



## Visualisations – Liquid Gold

Find a warm, safe and quiet environment to do this meditation. Any loud sudden noises can be very frightening when you are in such a relaxed state of mind. So do your best to ensure that you won't be disturbed. You can do this visualisation sitting comfortably in a chair or lying down.

Take three deep breaths, in through your nose and out through your mouth. Feel yourself relaxing into the chair so that you are totally supported, warm and safe.

Now take your attention to your feet and visualise a beautiful golden liquid begin to enter you through the soles of your feet.

Visualise it moving slowly up into your ankles and legs filling you with love and warmth.

Continue to watch this golden liquid move slowly up to your knees, thighs, hips, and then into your chest, caressing and healing you as it moves on up to your neck and then to your head.

Then allow the golden liquid to move down your arms, elbows and into your hands. Feel the warmth and energy of this healing in your hands.

Allow yourself time to feel it nurturing and healing you as it moves around your body enveloping every part of you.

After a few minutes begin to focus on you feet once again and just start to move them a little as you begin to feel yourself coming back round again. Then start to slowly move your hands and then finally open your eyes.