

# White Light Visualization

***Helps to connect with a sense of peace and well-being, and create a layer of loving protection***

Close your eyes, take a couple of deep cleansing breaths. Picture a white light at the top of your head filled with healing energy. Pour the energy through the top of your head (filling all of your cells and organs with new healthy cells.) See white light going through each part of your body, as you do notice the tingling and a sense of peace and well-being.

After you pour the energy from your head to your toes, surround your body with the same white light creating a layer of protective love energy permeating your body.

Repeat in your mind 3 times: ***“every day in every way, I am doing better and better and better and so it is...”***