

# Stress Relief Meditation



*Imagine what a shower feels like, looks like, and smells like at the perfect temperature and pressure. Afterward, imagine the shower becoming a full waterfall and then a column of light (with all the properties of that waterfall). As this column of light cascades over your body, see any colors or shapes that you associate with the negativity washing away until you have a body of pure, radiant light. You are now feeling refreshed and positive.*