

**The Pink Light Technique is an ancient Ishaya meditation technique to assist the healing process and in the healing of relationships. It is recommended to be used daily.**

## **THE PINK LIGHT TECHNIQUE**

- 1. Get yourself in a Loving space. Remember a time when you felt loved.*
- 2. In your mind's eye, picture Pink Loving Light radiating from your heart, encompassing you in it (like it's a Pink Sphere surrounding you).*
- 3. Bring an image of yourself outside of the Pink Light. Remember a most Loving memory of yourself, and cover yourself with the Pink Loving Light, as if you were icing a cake. Cover yourself with the Pink Light and then let the image go.*
- 4. Then with your immediate family (mother, father, siblings, children) individually bring them in front of you – outside of the Pink Light. When possible, have the image of them in a loving memory. In your mind's eye, picture yourself covering each of them with your Pink Light. Cover them, then, let them go; and move on to the next person. (If you cannot remember this person in a loving memory, just picture them in front of you. If you cannot do this, then bring them in, standing at a distance and/or facing away from you.)*
- 5. Next, bring in anyone whom you still have an emotional charge or discomfort with. (Follow instructions above)*
- 6. Allow time for anyone else to show up; cover them with the Pink Loving Light and let them go as well.*
- 7. Finally, end with yourself and cover yourself again with Pink Light.*

In the beginning, this process should take no more than ten minutes a day, eventually getting down to five minutes. If you can't visualize the Pink Light that's fine – it's the intent that's important. If you only have time to do yourself, that's fine too.

For more information contact

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