

## The New Extended Light Stream meditation script

*'The first thing I would like you to do is to find a quiet place for the next 10 minutes where you will not be disturbed and get into a comfy position, either sitting on a chair or lying down, and if it feels comfortable close your eyes or if you prefer, just settle yourself on a neutral gazing spot in front of you.'*

(Pause)

*'Then start to bring your attention to your breath and notice the movement of air into and out of your body..... Don't try and speed it up or slow it down..... just accept it is what it is meant to be at this moment in time. Notice the movement of air entering your nose and into your lungs..... and then leaving your lungs..... back through your nose and out of your body. Sometimes it helps to think of the word CALM as you breathe in,..... breathing in the calm into the whole of your body,..... and then think of the words LETTING GO as you breath out, ..... breathing out all the stress and tension you may be holding onto inside.'*

(Pause)

*'Breathing in the calm and then letting go.'*

(Pause)

*'Now I want you to imagine a beautiful light stream above your head, as if someone is shining down a torch full of the most beautiful healing light. And ever so gently, I want you to imagine this healing light entering the top of your head and filling your head and face full of this beautiful healing light, filling every cell in your head and face full of this light, very calm and relaxed and letting go of any of the stress and tension, any of the worries that you might be holding on to, just imagine them all dissolving away and filling that space that is remaining with the healing light.'*

(Pause)

*'Once your head and face are full of the light, I want you to imagine that it is gently going to flow down your throat and neck and at your shoulders, I want you to imagine the light separating into two parts; one part flowing down your left arm and the other part flowing down your right arm. Imagine this healing light gently flowing down your arms, relaxing and soothing as it flows, flowing down to your elbows, down to your wrists and hands, and all the way to the tips of your fingers.'*

(Pause)

*'Then bringing your attention back to your shoulders, I want you to allow more of this healing light to gently flow down the front of your body and down your back, flowing down through your chest and your lungs and your heart, down through your spine and your ribs, gently flowing down through your stomach and your bowels, releasing the tension and stress and just filling that space with this beautiful healing light. Just notice the calmness and relaxation as it flows through your body.'*

(Pause)

*'At the top of your hips, I want you to again imagine the light separating into two parts; one part going down your left leg, the other part down your right leg. Allow this healing light to gently flow down your legs, down to your knees, down to your ankles and all the way to the tips of your toes, again letting go of any stress or tension you might be holding on to in these areas.'*

(Pause)

*'Now your whole body is full of this beautiful healing light. Just take a moment or two to notice the wonderful feeling inside your body, like a sunshine glowing, the warmth inside, and just enjoy the feelings it is creating with the healing light flowing around, making sure it reaches every part of your body. Any areas where there might be a slight blockage just give yourself permission to let go and allow the light to gently dissolve away the stress in that area.'*

(Pause)

*'Still keeping your eyes closed, I want you to imagine roots coming from the base of your feet, spreading deep, deep down into the earth below, spreading further and further down, making you feel very secure, very strong and grounded. And I want you to imagine your body is like the trunk of a wise old oak tree, full of this healing light, feeling very secure in the ground below.'*

*Now I would like you to imagine that you are surrounded by a protective bubble, a very special bubble that only allows the positive thoughts and moments in life to enter. Any of the negativity or stress from the outside world just bounces off the edge of the bubble, sent back into the universe. But the protective bubble surrounds you and allows the good positive, happy thoughts through. You may wish to fill the space between yourself and the edge of your protective bubble with more of the healing light, making you feel even stronger, even more secure.'*

(Pause)

*Holding on to this beautiful image of you being this strong wise oak tree, full of the beautiful healing light shining within, with strong deep roots into the earth and completely surrounded by this very protective bubble, I want you to very gently in your own time, start wiggling your fingers and wiggling your toes, just slowly become aware of the surface that you are lying or sitting on, just start noticing..... and very gently when you are ready start opening up your eyes and coming back into the room, feeling much more relaxed, calm and very grounded.'*

**Ref:**

Dent, A (2019). Using Spirituality in Psychotherapy: The Heart Led Approach to Clinical Practice. Routledge.