**Light Stream Imagery**

Lower your gaze or close your eyes, if you feel comfortable doing so. Position your body in a way that is comfortable, perhaps with your feet flat on the ground and your hands palm up or palm down on your lap.

Notice a place in your body where you have discomfort or know as a place where you hold stress.

Imagine that a bright and healing light has begun to form overhead. This light can be whatever color you want it to be—whatever you associate with healing, happiness, goodness, or any of the other attitudes of mindfulness. If you don’t like the idea of a light, you can think of it simply as a color or an essence.

Now, think about this light beginning to move through your body or over your body (whichever you choose), from the top of your head, moving inch by inch, slowly, until it reaches the bottom of your feet.

Spend a few moments just hanging out with the presence of this light or essence in or around your body.

Notice if it has any other qualities besides color, like a texture, or a sound, or a smell.

Draw your attention back to where you noticed discomfort or stress earlier. What has happened to it?

If the distress is still there on some level in your body, think about deepening your breathing so that it makes the light or essence more brilliant and intense…so brilliant and intense that the discomfort can’t even dream of existing within it.

This exercise might take some repetition or practice before you notice subtle, or not so subtle, shifts in yourself.

We will close this exercise by taking three deep inhales and exhales (together).

Other Things to Keep In Mind

If you have a spiritual belief system, you can imagine that light coming from a spiritual source, the universe, etc.

The light or essence can enter anywhere in your body. For instance, if you hold anxiety in your chest area, it may feel more appropriate to have the light or essence enter there and then move through your body.

If the light stream image is hard to keep in focus, you can add another sensory element to help enhance the focus. For instance, you may add a smell, simple sound or music, tactile sensation, etc.