



## Anchoring the Light (Healers' edition)

For World Light Healers, this visualisation is a daily 'must-do' because Anchoring the Light infuses you with the life energy of your spirit and soul. At the same time your whole physical self is nourished by the Earth's energy, which is essential for effective healing. The balance of these two energies produces a calm, 'can do' grounded confidence.

- Choose a quiet, comfortable place to sit or lay down.
- Close your eyes. Focus your mind on the breath. Let it be what it is. Rest.
- Any thoughts that drift in and grab your attention gently sweep off to the side.
- Allow your breathing to slow and become deeper.
- Imagine you are standing on a grassy playing field. You can feel the soft green grass beneath your feet, between your toes.
- Now imagine drawing a circle on the ground around yourself. This circle represents your personal energy field. This is your circle of power.
- Standing in the centre of your circle, feeling the soft green grass beneath your feet, think about the things that are nourishing to you in life.
- With these thoughts, imagine a warm ray of energy starting at your feet, flowing up your body moving high above you.
- Now visualise a warm ray of sunlight flowing down, over your head, down your body to your feet and into the earth below you.
- Allow the two energies, up from earth and down from the universe to mix within you, filling you up and expanding throughout your body.
- Once you are filled with the mingled warmth and light, allow it to radiate from the centre of your chest out to the edge of your circle. Keep filling your circle, maybe forming a protective buffer of soft, spongy, nourishing energy around the outside perimeter.
- Exit when complete. (end)

\* Siramarti Practitioners: This visualisation should be used in combination with *Disentangling with Love*' as these two used together draw you to the centre of your spiritual essence, free of outside influences.

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