

The Pink Light Technique

This technique has been used for thousands of years to heal relationships. It can be used once a day and should take no more than about five minutes. Use the technique without expectations or judgments. Its effects can be profound.

1. Close your eyes and get yourself in a loving space. Remember a time when you felt loved.
2. In your mind's eye, picture pink loving light radiating out from your heart and surrounding you.
3. Now bring to mind a loving image of yourself. Bring that image in front of the pink light bubble surrounding you and picture yourself covering the image with pink light. When the image is covered, let it go.
4. Next, bring in a loving image of each member of your immediate family – mother, father, siblings, children, etc (even if deceased). Cover each person in a ball of pink light, then let them go and move on to the next person.
5. Bring in an image of anyone who you have an emotional charge or discomfort with. Cover them with pink loving light and let them go.
6. Allow anyone else to appear, cover them with the pink loving light and let them go.
7. Finally, return to the loving image of yourself. Cover that image of yourself in pink light, then let it go and open your eyes.

Easy!

If you can't visualise pink loving light don't worry – just have the intention of doing so.

If you find it hard to conjure a loving image of a person, just picture them in front of you. If you cannot do that, then picture them standing far away from you or facing away from you.

When you're doing this exercise, cover anyone who appears in pink light – don't push them away. Once they're done, assume they're done for the day and don't need to be done again.

Seems too simple to make any difference doesn't it? But if it made a difference, if it healed your relationships, wouldn't you take a few minutes to do this each day?

Just try it.

This healing technique is shared by the Ishayas of The Bright Path. For more information about the Bright Path meditation techniques, see www.thebrightpath.com.