

# Visualization

## To move beyond boundaries

Visualize yourself surrounded by an iridescent light, bathed in the warmth and beauty of the radiant sun, imparting and inspiring truth, love and beauty to arise abundantly within you. Infused with iridescent light, harmony unites every cell of your being so that balance brings wholeness and unity.

Visualize yourself immersed in light and held gently within a beautiful protective bubble of iridescent light.

Breathe in warm loving light and imagine this energy flowing through you, revitalizing, healing and energising every part of you, even the tiniest cell/

As you breathe out, visualize yourself letting go of any concerns and worry, as you let them go they are infused with light and dissipate.

Affirm that all is well as you breathe in light and breathe out light.

In this protective bubble of love visualize yourself rising high above your life, as you rise higher and higher, your world has become larger and larger.

Your vision expands, opening up new vistas of opportunities and possibilities. See and create new loving possibilities as you move beyond your normal limitations.

As your vision expands you can see and realize these new possibilities of being and living. Weave your dreams into this new world full of new opportunities and possibilities, bring them into your awareness and fill your conscious thoughts with these new ideas.

Feel a new energy awaken your senses.

Marie Weston 2006