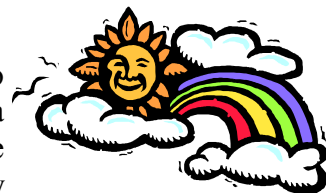


## Prosperous Meditation: Meditation and the Use of Light

### Introduction

I have emphasized the importance of the “White Light Meditation” as a way to learn how to meditate and to clear negativity or negative energy if you will. In this issue we will go a step further and combine the “White Light Meditation” with other uses for light. There are many meditations that use light and the concept of “light” as healing is well known in many spiritual and cultural traditions. Science has also begun to study the use of light for healing. In the following meditations it does not matter whether you think of light as having healing properties or as a metaphor for healing. Nor do you have to be particularly proficient in visualization; merely “imagining” or “pretending” indicates intent for these meditations to be effective. I suggest you try them and see for yourself.



### White Light Meditation or How to Clear

Sit comfortably in a chair with eyes closed and back reasonably straight. Extend arms and hands out, palms up on the rest on chair-arms or comfortably on cushion of chair. Observe breathing as it becomes deeper and more even. Imagine an amber (orange-yellow) bar of light extending from the bottom of the spine deep into the ground. Imagine, envision or pretend (visualization is fine but not necessary) that a white light is coming down from above. It begins to surround you and fill the room. The white light freely goes through your body and mingles with the cells of your body bringing a sense of peace. Extend your hands above your head and in front of your body, tips of finger tips slightly touching and “push” the light down with hands like a scan in front of the body. If the hands stop or a resistance or blockage is felt, send extra white light to the area melting it like an ice cube would melt on a hot frying pan. Proceed as before until all blockages are clear. When you reach your lap imagine the white light going down your legs and feet into the ground creating a connection between earth and sky flowing with white light. Notice that you are now in a meditative state and enjoy this for awhile. This meditation clears any stress that is held in the body and can be combined with an “open meditation” or other meditation techniques like those below.

### The Use of Green Light

Now imagine, envision or pretend that you send green light to your body, send it to a specific areas of your body that you wish to send healing intent to. Further imagine, visualize or pretend that this light helps increase the blood supply to the area carrying away waste and cleaning up the area. See pink tissue developing, bones knitting becoming whiter and stronger. Use whatever thoughts or images of healing make sense to you. When you feel an area has been sufficiently focused upon move on to another area of the body and so on until you feel completed. This should not take long, ten minutes should be more than enough.

### Sending Green Light to Others

During the course of our life many have loved ones and friends who become ill. As part of mediation one can imagine, envision or pretend that you are sending green light to that person to help and heal.

### The Use of Orange Light

In my September 06 newsletter I discussed the issue of grief and bereavement. When we have lost someone dear to us or are in the process of doing so we often have great difficulties; there is pain, fear, anger, anxiety, confusion and problems with self. One can use the “White Light Meditation” and then send orange light to the lower abdomen. This in no way replaces crying or grieving but can be comforting and help make you feel more grounded and less out of balance. When distressed and perhaps there is no place or time to meditate simply send the orange light to your lower abdomen and see if this is helpful as well.

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