

## Healing Light

(Developed by Rebecca Kase)

**Purpose:** To help a client feel grounded and at ease, peaceful. May also reduce pain or discomfort in the body.

**Considerations:** May be challenging for clients with high levels of dissociation.

**BLS:** You may use with or without BLS, speed slow and short. If using BLS be sure to have this established and ready to go.

Take a moment to help get your client into a grounded state. Start with a couple of rounds of intentional breathing, or grounding with the 5 senses, a quick body scan, etc.

Therapist:

*“I’d like to offer this grounding meditation, which can sometimes be helpful in just feeling good. Are you open to trying this? Know that we can stop at any time if something doesn’t feel right to you.”*

*I invite you to close your eyes if that feels comfortable, or to just find a soft focal point to let your eyes softly gaze at. Take a moment and get centered.*

*Now, in your mind’s eye, envision a healing ball of light hovering just above the crown of your head. It can be any color that you associate with healing. What do you notice?”*

Get feedback to ensure that client is able to connect with this.

*“In a moment, this healing ball of light is going to direct it’s way down throughout your body in efforts to relax and heal your physical and emotional body. I will talk you through points of the body and as I name each space, just envision this ball of healing light moving through these spaces, dissipating any diss-ease or discomfort. I will stop and check in at various points to see how you are doing. Please give me a word or a few words to let me know what you notice.*

*Bringing your awareness back to this ball of healing light, picture it starting to move down over the crown of your head. Back of the head and neck. Forehead, brow, temples, eyes, nose, cheeks, jaw, chin, front of the throat.*

*Let go of any tension in these spaces, picturing this healing ball of light moving through these spaces.*

*What do you notice?* (Add short and slow BLS to Positive experiences; redirect and refocus as needed)

*Now picture this healing ball of light moving over your shoulders, down your arms, over your elbows, down your forearms, wrists, hands, all the way to your fingertips. Move your awareness back up your arms now to your shoulder blades. Allow the shoulder blades and upper back to release and relax, become heavy, as this ball of healing light moves its way through.*

*What do you notice?* (Add short and slow BLS to Positive experiences; redirect and refocus as needed)

*Now picture this ball of healing light moving down the length of your spine. As it travels down your spine it releases discomfort, pain, tension, throughout all of the muscles, vertebrae, tendons, bones. This healing light travels all the way down to your tail bone.*

*What do you notice?* (Add short and slow BLS to Positive experiences; redirect and refocus as needed)

*This healing light now moves down through the front of your body. Over your rib cage, taking its light through your heart and lungs. Down into your abdomen, circling throughout the organs.*

*What do you notice?* (Add short and slow BLS to Positive experiences; redirect and refocus as needed)

*Continue down through your pelvis now. Over your hips and down your thighs.*

*What do you notice?* (Add short and slow BLS to Positive experiences; redirect and refocus as needed)

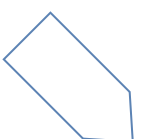
*Traveling down now over your knees, your shins, calves, ankles, foot, all the way down to your toes.*

*What do you notice?* (Add short and slow BLS to Positive experiences; redirect and refocus as needed)

*Now track this healing light back up your body to the crown of your head. Moving slowly up from the toes, through the legs, the lower body, the abdomen, the rib cage and shoulders, neck, head, crown of the head.*

*Notice the entire body being enveloped in this healing ball of light. Allow this healing light to travel through all your organs, cells, tendons, muscles, bones, throughout all of your physical and emotional body.*

*With each breath this healing light expands throughout all spaces of your being, filling you with peace.*



*What do you notice?* (Add short and slow BLS to Positive experiences; redirect and refocus as needed)

PAIR WITH POSITIVE STATEMENT:

*Are there any words or phrases that reflect your experience or what you believe about yourself right now?*

Client may report something like: I am calm, I am peaceful, I feel heavy

*Notice those words \_\_\_\_\_, and all of your experience right now.*" (Add short and slow BLS to Positive experiences; redirect and refocus as needed)

CLOSURE:

*"Take a few more moments to resonate here with the experience within your healing ball of light.*

*Now, start to become aware again of the room you are sitting in. Notice the sounds around you, the temperature, the couch. At your own pace, when you are ready, slowly make your way back to the room."*

Debrief with client about their experience.

