



Yoga You
sanctuary



with Ann Simmonett

INNER LOVE VISUALISATION

Relax your body and become aware of your heart, right in the middle of your chest. Keep your mouth closed and imagine that you are breathing in and out of your heart, breathing deeply, and aware of each incoming and each outgoing breath.

Imagine that the air you are breathing is a golden colour... like a mist... which you are taking inside your body through your heart, and allowing it to spread throughout the cellular structure of your being. Fill your body with golden mist. Feel that every time you breathe in, you are cleaning out your whole body with golden mist, and it brings with it so many positive qualities, giving you all kinds of goodness – love, happiness, honesty, peace and understanding.

And each time you breathe out, imagine all the things you do not like or want – all the negativity, unhappiness, anger, worries and other stressors that you may have – passing out of your body from your heart centre.

Become aware of the steady and rhythmical beat of your heart, singing out its song of life, and then send feelings of appreciation and gratitude to your good heart for all the life-sustaining work that it does.

Allow feelings of appreciation and gratitude to radiate out from your heart in all directions throughout your being, bathing every cell of your being in these positive emotions.

Allow these feelings of appreciation and gratitude to radiate out from you as an individual and spill into all of life around you.

Om shanti shanti shanti,
peace peace peace...



*Namaste,
Ann x*