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GUIDED IMAGERY 01 - PROTECTION AND SAFETY

Imagine that you are a young priest or priestess, preparing yourself to enter the sacred rites of purification which will give you courage and vision for the challenges ahead of you.

You know that the experiences of life will require you to stand up for yourself and your ideals. In preparation for your ritual, feel yourself being cleansed. You are dressed in beautiful robes and a necklace of platinum and rubies is placed around your neck. You hear the music for the ritual dance playing in the background, and as you emerge from your dwelling, lead the line of others who will join you in the dance. You begin the motion around the circle. As the energy builds, you dance into the centre of the circle.

Feel yourself being transported into another realm. As you rise above the earth, your vision is clear and your heart is strong. When you arrive into the new dimension, you see a beautiful warrior princess who gestures for you to follow her. She is magnificent, dressed in bright colours, with a head-dress of fine jewels and iridescent feathers. With her, she carries a shield, which is fashioned of many things from the earth, painted with interesting symbols. She leads you to a place which seems to be in a new dimension. There, you are invited into a circle dance, where you dance with others who are merging their power with The Source. You feel completely energised.

As the dance ends, your guide directs you to walk through a brilliant fire. As you pass through the flames, you realise that you are absolutely safe. Emerging from the flames, you are given a shield which is engraved with a special symbol. Your experience in this sacred space reminds you that you are always protected, and that there is always a source of power waiting to recharge your energy and vitality.