

A short meditation to affirm and boost health...

it is important to acknowledge that, in all our meditations, unconditional generation of Light allows the spiritual plan in all situations and conditions to assert itself and become manifest. The following meditation is a suggested guide only, and all visualisations should be undertaken in the knowledge that we intend to work in harmony with the intentions of the Divine-within. The more we are able to move our 'little selves' out of the way, the more effective channels for the Light we become.

Treat yourself to a little YOU time today... Go to your favourite meditation spot, sit down, distance yourself from all distractions and gently and slowly relax your body and your mind. Let go of your worries, your fears, your preconceptions.

When you're in as peaceful a state as you can reach, visualise your consciousness, perhaps as a ball of luminous energy, moving slowly down the front of your body from your brow to the centre of your chest - to your heart region.

When you feel you have reached and connected your consciousness with your heart centre visualise an inflow of Light emanating from a point at the centre of your heart which fills your heart with pure white Light energy with every in-breath.

With every out-breath see that Light flooding outwards from your heart into and through the rest of your body, illuminating every part of you.

See the Light that is pouring out from your heart surrounding, permeating and illuminating - lighting up - every aspect of your body - every bone; every vein and artery; every sinew and cartilage; your entire nervous system; your major organs. See it cleansing, energising and repairing every one of your cells. Also see it entering and illuminating your head and your mind, dissolving any remaining worries and bringing peace and clarity to your thought processes.

Concentrate particularly on the weaker, most vulnerable parts of your body and see - feel - the Light coursing into, strengthening and renewing those areas. If you are in any pain, see the Light calming and healing those parts of the body that have been causing you discomfort. See/feel the nerves in the affected areas responding to the Light - relaxing, letting go of their need to alert you via the pain signals they have been sending to your brain.

Don't fight, fear or resist any illnesses or weaknesses you may be suffering from. Instead love them, communicate with them in thought, bless them and ask that they work in harmony with you and do you no harm as you irradiate them with Light.

Affirm and recognise that you are an eternal, immortal spirit being - part of the Divine. The Light is powerful. Your visualisation using this Light energy repairs, reinvigorates and boosts your immune system.

Sense - feel - the knowledge coming from your heart centre that confirms you are at peace. You are protected. Everything is as it should be. Everything is Light. That there is nothing to worry about. You are a loving and loved vital part of Creation. Visualise your body illuminating further until in your mind's eye you can see yourself as simply an outline of the human body that is filled with the most brilliant white Light.

When you are ready, gently let that image fade away then peacefully withdraw from your heart centre by moving that energy ball of consciousness back up from your heart to your brow and back into your head-mind.

Close your principal chakras: top of the head, brow, throat, heart, solar plexus, spleen, base of the spine (or, if you don't know how to do this, ask the Divine-within to close them for you) then gently, quietly, peacefully return yourself to this world in your own time.

Renewed,

Energised.

Healed.

Repeat the meditation daily or as often as you wish to to calm, re-energise and heal yourself.

Please share with those you feel may benefit from this. There's no need to live in fear or to panic today - or ever. Remembering your spiritual and Divine connection brings spiritual order, peace and clarity of vision to any situation.