

Relaxation and Self-Healing

Beforehand:

- Choose somewhere to meditate where you are unlikely to be disturbed.
- Switch off your phone.
- Ensure you will be warm enough (body temperature can drop during relaxation).
- Sit comfortably upright with your back supported, both feet flat on the floor, (it's ok to lie down if you need to).
- Having a glass of water to hand is a good idea in case you get thirsty.

Helpful Tips:

- Allow yourself to respond to the words and images rather than trying to make something happen - trust in the power of suggestion. (Meditation is **more about being** and **less about doing**).
- Let go of expectations and judgements (ie: the need to get it 'right').
- Allow yourself to be with each moment as it passes.
- Give yourself time to settle into the meditation.
- Give yourself permission to be just as you are right now.
- If you want to stop at any time it's ok to.
- Enjoy!

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*Track 1: Chakra Healing Meditation 26min

Track 2: Colour Healing/Protection Meditation 22min

Track 3: Meditation On A Smile 26min

* Chakras are 'subtle energy' centres closely connected with our health and well-being, and self-development. Meditating with the chakras helps them to re-balance and support us to move towards healing.

Do not attempt to listen to these meditations under the influence of alcohol or other recreational drugs, or whilst driving or using dangerous machinery.