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GUIDED IMAGERY 04 - TO CREATE A LIFE OF WHOLENESS

Imagine that you are walking through a country garden and woods. Nearby is a cottage, fashioned of logs and covered on one side with beautiful climbing ivy. You are heading toward a pond at the edge of the garden. It is beautiful, and the water is perfectly warm and comfortable.

As you slip into the pond, you feel the cares and worries of your day slipping away from you. You let yourself float in the water for a while, and while you're relaxed there, open your eyes and look up at the perfect full moon above you. It's almost as though you could touch the Moon, and you close your eyes again, imagining that you are looking down upon the earth. There you see yourself floating. All is peaceful.

Gently you are lifted from the pond by a beautiful angel, whose warm embrace brings peace to your heart. She carries you into a place which seems like another world. There, she introduces you to a woman dressed in silvery robes carrying a small child. You look into the face of the child and feel somewhat strange. Somehow, it's as though you've looked into your own eyes. You feel both helpless and totally supported. But as you look more carefully into the eyes of the child, you see wisdom, understanding and inner calm.

You realise that the mother and child are one in the same, that they are somehow completely connected to one another, yet different parts of the whole. The woman reaches out to touch you, and as she does, you feel your heart opening to a total sense of peace and comfort. She places three keys in your hands - the keys to your desires, hopes and longings.

Your experience here reminds you that you have everything you need to create a life of wholeness.