

Early Morning

Find a comfortable chair sitting with your back against the back of the chair, hands on your thighs, palms up or down whichever is the most comfortable for you.

Close your eyes and concentrating on your breathing, allowing your breath to become a nice steady rhythm. See your breath as a colour and like the ebb and flow of the tide your breath flows from your feet to the crown bringing pure clean energy and ebbs from the crown to the feet taking away all negative energy, the stresses and stains of the day leaving your body in a grey mist.

Feel your body starting to relax right down as you move into a state of relaxation, an altered state of mind as the body and mind slows right down.

You find yourself on a beach, it's early in the morning, the sky is grey streaked with pink and gold, and you are alone. This is a sandy beach you have been to before and as you start to walk along you can hear the dawn chorus in the distance.

Make your way down to the waters edge and taking off your shoes you paddle along the length of the beach. At the far end of the beach, on the sand you can see a large rock, make your way towards it, and sit with your back against it.

As the sun slowly starts to rise, the sky starts to change to blue feel the sun on your face and all your cares, and worries float away on the breeze, enjoy the peace and tranquillity it brings.

This is a place you can come to anytime, a place simply to be so enjoy your time here. When you are ready stand up, make your way back down the beach to where you started. As you do, look out across the sea, there is a path of sunlight stretching out towards the sun and you feel as if you could almost walk out and touch it.

Remember the feeling of peace you had when you sat at the rock, all you have to do is to remember that feeling and you will be back here on your beach in the peace and tranquillity so don't be sad, take one last look at the beach and slowly come back into your chair.

Feel your fingers, feel your toes, take some nice deep breaths and on the count of three – One, two three slowly open your eyes – welcome back.