

---

# MEDITATION: WHITE LIGHT MEDITATION

---

By Ali Sharifi

To find out more about my full course, check out:

<http://www.Relaxation2Go.com>

Legal Notice: The author and publisher of this Ebook and the accompanying materials have used their best efforts in preparing this Ebook. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this Ebook. The information contained in this Ebook is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this Ebook, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

**As always, the advice of a medical doctor or other professional should be sought before starting any program.**

# WHITE LIGHT MEDITATION

This meditation is used to send healing white light to others or yourself. This is particularly useful for sending white light to people you are having difficulty with.

## Script

Find a comfortable spot to sit or lie down. Close your eyes and relax. In a moment, I'm going to ask you to take a deep breath through your nose, making sure your stomach rises as you inhale. I'll then ask you to hold your breath for two seconds and then to breathe out through your mouth. Go ahead and take that deep breath now, holding it for two seconds and breathing out through your mouth. Repeat this three times. Continue to breathe normally as you allow your body and mind to relax.

Think of a person you'd like to send white light to. This can be you or somebody else. Try to imagine this person in your mind with as much detail as possible. If you don't know what this person looks like, simply picture their name in your mind. Or, if you'd like to send white light to a group of people or a place, imagine the group or area with as much detail as possible.

Now, imagine a ball of white light forming in front of you. If you have trouble visualizing a ball of light, try thinking about something else that's white, like a snowball or volleyball. Once you have this image in your mind, imagine this ball of light extending from your body to the person you're sending it to. Imagine this healing light completely enveloping this person. As you focus your energy on the white light you're sending, you can feel how happy and healthy this person is becoming. Now imagine the white light returning and enveloping you this time. You are surrounded by this warm, comfortable light. Now, feel the light forming in front of you again in the shape of a ball.

You can now end this meditation or send white light to someone else. Continue this until you have sent white light to everyone you'd like. When you're finished, take a deep breath and open your eyes.

If you want to learn all of the ins and outs of meditation, I think you should check out my full course on meditation. You get four audio guided meditations with relaxing music and I explain each one to you in detail, along with other very practical information about how to incorporate meditation into your life.

## **SIMPLE MEDITATIONS FOR COMPLEX TIMES**

Anyway, thank you for your time and don't forget to check out my blog for all of the latest tips and tricks for relieving stress and having a happy, healthy life.

**[Ali's Blog](#)**