

A healing visualization

Visualize beautiful golden light flowing toward you,
effortlessly moving through you,
permeating every layer of consciousness,
reaching every part of you,
caressing every cell

You are loved completely, held gently within the lights' loving embrace

The gifts of love, warmth, wholeness and serenity
fill your heart with joy

You sing the note of harmony in unison with the light

Allow these feelings to flow through every cell and flow outwards

You are loved, renewed, safe and whole
as the light within you shines.