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GUIDED IMAGERY 02 - CALM AND INNER PEACE

Imagine that you are walking through lush woodlands. You feel quite peaceful, and enjoy the smells, sounds and peace of your surroundings. As you walk deeper into the woods, you enter an open circular space surrounded by tall trees. The circle is outlined with beautiful stones and crystals, large enough to sit upon, polished to a soft lustre.

You walk over and choose a seat, and focus your attention on the centre of the circle. Soft music begins to surround you, and you realise that you have been joined by eleven other women. You sit and sing together, feeling the energy and power of your song lifting your spirit. One of the women stands and walks toward you. She is a woman dressed in a dark green velvet cape. She holds a basket of fragrant flowers, and offers to place a ringlet of flowers around your neck.

You sit with her in a quiet place, and she sings to you of her life, which is the story of love itself. Then the song reflects your own life and your need for acceptance and love. As you listen to her song, your heart begins to open and you feel overwhelmed with joy. She opens her arms to embrace you, and when you yield to the embrace, you feel a sense of calm and inner peace.

Your mind and soul are filled with understanding and inner strength. Your experience with her will always remain in your heart, reminding you that love is always there with you, and is the source of your real needs on every level.