

B-FIT Healing – Compassion Practice – Mindfulness Exercise #7

B-FIT healing is a mindful compassion practice. It is most effective when activated as part of the four tools of B-FIT mindfulness. It manifests as an intended conscious healing connection between the caregiver and the care recipient. It is an integration of the skills of B-FIT mindfulness, intentionality, visualization and innate compassion.

Steps

1. Complete 10 minutes of exercise awareness and allowing B-FIT – exercise #2
2. Deliberately recall through image thinking, the image of a person to be healed
3. See yourself, sitting in a chair across front of the person. Deliberately start a flow of light coming from the “Universe,” through your crown, down through your body, through your belly crossing over to the belly of the person being healed, up through their body, out of their crown, back to the “Universe” and circling to the right all around, below you and up to come back into your crown where it merges again with the constant stream of light flowing from the “Universe”. (Keep this image moving, colorful and flowing as outlined in the graphic below.)
4. Once the image is flowing, intend with talk thinking that this Energy heal the other person as it flows through them. Label “May you be healed with this energy”.
5. Intend that this moving light is gently moving their illness/mood/negative energy etc. out of their body/mind back to the “Universe” and replace it with more and more healing light that is coming from the “Universe” through you. For example if the person is agitated angry or aggressive, intend their peace and visualize their whole body as calm light energy. If the person has a medical condition, see that location taken over by an intense concentration of this light energy. If the person is letting go of the known life force, intend their peaceful crossing over. Image them as all light.
6. To conclude this B-FIT healing process, allow their image to be completely replaced by the light energy.
7. Consider bringing in other people from your life e.g. • a person who needs physical or emotion healing • a person who you are emotionally disconnected from • a global community or group of suffering people • you as a little girl or boy.
8. Return to five minutes of exercise #2 with gratitude for being a part of this healing process.

Compassion Practice

