

Hands of Light

You are receiving hands of light. You will be touched, brushed, moved, and positioned in ways that will help your body best receive this light. With more light, you and your body will have more clarity and awareness.

You may find yourself becoming very still. Light brings lightness. You may very well feel lighter.

Introducing light into your body is one of the highest forms of neurological nutrition, a form of feeding your body energy that enhances function and presence.

You are a participant in this process. You can simply receive this light, breathe it in, or move however you feel inspired to unwind and release tension.

As light makes its way into your body, it makes room for more light. Besides feeling lighter and clearer, you will be more in touch with your inner wisdom.

Be open, rest, and allow light into your body. Enjoy.