

WITH LOVE AND GRATITUDE LOOK AFTER YOURSELF

Settle down in a comfortable place and position where you will not be disturbed

To centre yourself use rhythmic breathing at your own pace

Relax, Relax, Relax - All is well

Purposely let go all thoughts which cause you to feel disturbed and

Bring your consciousness into your body and experience the reality of the process of getting better - feel it, know it

See a river of source energy flowing through your body, breathe it deeply and gently into any blocks, pains or discomforts

Allow your breath, and this source energy to dissolve them, calmly and persistently

See and know that you are in vibrant health

Consciously visualise the sick part in perfect health and harmony

Keep this healing river of source energy flowing and know that there is no disease or problem

Get out of the conscious mode of sickness, your body was never programmed for it

It is only programmed for health so, get into a conscious mode for health

When you are ready open your eyes, keep breathing peacefully, hold the feeling of this place and tell yourself -
"All is Well, All is Well, All is Well"