

The Stress Calming Technique

(This is a meditation that we learned in Natural Healing)

Step 1:

Place the right hand over the left hand, interlocking the web of the thumbs. The right ring finger and index finger will flank the left wrist while the middle finger will run up the back of the left wrist and forearm. Next, place both hands over your belly-button/ navel. Hold your hands in this position until the exercise is over.

Close your eyes and visualize a spark of white light inside your body (usually in the area of the chest). Use your breath to mentally fan this spark to make it grow bigger and brighter.

Step 2:

Once the spark is the size of a tennis ball, use your breath to spin this ball of energy in a clockwise direction (as if a clock sat on your chest).

With every breath, the ball of energy will spin faster and will grow until it fills your entire body.

Take a deep breath in and visualize the energy pop out of your body to surround a space 6" around your entire body.

With the next deep inhalation, suck the energy back into your body (just under the skin).

Step 3:

Now picture a pool in front of you that appears to be filled with liquid diamond. Dive into this pool so that the diamond covers every crack and crevasse of your body. Step out of the pool and the diamond will dry instantly forming a free-flowing solid diamond covering for your body.

Take a deep inhalation and push the energy inside your body out against the diamond covering to make it extremely taut.

Jump back into the pool and repeat the dipping process. Climb out and it will be dry and completely flexible.

Step 4:

Now picture another pool of soft pink foam liquid. Dive into it and be sure that there are no air bubbles over the flexible diamond. Climb out of the pool and the pink foam will be completely flexible and dry.