

# Your Guide to a Calm Mind and Body



## Step 1:

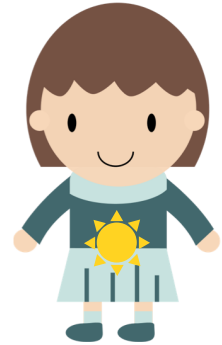
Drop your shoulders.

## Step 2:

Put a smile on your face.

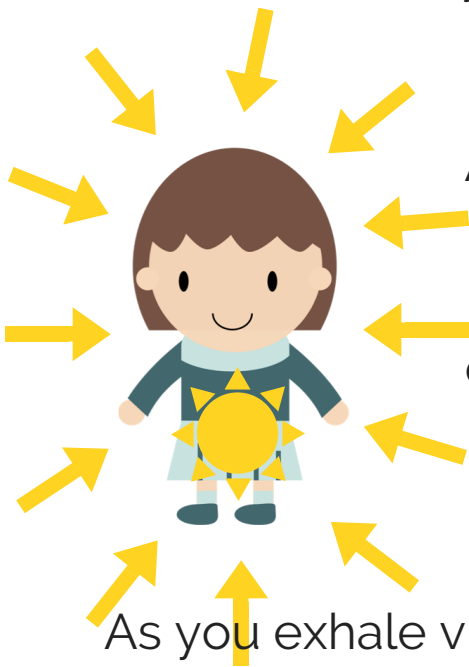
## Step 3:

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 of your skin (arms, legs, torso, etc.). Imagine this energy coming in as light 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 and going to the end of the universe (stress, anxiety, fear, illness, tumours, pain, etc.).



## Step 6:

Work on slowing down your breath and repeat!

Do this anytime  
anywhere.



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