

PREPARATION

LET there be a settling and a becoming still.
Stretch, shake, and quieten the physical self.
Place both feet on the ground.
Sense the back straight but not stiff. . .

'Make these mental suggestions
but do not physically alter position:
Let the neck be free...
Let the back widen and lengthen...
Let the head go forward and up...
Sense a plumb line from the top of the head
to the base of the spine...

Become aware of your breathing...
Breathe out gently...
Let the air in...
Be aware of the rhythm...

Let there be no strain...
Let be...
Relax...

Short version based on Rex Ambler's original

1. Relax body and mind. Start by making yourself perfectly comfortable and consciously release the tension in each part of your body. Then relax your mind. Let yourself become wholly receptive.
2. In this receptive state of mind, let the real concerns of your life emerge. Ask yourself, 'What is really going on in my life?' but do not try to answer the question. Let the answer come.
3. Now focus on one issue that presents itself. Keep a little distance, so that you can see it clearly. Let the light show you what is happening. Ask yourself, 'What is really going on here?' Let the answer come. It may be a phrase or an image that comes, showing you what's really happening.
4. Now ask yourself, 'Why is it like that?' Don't try to explain it. Just wait in the light and let the answer come.
5. When the answer comes, welcome it. If it is the truth, you will recognise it immediately, even if it seems painful or difficult. Trust the light. Submit to it. It will then begin to heal you.
6. As you accept what is being revealed to you, you will begin to feel different. Accepting the truth about yourself is like making peace. Your body may respond quite noticeably to this change. This is the beginning of changes that the light may bring about. It can show you new possibilities for your life. But if none of this happens on this occasion, do not worry. Notice how far you have got this time and pick it up again another time.

EWL Guidance

When you feel ready, open your eyes, stretch and bring the process to an end.