

# SUPERHERO visualisation

As you take a deep breath in and out, I would like you to picture yourself as a superhero...

What colour is your superhero outfit? What are your superhero powers? Do you have lots of super hero friends?

Now, without moving, but imagining you are standing tall like a superhero, you feel strong and you feel special.

Superheroes experience a lot of different energy while they are carrying out their superhero duties, some of the energy is negative.... but they have learned how to transform negative energy into positive energy and then release it back out into the world.

Negative energy isn't always easy to see – it can sometimes hide, so we are going to use our super vision to see it. The negative energy is like a cloud swirling around you.

Everyone's negative energy is different – it comes to us when we are feeling down, upset or angry....what type of cloud do you see? What colour is it....? Is it dark or light....? Thick or thin....? Does it have a horrible smell....?

Where is it when you are feeling down? Is it above your head? In front of you? Is it all around you? We are going to use a superpower that takes negative energy and transforms it into something amazing!

On your next breath in, breath in deeply and bring all of that negative energy in – right down to your tummy – don't worry as something super is about to happen!

Negative energy is no match for the brilliant, radiant, positive energy inside you!

From the moment you breathe it in, that negative energy is beginning to transform into pure positive energy.

What colour is it....? Does it shine, sparkle or glitter....? Does it have a nice smell....?

With each breathe in, you draw in more negative energy and with each breath out is being transformed into bright, beautiful positive energy.

Draw that negative energy around you and breathe it in deeply, and as you do, your body transforms it to glistening positive energy.

Negative energy isn't really real, as what we think of negative energy is really positive energy that's not being put to good use. Picture that positive energy surrounding you like a bright cloud, it protects you from negative energy and with each breath the negative energy becomes smaller and the positive energy bigger and bigger.

You can make so much positive energy.... you don't have to keep it all for yourself, breathe out and blow positive energy out into the world....let it flow across the universe towards someone that needs it.

Maybe there is someone you know who could use some positive energy... picture them as you blow out and send that energy towards them.

Or maybe there is a person who has created some negative energy around you – breathe in their negative energy and blow all that positive energy back towards them to help them feel better

Keep breathing in and out until you have created as much positive as you need and keep picturing that bright cloud of energy surrounding you.

You can create positive energy any time you want and the more negative energy you have around you, the more you can transform into positive energy.

Now, gently open your eyes.

Well done, you did brilliantly - you really are a superhero!