



guided relaxation

"Shine Your Light"

with Mellisa Dormoy
of Shambala Kids

Gently close your eyes now and softly repeat, "I am still". Notice your body relax instantly and easily. Allow your body to sink down in your bed further and further, as your muscles become soft and limp. It feels so comfortable. Your body just seems to relax more and more with each and every word you hear.

Imagine now a small sparkle somewhere deep inside your heart. This small sparkle begins to glow brighter now, and you feel it reaching up and expanding out. The glow becomes brighter and brighter filling up your chest. You feel the warmth spreading out touching your tummy, your shoulders.... getting bigger and bigger.... getting brighter and brighter, glowing all the way down to your toes. Now feel your whole body glowing like a radiant star shining out. This wonderful light is your light - your shining light - your personal brilliance. It is all the love in your heart. It is all your possibilities - and your possibilities are endless.

Shine your light wherever you go. Sharing your light makes others happy, and it makes you happy as well. It's a wonderful feeling to share your light, and by doing so, you become a good example to them. When you shine your light brightly, it lets others know that it is okay for them to shine their light brightly too. When we all do this, it makes the world a more beautiful, peaceful place.

Sharing your light can be as simple as sharing your smile, or doing a kind deed. Hold a happy thought about someone, or send a happy wish to someone who is feeling sad. It can mean helping someone who is younger than you, or not as strong as you. All of this is shining your light, and you will discover a wonderful warm, fuzzy feeling inside your heart when you do this. This wonderful feeling comes from doing what you were created to do - feeling and spreading love and joy. Sharing your light means sharing the real you and being who you truly are. It means standing up for what is right and making the choices that feel right in your heart.

Now, allow that bright light inside to become like a gentle shower of fireworks.

See how beautiful and amazing you are? You light up the sky!

As the firework sizzle and flare down, imagine your brilliant light touching the heart of every person you know and will meet. They feel happier just because they know you. How wonderful and blessed life is!

Now I'd like for you to take in a deep breath and bring back all the good feelings you have right now with you as you slowly stretch your body. Open your eyes when you're ready. You have done an amazing job!