Make yourself comfortable in your seat.

Place your right hand over the left with thumbs touching.

When ready allow your eyes to close or focus ahead on an object or spot – whichever feels more comfortable to you.

Allow time for your body, mind, thoughts and breathing to settle.

Allow yourself to sink into the chair and feel it gently pushing back on you as you balance with the force of gravity.

Allow your mind to turn off to the business of your day. What has been has been. What is to come will come in its own time. Our mind is concerned only with this moment. The awareness of now.

Allow your mind to focus on an imagined object (like a lit candle) or a location that is special to you (like a beach at sunset). Imagine yourself there. Allow yourself to

When an external thought arrives, accept it; bat it away into the distance; and refocus your mind.

Enjoy the space around you. Sense the tranquillity. Allow your mind to be in the moment.

When an external thought arrives, accept it; bat it away into the distance; and refocus your mind.

Feel the inner peace within your mind body. Allow your neck and shoulders to relax. Release any tension from your arms and back. Soften your legs and feet. Sense your fingers toes. Allow your body to be light and free – like a balloon drifting on a gentle breeze.

Bring your attention to the breath – breathing in and out through the nose.

Notice the cool air on your nostrils as you breathe in and the warmer air on the way out.

Sense the space between the incoming and outgoing breaths and allow your body to find its natural rhythm.

When an external thought arrives, accept it; bat it away into the distance; and refocus your mind.

Again, notice the cool air on your nostrils as you breathe in and the warmer air on the way out.

Again, sense the space between the incoming and outgoing breaths and allow your body to find its natural rhythm.

As you inhale, you breathe in light, life and energy. As you breathe out, your release your tension as thick black smoke that dissipates into the air.

Again, breathe in light. Life and energy. Breathing out tension as thick black smoke.

Sense your energy at your heart chakra. This is in the centre of the chest in line with your spine. The resonant frequency for this is the colour green. Drinking in as much as you need, allow the green light energy of love, compassion, empathy and forgiveness resonate through your spinal chord from the Earth up through your heart chakra. Allow its energy to recharge and invigorate your body; bridging both your lower and upper energy centres through healing and calming.

If you like, you can imagine opening your crown chakra – the connection to your inner spiritual self; your inner light; your inner life. This spinning chakra radiates an intense beam of white light that connects us to a higher level of consciousness, realisation and liberation from earthly thought forms and the potential to aligh ourselves with the formless. Breathing in the colour white, focus simply on being. Focus on the present. Focus on you; the ‘I Am’ – conscious; mindful; compassionate; aware and present. Allow your mind to journey beyond thought and form to the formless dimension of consciousness and transcendence.

Sense the inner spaciousness that is the source and essence of the spiritual you. Enjoy your awareness of the conscious mind in the present. Know this potential is with you at all times.

When an external thought arrives, accept it; bat it away into the distance; and refocus your mind.

Breathing in light, life and energy. Breathing in compassion, peace and love.

When you are ready, allow your chakras to close – the thought of intent is enough.

Start to become more aware of your surroundings; use your senses to explore the environment around you.

When you are ready, open your eyes and enjoy a few moments to align yourself with your surroundings. Stay firmly in the present. Notice your recharged energy as contentment, compassion and inner peace.