

Guided Imagination for Energy Healing

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NOTE: This script helps the listener channel healing energy to themselves or others.

SCRIPT STARTS HERE:

Begin by finding a comfortable seated position, with your spine straight and your feet planted firmly on the ground. Take a deep breath in, and exhale slowly.

As you continue to breathe deeply, bring your attention to your breath. Imagine that with each inhale, you are breathing in positive, healing energy. And with each exhale, you are releasing any tension or negativity from your body.

Visualize a bright, healing light surrounding you. This light fills you with positive energy, bringing a sense of peace and relaxation to your body and mind.

Now imagine that you are standing in front of a healing chamber. This chamber is filled with bright, healing energy.

Step inside the chamber, and feel the energy surrounding you. Take a moment to allow your body to absorb this energy, feeling it flowing through you, healing and rejuvenating you.

Visualize the energy flowing to any areas of your body that need healing. If you have a specific area that needs attention, focus the healing energy there.

As the healing energy flows through your body, allow yourself to relax deeply. Let go of any tension or stress, and allow the healing energy to do its work.

Visualize any blockages or negative energy in your body being cleared away, replaced with positive, healing energy.

Take a few moments to allow the healing energy to flow through your body, continuing to breathe deeply and relax.

When you are ready, visualize yourself stepping out of the healing chamber. Know that you can return to this chamber whenever you need healing and rejuvenation.

Take a deep breath in, and exhale slowly. When you are ready, slowly open your eyes and come back to the present moment.

Remember to carry the positive, healing energy with you throughout your day, knowing that you can return to the healing chamber whenever you need to.