



Therapeutic Massage, Hot Stone Massage, Reiki & more . . .  
*Improve health & state of mind. Ease muscle & joint aches & pains.*  
**Just for a while . . . It's all about You!**

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## Healing Self-Care Meditation

Make yourself comfortable in a chair or on the floor. Gently close your eyes. Begin with a full deep and easy breath. As the air flows into your body, imagine that it contains soothing healing properties. Let the air gently leave your lungs. As you draw in another full deep breath, feel your chest expanding. As you let your breath leave, feel the tension in your body leaving with it. Imagine that your breath is flowing throughout your body healing and soothing. As you take in another breath feel the healing energy move deeply into your body. With every deep slow breath - in and out - your body is becoming more relaxed.

Be aware of any tightness in your body. With your next deep slow breath take its healing energy to that place. As you let your breath go, let the tightness go with it.

Give yourself permission to relax. When thoughts arise, set them aside. When you are through you can collect those that need attention and leave those behind that no longer serve you. As you slowly breath - in and out - you will become more and more relaxed. With your eyes closed picture yourself happy and healthy. See your body bathed in a warm glow as if the sun were energizing your body. Let all negative thoughts flow away. Breath - in and out - in and out - in a slow rhythmic pattern.

Note how much lighter you feel. You are feeling relaxed, warm and comfortable as you continue to bath in the soft glow of the healing, soothing warm glow. Take a while to enjoy these moments of inner serenity and tranquility.

Slowly return back to the here and now. Open your eyes. Take time to look around yourself. You feel refreshed physically and emotionally . You are ready to meet the challenges before you. Rise slowly.

Drink a glass of water that is room temperature. Know you can return to that state of relaxation any time you wish. With practice you will be able to refresh yourself most anywhere.

Suzanne Brown

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If you would like to schedule an appointment in Essex, Gloucester and Rockport, Massachusetts, please call 617.678.1075.