

Ball of Light *and* Releasing Looping Thoughts



When you notice yourself caught in repetitive thoughts, emotional spirals, or mental overwhelm, pause for a moment and gently return to your breath. You do not need to fight the thoughts or force them away. Simply become present with yourself in compassion and awareness.



Breathe Through the Heart

Bring your awareness to your in-breath and out-breath flowing through your heart center. Imagine your breath moving softly in and out through the space of your heart. This helps shift you from mental looping into greater heart coherence, calmness, and inner connection.



Gather the Energy into Light

Now imagine collecting all of the thoughts, emotions, tension, and mental noise into the most beautiful luminous ball of light you can envision. See this light holding everything you have been carrying with gentleness and love.



Place the Ball of Light into Your Heart

With intention, allow the ball of light to gently lower into your heart center. Invite your heart to hold, soften, and transmute what is ready to be released or understood.



Listen in Stillness

Let the ball of light rest within your heart. There is no need to force an answer or understanding. Simply allow your heart, Higher Self, or inner wisdom to speak to you in its own timing—with peace, clarity, compassion, and grace.

