



Hold Your Light Meditation

by Tammy Kohlschmidt

*R*elax your body comfortably.

*B*reathe easy.

*N*otice your belly and chest rise and fall.

*B*reathe easy in through your nose and out through your nose.

*F*eel your belly rise and fall.

*B*reathe easy as your chest rises and falls.

*V*isualize and feel the color red move into your feet and travel up your legs. Let it land. This is your grounding.

*S*ee orange move up your body and land in your pelvis. This is your creativity and your belief in possibility.

*A*llow yellow to ease its way up your body and fill your belly with calm. This is your empowerment.

*A*ccept the color green into your heart and chest space. This is your expansion. It refreshes every cell in your body and creates your force field.

*M*ove the color blue like a stream of water into your throat. This is the center of your truth. Bathe your truth in the waters of blue.



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Feel indigo blue surface from your head and shine its colored light out through your third eye. Clarity lives here.

Enjoy the color violet as it spirals and floats at the top of your head. This is your connection to divinity.

As this light anchors in your awareness, you are holding your light.

You are giving yourself the greatest gift of all.

Your light.

White light extends all around you. It moves within you and through you.

All cells are bathed with the vibrations of ...

Grace

Balance

Love

Peace

and Ease.

Breathe easy as you continue to hold your Light.