

SOFT LIGHT II

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. Notice any tension or discomfort in your body, and release it as you exhale.

PAUSE FOR ONE SLOW BREATH

Imagine you are in a safe, peaceful place. It can be indoors or out in nature. You are surrounded by people you know and care about. Family, friends, and people close to you that you can trust. It could be one person, or dozens of people. Breathe and relax as you picture this place.

PAUSE FOR TWO SLOW BREATHS

Release any tension in your face, your shoulders, your arms. Fill your hands relax. Visualize a soft light. This light represents kindness that you can share with others. What color is the light? How does it feel in your hands? This light may be warm and yellow like sunshine. It may be a cool and comforting blue. Or an

energizing and vibrant pink.

PAUSE FOR ONE SLOW BREATH

Think about the kindness you feel toward your loved ones who are here with you in your safe, peaceful place. As you inhale, the light in your hands grows brighter. As you exhale, the light softens and swirls out toward your loved ones. They feel the kindness you are sending, and share in the relaxation you feel in this peaceful place. In your mind, say these words to your loved ones. I wish you happiness. I wish you love. I wish you peace.

PAUSE FOR ONE SLOW BREATH

Inhale and the lights grow brighter. Exhale and they spread further. Filling this safe, peaceful place with a feeling of love and kindness. Relax your body. Relax your mind. And imagine sharing this feeling of relaxation with your loved ones. A gift of relaxation from you to those that you love.

PAUSE FOR ONE SLOW BREATH

As you remain in your safe, peaceful place, imagine your community.

The light grows brighter as you inhale deeply. As you exhale, imagine the feelings of kindness, of love, of peace swirling throughout your community like a comforting, but powerful light. We cannot fix the world by ourselves, but are all connected. Ourselves, our loved ones, our community. We are all connected, and we all improve when we are shown kindness.

PAUSE FOR ONE SLOW BREATH

Now imagine you are by yourself in your safe, peaceful place. You feel relaxed from your head to your toes. With each breath, you relax a bit more. As you relax, imagine the light that you shared today with your loved ones and with your community. The kindness and love is now coming back to you in a full circle. Allow the positive feelings to come back to you. You deserve happiness. You are loved. Enjoy the peaceful relaxation.

PAUSE FOR ONE SLOW BREATH

Take one last relaxing breath, and when you are ready, open your eyes.