



The Light Drop (Instant Calm + Energetic Softening)

01

**Close your eyes for a moment and
take a slow, gentle breath.**

02

**Imagine a small drop of glowing golden
light resting above your head.**

03

**As you exhale, visualise this light slowly
melting down through your body —
softening your forehead, unclenching
your jaw, releasing your shoulders, and
calming your chest.**

04

**Feel it dissolve tension, noise, and
overstimulation as it moves
downward.**

05

**Let the light settle in your belly, warm
and steady.**

Why it works:

**Your nervous system responds instantly to
visualisation and breath.**

**This technique brings you back into your
body and into the present moment.**

