

Moon Light Visualisation

Stretch your arms and legs out wide.

Stretch your fingers and toes as much as you can. Take a deep breath in, and then relax your whole body and breathe out through your mouth. Lets do that 2 more times.

Stretch your fingers and toes as much as you can. Take a deep breath in, and then relax your whole body and breathe out through your mouth. Close your eyes and let your whole body take a rest. Imagine that you are lying in a beautiful garden at night time. You feel safe and calm. You see the stars glittering in the sky above you and the bright moon shining down on you.

A bright white light from the moon, fills up your whole body. The light is so beautiful and it makes you feel relaxed and calm. The light gets brighter every time that you take a deep breath. Let's stay here feeling this beautiful moon light shine on us for a few more breaths.

[PAUSE FOR 3-5 BREATHS]

Take a deep breath in and out, Slowly start to move your body. Stretch your arms and legs out wide.

Pull your knees into your belly and give yourself a big hug. Roll to one side and come to a seat.

Rub your hands together until they feel warm. Place your hands on your eyes. Slowly open your eyes.