

5. Ocean of Light

Rest your mind in a brilliant, shimmering ocean of light.

Prepare to relax.

If you are sitting in a chair,
straighten your back,
although do not hold it rigid.

Place your feet flat on the floor.

Gently lift your shoulders,
and slowly rotate them backward a few times,
then let them drop.

Lift your shoulders again,
and slowly rotate them forward a few times,
then let them drop.

Feel your body sink into this place –
right here . . . right now.

Collect yourself.

You are here, in this quiet place.

You have left aside the busyness . . .
the worries . . .
the concerns of your day.

Now, take a s-l-o-w,
d-e-e-p breath through your nose . . .

drawing the breath
↓ d-o-w-n to the
↓ b-o-t-t-o-m
of your lungs . . .



Hold a moment . . .

Then exhale,
s-l-o-w-l-y . . .
g-e-n-t-l-y . . .
c-o-m-p-l-e-t-e-l-y . . .

Take in another breath,
drawing it down to the bottom of your lungs . . .

Feel your lungs filling with clean,
fresh air.

Hold a moment . . .

Then exhale . . .
s-l-o-w-l-y . . .
g-e-n-t-l-y . . .
c-o-m-p-l-e-t-e-l-y . . .

Now, imagine that the air about you
is filled with light . . .

Fine . . .
bright . . .
diamond-like . . .
shimmering light . . .

[Pause]

You are immersed in an ocean
of light . . .

Sit quietly in this beautiful light.

[Pause]

Now breathe in the light . . .



Breathe in the light as you
would breathe in air . . .

Inhale through your nose,
drawing the light
↓ d-o-w-n . . .
↓ d-o-w-n . . .
↓ d-o-w-n . . .
to the bottom of your lungs.

Hold a moment . . .

Then exhale . . .
breathing the light out
through your nose.

Once again, breathe in the light
as you would breathe in air.

Inhale through your nose,
drawing the light
↓ d-o-w-n . . .
↓ d-o-w-n . . .
↓ d-o-w-n . . .
to the bottom of your lungs.

Hold a moment . . .

Then exhale,
breathing the light out
through your nose.

Now, as you breathe in the light,
see it streaming into every part
of you.

Imagine the golden,
glittering light streaming into your lungs,
filling them with clean,
bright light.



Imagine the golden light streaming
into your heart . . . filling it with pure,
bright light.

The light streams through your arteries,
bringing light to all your body organs . . .

your bones . . .
your muscles . . .
your nerves . . .
your tissues . . .
your cells . . .

You feel vibrantly alive.

The glittering light fills every part of you.

The light flows into
your legs . . .
your feet . . .
and toes . . .
your arms . . .
hands . . .
and fingers . . .

The light fills
your head . . .
your brain . . .
your eyes . . .
your ears . . .
your face . . .
your lips . . .
your jaw . . .

Breathe the light into
your neck . . .
your shoulders . . .
your back . . .



Breathe the light into the top
of your spine . . .

Feel the light streaming
down your spine
and out through your tailbone.

Your spine is filled with light . . .

Now become aware of your
whole body, filled with light . . .

See . . . feel . . . imagine yourself
glowing with light . . .

white, bright light . . .

Feel the light vibrate in the tips of your fingers . . .

Feel the light vibrate in the tips of your toes . . .

Inhale, the light grows stronger.

Exhale, your body relaxes.

Inhale, the light grows stronger.

Exhale, your body relaxes.

Inhale, the light grows stronger.

Exhale, your body relaxes . . .

Now, rest quietly in the light . . .

[Extended Pause]



It's now time to bring the awareness of this bright,
shimmering light into waking consciousness . . .

We will count from 1 to 5 . . .

With each count,
your awareness
will ↑ rise & ↑ rise
to waking consciousness . . .

1, 2 . . . become aware of the room,
any movement, or sounds you may hear . . .

3 . . . feel the chair beneath you
become aware of your hands and feet . . .

squeeze them a few times . . .

4 . . . move your neck in some slow circles,
first one way . . .
then the other . . .

5 . . . fully awake

Sit quietly . . .

You are back in waking consciousness . . .

Alert and aware . . .

Peaceful and relaxed . . .

