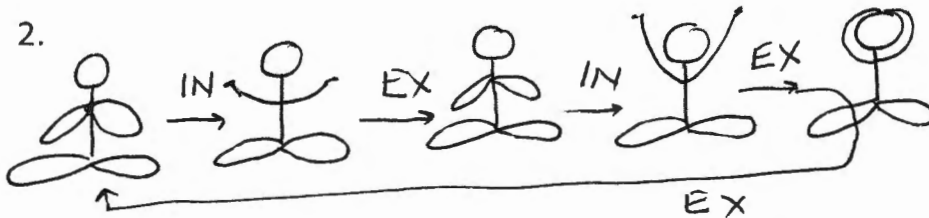


Practice with Light and Touch
Kathy Ornish, 2013

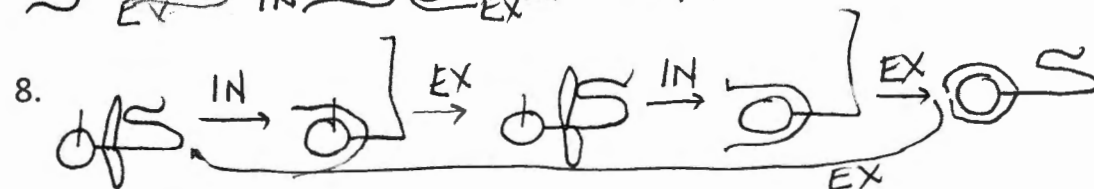
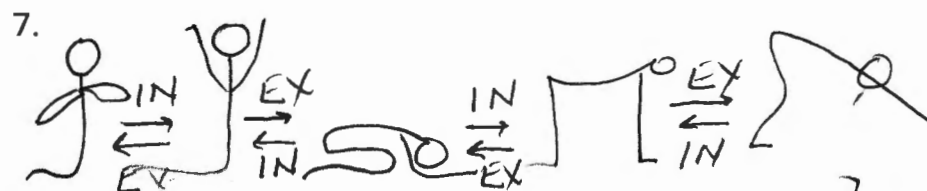
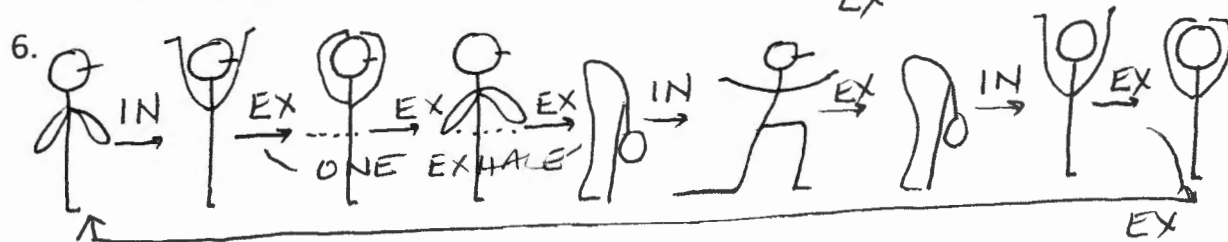
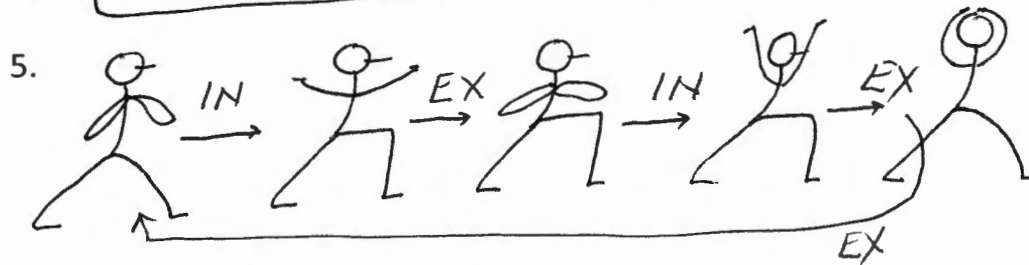
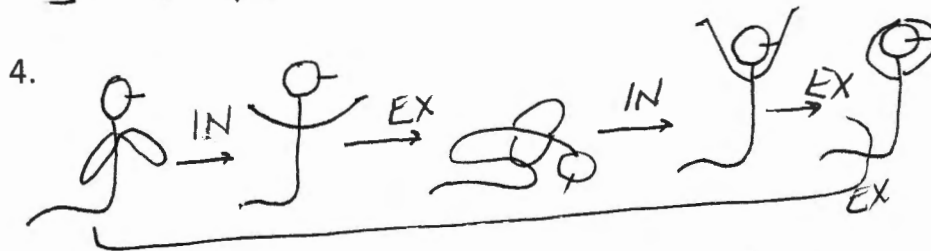
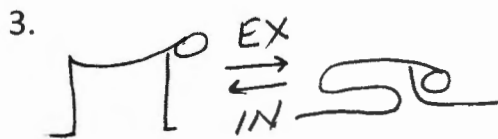
This practice entails you imagining the gathering of light in the hands as you reach and then imagine that light being drawn into the head and heart. It has a devotional quality.

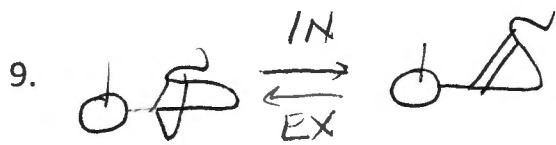


While sitting, take a moment to tune into the state of your mind and the state of your heart.



ONE EXHALE AT END
 TO TOUCH CROWN THEN
 HEART. PATTERN
 THROUGHOUT





INHALE and imagine light moving into the head through the crown
EXHALE and imagine that light moving from the head and down into the heart



- Let the breath be free and uncontrolled. Hold your attention at the heart center and see light.
- As the breath moves in naturally on inhale, see that light expand (perhaps beyond the body).
- As the breath moves out naturally on exhale, see that light return back to the heart.