to the room, feeling refreshed and full of light.

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