

**Song for deep relaxation with
recharging of light body.**

Copy wrights Githa Ben-David

1. Your breath is merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your breath light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

2. Your thoughts are merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your thought's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

3. Your feet are merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your feet's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

4. Your ankles are merging
into an infinite darkness
Sinking deep down
leaving all tension behind

Your ankle's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

5. Your knees are merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your knee's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

6. Your thighs are merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your thigh's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

7. Your hips are merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your hip's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

8. Your stomach is merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your stomach's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

9. Your diaphragm is merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your breath light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

10. Your breast is merging
into an infinite darkness
sinking deep down,
leaving all tension behind

Your breast's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

11. Your back is merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your back's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

12. Your hands are merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your hand's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

13. Your arms are merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your arm's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

14. Your shoulders are merging
into an infinite darkness
sinking deep down,
leaving all tension behind

Your shoulder's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

15. Your throat is merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your throat's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

16. Your neck is merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your neck's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

17. Your jaws are merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your jaw's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

18. Your face is merging
into an infinite darkness

sinking deep down
leaving all tension behind

Your face light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

19. Your ears are merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your ear's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

20. Your eyes are merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your eyes light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

21. Your forehead is merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your forehead's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

22. Your crown is merging
into an infinite darkness
sinking deep down
leaving all tension behind

A silver thread is unfolded

high up above
Blessed by heavenly light -
Blessed by heavenly light

(Humming and healing)

23. Your body is merging
into an infinite darkness
sinking deep down
leaving all tension behind

Your cells light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

24. Compassion is merging
into each corner of darkness
Healing deep down
balance your body and soul

Your soul's light body is lifted

high up above
Blessed by heavenly light -
Blessed by heavenly light

(Humming and healing)

25. Your body is waking
gently and slowly come back now
come back to this world
leaving all darkness behind

Your Souls origin is balanced

lovely and pure
Blessed by heavenly light -
Blessed by heavenly light

26. Now take a deep breath
into your stomach and exhale
on a heartfelt sigh
stretch out your body and yawn

You meet the world in balance
optimized and well
Blessed by heavenly light -
Blessed by heavenly light

