

VISUALISATION & PAIN RELIEF

This works as your mind accepts the messages you feed it. Thoughts and visualisations work as your mind and body try to align them as one.

Make yourself comfortable in a quiet place and allow 15-20 minutes.

Let your body become relaxed, still and quiet.

Begin your breathing practice and awareness.

If thoughts come then just acknowledge them, don't react to them and let them go again without following them.

Enjoy the peaceful feelings and begin your visualisation.

Imagine yourself floating in a warm blue healing pool of water, either outside or indoors.

Imagine the healing blueness soothing and enveloping you, releasing anything you don't need at this moment – like a pain or an emotion. Let this all float out and away from you.

Feel yourself cradled and healed by the blue water.

When you feel relaxed, take your mind to the area that hurts. Be aware of it but stay relaxed as you ask yourself what the pain is like:

- Is it a colour?
- How big is it?
- What shape is it?
- Is it hot or cold?
- Is it crushing or tight?
- Are there any associated memories? Is it trying to tell you something?

The information that you pick up may be fleeting, but that doesn't matter. Just use the first images that come into your mind.

Now let's change the image...into being positive, strong and clear...

- Change the colour into a calming softer soothing colour (imagine the shades on a paint chart and keep in the same spectrum but lighter).
- Reduce the size of the pain.
- Make the shape softer.
- Change any extreme heat or cold into pleasant warmth.
- Change the sensation into a looser relaxed one. Undo the tightness. Release the crushing pressure.
- Turn those memories into pleasant and positive ones.
- Befriend and listen to the pain, turning that into a calming and peaceful experience.

Imagine healing light soothing the hurt. Be inventive - visualise the image changing until the sensations are reduced and you are more comfortable.