

Your Guide to a Calm Mind and Body



Step 1:

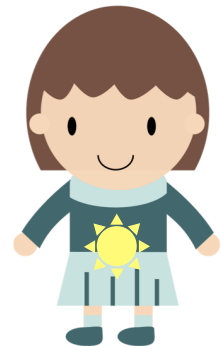
Drop your shoulders.

Step 2:

Put a smile on your face.

Step 3:

Visualize a beautiful light shining in behind your navel (this area is your lower dantian).



Step 4:

As you inhale visualize you are breathing in pure, unconditional light energy through every pore in your skin (arms, legs, torso, etc.). Imagine this energy connecting with the light in your lower dantian.



Step 5:

As you exhale, visualize anything you don't need turning into smoke and shooting out of your skin to the farthest edges of the universe (stress, anxiety, fear, illness, pain, etc.).



Step 6:

Work on slowing down your breath and repeat!
Do this anytime anywhere.



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breathe · heal · shine

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