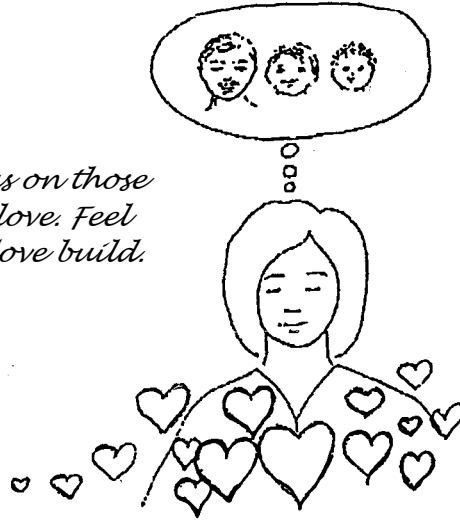


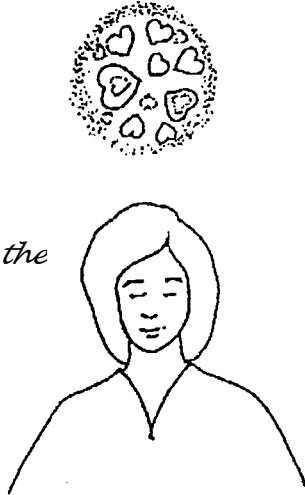
1.
*Visualize a
ball of white
light 10" to 15"
above your head.*



2.
*Focus on those
you love. Feel
the love build.*



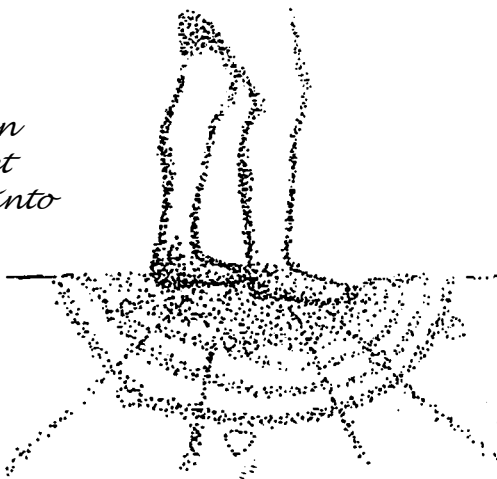
3.
*Put love into the
ball of light.*



4.
*Visualize a
column of
light flowing
from the ball
into your
body down
to your feet.
Every physical
cell it touches
changes into
pure light and
love.*



5.
*Light can
leave feet
and go into
earth.*



6.
*Or turn light
upwards
and out.*

7.
*Be this
Light in
the World.*

Courtesy Dr. Bud Rickhi,
Integrative Medicine Institute,
Calgary, Alberta

Light and Love Meditation