Heartfulness Rejuvenation/Cleaning

Practice the guided cleaning by reading (and learning). This is to be done in the evening for 15-20 minutes.

Sit comfortably, close your eyes, and let your body relax
Bring your attention to your back
From the top of your head to your tailbone
Remain relaxed but attentive
Imagine all of the emotional influences from the day
Are leaving from your back like smoke or vapor
Remain a witness to the thoughts and emotions that surface
Like watching the clouds pass in the sky

Stay with this intention
And feel this process slowly accelerate
Try not to dwell on whatever is coming up to you
Simply let it pass
If you notice your attention drifting
Simply bring it back to the vapor
And remain attentive

Continue with this process for a few minutes…

You are now feeling light
Imagine your heart is now filled with positive healing energy
You are calm and peaceful
Feel your body and mind completely refreshed and rejuvenated
Stay relaxed
And feel lighter for the rest of the day