SOFT LIGHT I

Find a comfortable seated position. If you would like, rest your head on your hands. Allow your eyes to close, or look towards the ground. Take a couple of slow, gentle breaths as you begin to relax.

Imagine you are in a peaceful place. Maybe you are in a nice room with a view of a big city at night. Or maybe you're on a warm, sunny beach with a cool breeze. Imagine a place that feels safe and peaceful while you take a couple of slow, relaxing breaths.

Relax your face, your hands, your back. Allow your neck and shoulders to relax. Feel your body become heavy. Enjoy this feeling while imagining your safe, peaceful place.

As you inhale, visualize a soft light. The light may shine or glow white or yellow like warm sunlight. Perhaps it is another color, like a cool blue or a vibrant pink. For now, this light is small.

It rests comfortably in the palm of your hand. Relax your hands and imagine the light you are holding represents kindness or love. This is a gift for yourself. As you breathe in, the light in your hand becomes a little brighter. As you breathe out, the light softens and spreads out like a pillow in your hands. Being kind to yourself is very important. Your relationships with other people all begin with how you treat yourself. We are all connected. Continue breathing in and out, and feel the kindness and love you have for yourself grow. Visualize the light spreading this love and kindness all around you.

You're in your safe, peaceful place, focusing on being kind and loving towards yourself. In your mind, repeat these words. I wish myself happiness. I wish myself love. I wish myself peace. As you breathe in, see the soft light that represents your kindness grow brighter. As you exhale, the light softens and grows. Imagine the color, the warmth, the softness of the light. Perhaps it stays in your hands, like a soft pillow to rest your head. Maybe the light swirls around you, like a gentle blanket protecting you. Continue breathing deeply and slowly while you visualize the light, and wish yourself happiness, love, and peace.

Now think of one person you love. Someone you trust, who shows you kindness. As you inhale, imagine the light in your hands growing brighter, as you exhale, imagine that light surrounding the person you love. In your mind, say these words to that person. I wish you happiness. I wish you love. I wish you peace. Imagine they feel the kindness you have shown, and they feel the same relaxed, peaceful feeling you have created for yourself.

Take one more relaxing breath, and keep this relaxed feeling as you open your eyes.

Relaxation Script