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## *The Voice of Violet*

Once you have found a comfortable position, close your eyes and begin to notice your breath. Simply let it flow in and out of your body. And with each breath, allow yourself to relax a little more and a little more until you feel at rest in your body.

When you are ready, begin to see a small ball of lavender light form at the base of your throat at the place where your clavicles come together to form a lovely bowl. Take a moment to let the ball form and grow in its lovely lavender energy.

The lovely ball of lavender light will begin to slowly rise up and through your throat. If at any time the ball seems to become stuck, simply inhale gently, and with your exhale, allow your throat to open ever so slightly so the ball may continue its journey upwards. Take as many breaths as needed for the ball to continue its journey.

Once the ball arrives at the back of your mouth, it will burst! Let your lips part and your mouth open. Then, watch and feel as the contents of the lavender ball tumble and flow over your tongue and lips and into the world.

What do you hear? What do you sing or say? What sound or sounds pass over your lips and into the world? How does releasing the contents of this ball of lavender light feel?

