

HEALING VISUALIZATION

Imagine yourself in a magical helicopter that responds to your unspoken commands. Tell the helicopter to begin ascending up through the ever-rising frequencies of existence, and feel yourself leaving your physical body behind as you slowly and steadily experience the ever-increasing vibrations.....

Tell the helicopter to come to a stop, and feel yourself melt into the highest frequency.....

Imagine that you have become a bluish-white cloud of light energy.....

Experience yourself *as* this cloud of light. *Be* this gentle swirl of energy.....

Acknowledge that this is the frequency in which *you have total unrestrained power to recreate yourself*.....

Feel this wonderful presence of your immense creative power.....

From this vantage point, look down at your body standing below on the Earth. From this cloud of light that you are, *impose an image of perfect health upon that body*: simply send the image floating down and watch it blend seamlessly into your body.....

Now let the helicopter fade away, and let your consciousness drift back down and melt once again into your physical body.....

Feel yourself, within your body, experiencing perfect ideal health.....

Feel enormous *appreciation* for your renewed body.....

Deeply fill your lungs with fresh, wholesome air.....

Hear and feel your heart beating perfectly.....

Listen to the comforting ‘hum’ coming from all your internal organs vibrating perfectly.....

Put your attention into each arm, each hand, each leg, each foot, and feel how strong, warm, and vibrant they are.....

Place your attention within your head. Relax all the facial muscles, smile, and feel soft, comforting, flowing sensations spreading throughout your neck and face.....

Listen through your ears and hear the sound of a rushing stream.....

Smell the delicious scent of your favorite flower.....

Taste the fresh air.....

Now look around you, and see and hear all the people you love standing all about you, admiring how wonderful you look, congratulating you on your fantastic state of health and wellness, and sending you all their love.....

Let what they say sink in, *feel* their appreciation, thank them, and send them all your love in return.....

Then take another deep breath, and simply let yourself experience complete *delight* in the exuberant feeling of *being alive!*

Remain in this state for several minutes.