

CHAPTER 45

AN OCEAN OF LIGHT HEALING INDUCTION

OVERVIEW:

As light is the essential ingredient of existence, using it can be very effective to bring a deep inner shift at many metaphorical and biological levels.

AN OCEAN OF LIGHT HEALING INDUCTION

Please sit or lay back comfortable as you separate your hands and feet...and place yourself back...into a comfortable position...that you can stay in for some of time, and as you do I'd like you to close your eyes...and allow yourself to imagine...that you're approaching a beautiful beach...on a bright sunny day, where the ocean seems like...it goes on forever. It may be a beach you've been to before or one you've imagined, it really doesn't matter, for all I want you to do is to see and feel yourself approaching a beautiful beach that feels good to you. And if you like...you can brighten up the colors you see – and as you do...you can notice how clear it is...when you add all the details – of how good it feels to be there. Please take a look around and notice what you see – the shapes, the design and sizes the different colors and the many shades each color can have, and as you do, imagine *feeling* the sand being the perfect temperature, as your feet sink into it, as you notice the texture of the sand and its temperature.