

Meditation on Light Transcript

Sit in a comfortable position with your eyes closed. *(pause)*

Breathe in slowly through your nose *(breathe in)*, and out through your mouth. *(breathe out)*

Repeat: in through your nose *(breathe in)*, out through your mouth. *(breathe out)*

Once more: in *(breathe in)*, out. *(breathe out)*

Picture the sun beaming down on you. *(pause)*

Turn your face upward to catch its rays. *(pause)*

How do you feel as you imagine being bathed in light? *(long pause)*

Feel the heat as the sunlight touches your skin. *(pause)*

Let the sun's warmth spread through your body, beginning with your head *(pause)* and moving downward

- through your shoulders, *(pause)*
- to your chest and belly, *(pause)*
- down your legs, *(pause)*
- and all the way to your toes. *(pause)*

How do you feel as you imagine the sun warming your body? *(long pause)*

Imagine that you can catch the sunlight in a bottle. *(pause)*

Once you capture it, the light changes. It begins to twinkle like a star. *(pause)*

Imagine hundreds of stars twinkling inside the bottle. *(pause)*

How do you feel as you watch the stars sparkle and glow? *(long pause)*

Imagine unscrewing the lid of the bottle. *(pause)*

Watch as the stars escape and fill the air, dancing and twirling around you. *(pause)*

How do you feel as you watch the stars dance? *(long pause)*

Hold out your hands and let the stars dance on your palms. *(pause)*

Close your fingers over the stars and pull them close to your body. *(pause)*

Imagine the stars floating into your body, filling you with light. (*pause*)

Feel the stars dancing inside you. (*long pause*)

Breathe in through your nose (*breathe in*) and out through your mouth. (*breathe out*)

In (*breathe in*), out. (*breathe out*)

In (*breathe in*), out. (*breathe out*)

Open your eyes and remember: you carry the light of the sun and the stars within you.