

## **Transformation Visualisation**

The following practice serves to acknowledge and release emotional pain while forging a greater connection to the true Self. Be intentional about why you are practicing and what emotion you are transforming.

Give yourself quiet time. As you perform the following practice, remember that it is for you and your wellbeing. You have the right to care for your health and release what does not serve you.

You may practice this after a rough day, before rising in the morning to set the tone for the day (careful not to fall back asleep), at bedtime, or following a yoga pose practice.

It's common for tension to peel away in layers, like peeling through an onion. Often, as one layer of tension falls away, there comes an awareness of tension in another area of the body or mind. Allow yourself to move through the layers naturally, accepting what you find within yourself and maintaining the intention to relax and let go.

Begin by settling into a relaxation posture such as corpse pose or crocodile pose. The meaning of this practice is to release that which stands between you and your true Self. Set a personal intention for this experience by consciously selecting an emotion to transform.

Understand that distress is not your natural state; it covers over who you really are. Begin to separate yourself from the emotional pain of your intention. You can witness it without being so involved, the way you watch wind move clouds without blowing away yourself.

Observe the emotional pain without being actively involved: How does it sound?...What does it say?...What colour is it?...What texture?...How is it shaped?...Does it have a flavour?...What other things do you notice? Get to know the ways that pain presents itself.

Emotional pain is different from who you really are. The true Self is able to separate from pain and witness it.

Envision that true Self: the wise, free, loving [or however you describe this] part of you. Feel your heart connect to the joy that lives within you. Spend at least 10 minutes experiencing a comfortable emotion. Allow it to resonate in your cells, breathing deeply all the while. Realign with the truth of yourself, thus transforming emotional pain into a simple reminder to connect to your Self.