

## HAPPY HEART

Take a nice deep breath and close your eyes.

Did you know you can go anywhere you want simply by using your imagination? Today let's take a journey into our own hearts – a very special, beautiful place.

There are times when we might feel sad or down, and that's ok. Anytime we feel sad, we can check in with our heart. We can choose to surround ourselves with a beautiful glowing light to bring ourselves comfort during worrisome times.

First, you might see this as sunlight – warm, calming, soothing to your body and mind. It might be yellow and misty. Breathe it in deeply and allow it to relax and comfort you. Notice how it gives you a sense of peace.

Feel that warm glowing light now surrounding your body.

Watch now as the light changes to soft blue, like the colour of the sky on a clear day. The soft blue calms you and brings you even more peace now. You might begin to feel as if you are drifting on a cloud.

Gently and ever so softly, the light now changes into a pink colour.

Breathe in deeply now as you allow the light pink colour to gently flow into your body and directly to your heart. It helps you let go of sadness and worry as you exhale.

Pay attention to the fact that as you exhale any hurt feelings, pain, or sadness, your heart begins to feel a lighter. The soft, gentle light fills up the space in your heart and removes any sadness or pain. See the soft, glowing light filling up all that space in your heart... gently, easily, and lovingly.