

# VISUALIZATIONS WITH TIBETAN OR CRYSTAL BOWLS



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***If you want to conquer life's  
anxieties, live in the moment, live in  
the breath***

AMIT RAY

## **ACTIVATING YOUR CHAKRAS**

Sit comfortably... uncross your arms and legs... close your eyes... inhale and exhale deeply through your nose... relax.

Relax your feet, ankles, legs, knees, thighs, hips, belly, stomach, torso, ribs, and back.

Relax your arms, wrists, hands, shoulders, neck, and jaw. Relax your mouth, nose, eyes, and head.

You feel calm and at ease.

Sense how, from the soles of your feet, magical roots of white light begin to grow... expanding deeper and deeper until they reach the center of the Earth.

These roots connect with the heart of Mother Earth, and nourish with light and love... your whole body is nourished by light and love.

Take a deep breath and imagine a bright sphere of deep blue light descending from the sky, surrounding you completely.

Nothing that isn't of the highest and purest vibration can enter it. You are fully protected.

Take a deep breath and feel the pulsing energy rising from the center of the Earth. The first wave of energy is a deep red, rising from the Earth to your feet.

You may notice warmth in your feet as this intense red energy moves up through your legs and thighs, reaching the base of your spine and settling in your root chakra.

Feel this area warm, alive with energy, radiating red light.

Take a deep breath and feel a second wave of energy rising from the Earth. This energy is bright orange, like a sunset.

It rises through your feet and legs until it settles in your pelvis, in your creative chakra. You can feel a gentle tingling and see it glowing with vibrant orange light.

This orange energy begins to rise, turning into a bright yellow as it reaches your solar plexus, located just below your chest, around your rib area.

Feel this space glowing with golden yellow light.

Now your three lower chakras are open and filled with luminous energy.

They are connected, and energy flows easily between them.

Take a deep breath and bring your attention to your heart center, where you see a beautiful sphere of green light.

Let this energy expand in your heart, opening like a green flower with a soft pink center.

This awakens a feeling of love—for yourself, for others, and for the whole world.

As you rest in this feeling, you notice the blue sky above your head.

Let yourself be bathed in this clear blue light, feeling how it softens and purifies your words and your throat chakra.

Take a deep breath.

Now you notice the sky shifting into a deep violet.

This color enters your third eye, gently awakening your inner vision and intuition... opening you to new ways of seeing.

You now become aware of a soft white light above your head.

Feel how a stream of white light flows into your crown chakra, bringing a new sense of understanding and meaning.

You are connected with your Higher Self, and you feel peace and quiet joy.

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***Peace comes from within. Don't look for it outside.***

”

BUDA

Breathe in peace... breathe out joy...

Breathe in peace... breathe out joy...

Take a deep breath and imagine a radiant rainbow of light surrounding and protecting you.

Your aura begins to glow and pulse with color.

Enjoy the experience of all your chakras shining with light.

Take a deep breath... and when you're ready, take another... gently move your hands, your feet, your body... stretch if it feels good... maybe even yawn... and slowly open your eyes.



“*True healing begins in the stillness of the mind.*”

DEEPAD CHOPRA

## UNITING HEART, BODY AND MIND

Close your eyes... observe your breath... there's nothing you need to do... everything is fine... just observe... feel the air entering softly through your nose... moving down your throat into your lungs... notice how they expand and contract... expand and contract in a magical dance of life... allow yourself to flow with this natural rhythm...

Now bring your attention to your body... feel how it rests comfortably on the mat... how your head is supported by the cushion... how your skin senses the touch of your clothes and the blanket covering you...

You may notice tension somewhere in your body... gently find it... and allow the rhythm of your breath to soften and release it...

Breathe in relaxation... Breathe out tension...

Breathe in relaxation... Breathe out tension...

Breathe in relaxation... Breathe out tension...

Notice how the tension slowly dissolves, allowing your body to settle into ease.

Breathe in relaxation... Breathe out tension...

Breathe in relaxation... Breathe out tension...

Breathe in relaxation... Breathe out tension..

Slowly your body becomes more and more relaxed.

As your body relaxes, your mind begins to relax as well.

Thoughts may arise... don't hold onto them... just let them pass freely... watch them like clouds drifting across the sky... use the rhythm of your breath to let each thought move on...

Breathe in ease... breathe out rigidity...

Breathe in ease... breathe out rigidity...

Breathe in ease... breathe out rigidity...

This sense of freedom gently leads you to a magical place... a forest filled with strong, graceful trees...

Notice the colors of the leaves and the trunks... feel the energy around you... it is pure and alive... breathe in the scents that energize and uplift you... listen to its quiet sounds...

Now let your curiosity guide you... walk slowly among the trees... touch their trunks... feel the gentle strength of their roots beneath your feet...

In this childlike curiosity, you find a tree that draws your attention... its shape and color are different... it is unique... it carries a special light... and it calls you closer...

Come closer without fear... slowly... noticing every detail... You are now so close you can touch it... feel it... even embrace it...

Sense how its energy begins to merge with yours... Sit at its base, resting your back against its trunk... and relax...

Simply breathe... feel how you are breathing with the tree...

Notice how your body expands and softens with each breath... and experience that there is no separation between you and the tree... you are part of it, and it is part of you...

Feel how, from deep within the Earth, threads of light rise up and connect with you through your back... slowly moving upward until they reach your brain...

Sense how these luminous threads gently cleanse everything they touch... releasing hidden blockages and dense, stagnant energy...

Feel them surrounding your brain... filling it with light...

Now these threads slowly to move downward, reaching your heart... Feel how they continue to clear and open the pathways... leaving them clean, bright, and open... bringing a deep sense of peace, wellbeing, and love...

Now your mind and your heart are united... feel this beautiful, powerful energy... From this renewed heart and mind, notice how countless threads of light begin to expand throughout your entire body...

You are light... you are vibration... You are the connection between heaven and Earth...



***Meditation is not escapism, it is a serene encounter with reality.***



THICH NHAT HANH

Slowly, feeling renewed and full of energy, stand up...and thank the tree for its presence and its quiet wisdom... and begin walking gently through the forest again...

Breathe in... and breathe out slowly... reconnect with the natural rhythm of your breath...

Feel your body again... your feet... your knees... your legs...

Notice how the light and vibration remain within you... your body, mind, and heart are now aligned... moving in the same gentle, harmonious rhythm...

Breathe in... breathe out...

Breathe in... breathe out...

Slowly, at your own pace, feel your body resting again on the mat... your head supported by the cushion...

And when you feel ready... gently open your eyes... and return to the present moment.





# The Wing Book

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