

HEART VISUALISATION

Listen to your breath for a few moments and let your body feel heavy and relaxed.

Think about your heart in the middle of your chest. Breathe in love and happiness and breathe out any feelings that you don't want to hold on to. Feel as though your heart is getting bigger and that your whole body is being filled with love and warmth. Feel that everyone else is feeling this feeling too and now send some of that love to someone special in your life and think about them for a moment or two.

Now bring this love back to you.