

Body Scan with a Healing White Light

Begin by bringing your attention to your body. Notice how you are seated, feeling the weight of your body on the chair.

You can close your eyes if that's comfortable for you, or gently direct your gaze downward towards the floor.

Take a few deep breaths.

Picture a circle of healing, white light directly above your head. This white light will enliven your body and infuse every cell with vibrant, healing energy. If there are any abnormal or cancerous cells present in your body, the healing white light will transform them into healthy cells. And as you exhale, have a sense of releasing any toxins that are present in your body and feel yourself relaxing more deeply.

Now watch as the light descends over the crown of your head, and expands to circle around your head and face. Relax your jaw and let your facial muscles be soft.

The light now moves down around your neck and throat. Let this area relax and soften.

The light expands to envelop your shoulders and arms. Feel any sensation in your arms. Let your shoulders be soft. Notice the light around your hands. Are your hands tense or tight? See if you can allow them to soften.

The light moves to surround your chest, back and abdomen area. If you feel any tension or tightness, let it soften. Take a deep breath in and feel the white light infusing every cell with a vibrant, healing energy. If there are any abnormal or cancerous cells present, the healing white light transforms them into healthy cells. As you exhale, any remaining toxins and abnormal cells are eliminated.

Take a few deep breaths.

Now you can notice the light moving downward around your thighs, knees, shins and ankles. Notice any sensations in your legs of pressure, pulsing, heaviness, or lightness and send the white light anywhere healing is needed here.

The light moves downward to surround your feet on the floor. Notice any sensations in your feet, the weight and pressure, vibration, heat. Feel the strength of the earth below you, pushing up and supporting you.

Next, watch as the white light expands to surround your whole entire body.

Take one more deep breath in, and as you exhale release the white light from around your body and send with it any remaining tension or toxins.

As you return to the room, feel your body in your chair and your feet on the floor. Gently start to wiggle your fingers and toes. And when you're ready, you can open your eyes.