

# **A message to my Health Wise Open Circle Stay Positive**

**JOANNE JIMENEZ**

Hello everyone,

For all of you who are members of my Health-Wise Open Circle at the SAGB and newcomers who are considering joining in the future, I hope you are all safe and well.

It's a worrying and challenging time for us all at the moment but especially for those of us in the vulnerable category who, must continue to stay at home to remain safe.

With that in mind, I would like to share a visualization gem alongside other very simple practices that can help turn negative thoughts into positive ones to maintain our spirits, healthy and strong.

## ***WHITE LIGHT***

This White Light visualization exercise is a real tonic. You can practice it at any time of the day or night. It can calm your mind and bring you a renewed sense of strength and peace.

White Light is Universal Energy. Imagine a clear sunny day and particularly how the sunrays cast a brilliant, colour less white light over the trees. Or when sunrays burst through clouds in the spring. That's the type of light you're aiming to visualize, a bright white ray of sun.

## ***Practice***

Allow 20minutes of uninterrupted time for this practice. Find somewhere quiet to sit and make yourself comfortable, it could be in a chair, the side of your bed or on the sofa. Uncross your arms and legs and if possible place both feet on the floor as it's good to have physical openness when practicing. Close your eyes and breathe in and out slowly, a few times. Lengthen the out breath so it's longer than the in breath. This will have a relaxing effect.

Still with your eyes closed, picture the situation you would like to heal. It can be your own mental or physical health, like a negative mood, frustration, fear or anxiety. Or it might be an individual, a family member, friend, or work colleague. It could also be a past event that upset you or a damaging relationship in your life. Whatever your subject is, you're going to imagine it surrounded in White Light.

Stay with this visualization, breathing gently and naturally throughout. If your thoughts wander gently bring your focus back to imagining this beautiful bright light surrounding your subject. It's a positive, loving, gentle, soothing White Light that will neutralize negativity coming from the subject.

When you feel like you've come to a natural end, close your practice by imagining a rainbow of colours cascading over you. Then open your eyes and sit still for a few moments.

If you had any inspirations or new thoughts, images, whatever it maybe, that came to your mind, note them down and we can go through them

briefly when we next get together.

## ***WRITING***

Writing is another effective way of working through negative thinking.

Not everybody likes to put pen to paper but it's worth experimenting with this one just once to see if it can soothe mental negativity. It could lead to a better understanding of what is going on in your inner world. Be your own best friend and listen to your feelings.

## ***Practice***

Take a notebook and pen and write down whatever it is that's bothering you. Throw it all out there on the page. Your worries, concerns, anxieties be it past, present or future, however small they are, write them down.

Write freely about whatever is on your mind in whatever format you choose. A shopping list or a long rambling paragraph, it doesn't matter, this is not the Booker Prize of writing it is the ACT of writing that can relieve some of the pressure from your mind. It could be one page or ten pages, whatever feels right for you. Once you've got it out of your system feel free to keep what you've written and look back on it or dispose of it. Whatever the case, by putting words on the page you've lightened the burden.

Or if writing sounds like too much hard work you could start drawing or doodling which can be wonderfully soothing. It's not about creating a work of art this is a 'no pressure' zone. It's a time to see where the pencil or crayon takes you and the expression of drawing that counts.

You'll feel better for it.

Watch your thoughts if you feel yourself going into a negative frame of mind find a way to look at the situation positively.

I really hope there's a nugget in here for all of you and when we're next together in our circle, we'll set some time aside to share your feedback.

In the meantime, please stay safe and I hope to see you all soon.

With love and light,

*Joanne*