

Peace of Mind

KEREN LUDSKI
B.A (psych) Dip, Prof Couns., MACA
ABN 92 520 269 955
email: info@pofm.com.au
www.pofm.com.au
P: 03 9500 8381
Mob: 0418897894

Pointer for a Achieving a Relaxing Meditation

1. Take the time to relax every body part. Visualize each body part relaxing and letting go.
2. Bring your attention to your breath. Count your breath if this helps you to focus. You can count each inhalation and each exhalation. If you lose count, then you return to one again. Your breath is your only focus.
3. Imagine yourself in your favourite spot. Observe the sounds, the smells, and the environment around you.
4. Breathe in healing, golden light into your heart. Imagine the sphere of golden light filling your entire body.
5. Surround yourself in pure white light. This is your protection from external stresses and tension.
6. Visualise an imaginary washing line hanging in your favourite spot. Take time to hang out all your stress and tension on the line and watch them blow away.
7. Imagine yourself in your gold bubble. Nothing negative can penetrate the skin. You are surrounded by only positive energy. Visualise a pin in your hand that pricks the bubble and lets out anything negative that you have taken into the bubble with you. The skin then magically reseals itself allowing only positive energy to remain in the bubble.
8. If you have a mantra use it. It is your focus. It is there for you. It should never be told to anyone.

Enjoy this time. It is your special time. Time just for you to be whoever you want to be and to feel whatever you want to feel. Remember any meditation is a good meditation. There is no right and wrong. There is only peace and calm.