

The Light Stream

A VISUALISATION FOR CALM, SAFETY AND INNER STRENGTH

The Light Stream is a gentle imagery exercise that can help you feel more grounded, calm and in control. It is often used in trauma-informed therapies to build a felt sense of safety and inner resource. You can return to this exercise any time you need support.

1

FIND A COMFORTABLE POSITION

Sit or lie down somewhere you feel safe and supported. You might like to close your eyes or soften your gaze.

2

TAKE A FEW SLOW BREATHS

Breathe in gently through your nose, and out slowly through your mouth. Let your shoulders soften. There is nothing you need to do — just allow yourself to be here.

3

IMAGINE A STREAM OF LIGHT

Picture a warm, soothing light above you — any colour that feels calming or healing to you. This light can represent whatever you most need right now: safety, calm or strength.

4

LET THE LIGHT FLOW

See the light slowly flowing down towards you, entering the top of your head and moving through your body — down through your face, neck, shoulders, chest, arms, torso and legs. There is no rush.

5

NOTICE HOW IT FEELS

Notice how the light feels as it moves through you. If your mind wanders, that's okay — gently bring your attention back to the light.

6

STAY FOR A WHILE

Let the light continue to flow for as long as feels comfortable — a few breaths, or a few minutes.

7

RETURN WHEN READY

Slowly bring your awareness back to the room. Gently move your fingers and toes, take a breath, and notice how you feel. You can return to the Light Stream any time.

YOU MIGHT NOTICE

- A slower heartbeat
- A sense of warmth or relaxation
- More space in your thoughts
- A feeling of safety or steadiness
- Greater self-compassion

TIPS

- Use a colour that feels good to you
- There is no right or wrong way to do this
- If it feels difficult, imagine the light around you instead of inside you
- Practise regularly — it can become an important resource

GENTLE REMINDERS

- This is a tool to support your wellbeing
- It is not a replacement for professional support
- If strong emotions arise, pause and focus on your breath or the room
- Be kind and patient with yourself

SOURCES

Shapiro, F. (2018). *EMDR Therapy: Basic Principles, Protocols and Procedures* (3rd ed.). Guilford Press.

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