

## *Uplift Your Heart*

Begin in a comfortable position. Use any props you need and make any adjustments you need to feel relaxed. Allow your eyes to close and your breath to soften.

Let your legs and arms relax, as if they suddenly became heavier. Take your awareness into your torso, your chest, and now the very centre of your heart. Feel the softness and tenderness of your breath here. Let the sensation of your breath allow you to become more and more relaxed. As you relax deeper and deeper allow your heart to feel lighter and lighter.

Now visualize a soft light at the centre of your heart. Give this light a colour that you find relaxing and soothing. Visualize this light glowing and pulsing with the rise and fall of your gentle breath. Allow this pulsing to bring you even greater relaxation and allow your heart to feel even lighter.

This soft light at your heart centre is where your true self resides. Your true self is free of judgement, free of blame, free of fear, free of anger. Your true self is kindness, compassion, complete and encompassing love. Allow this gentle light to begin to expand into your chest from the centre outwards. As this light grows feel the sensation of warmth, deep relaxation and a light heart.

Visualize your light from your heart centre reaching into your upper back, your shoulders, your arms and hands. Now down your spine, your abdomen, your hips, your legs and your feet. Feel the warmth of this light, your true self rise into the space between your eyebrows and all the way to the crown of your head.

Your whole body now glowing in complete warmth and all-embracing love. The more this light extends the more relaxed and uplifted you become.

Allow your light to extend outward towards the other lights in the room, the building, the street, the community, the country, as far as you can take it. Know that your true self is never alone. Your light from your heart centre is always extending itself to other lights even when you are unaware of this. Let this knowledge bring you peace of mind and comfort to your heart. Still allow for deeper relaxation and a lighter heart space.

Slowly bring your light and your awareness back into the room, into your heart centre. Whenever you feel isolated or unsure of your place in the universe bring your awareness to this light in your heart space, your true self; and feel the extent of your divinity all around you.

Namaste

