

Healing Attunement

The Sunlit Garden - a visualisation for healing

We can all work together to send out God's healing light to the world.

Close your eyes. Imagine you are walking out of the room and into a quiet sunlit garden...

You walk softly, seeing the flowers and the trees. As you explore deeper into the garden the sunlight becomes brighter...the stillness grows. The sunlight is pouring down upon you and there is a feeling of warmth and light in your heart, as if the sunshine was there too.

Now see right in the golden disc of the sun anyone you know who is unhappy or unwell and you want to help. See them perfectly well and happy in the healing light of the sun.

Then hold any part of the world where there is suffering or fighting. Name this part of the world and see the light of the sun healing everything. We hold all the world in God's healing light.

Then you quietly make your way back from the sunlit garden and open your eyes when you are ready.

