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GUIDED IMAGERY 05 - TO CONNECT WITH YOUR ALTER EGO

Imagine that you are on a journey, riding in a royal coach drawn by six white horses. You are being taken to a castle, where you are to be honoured by the highest royalty in the land on your birthday.

When you arrive at the castle, the doors swing open wide and you are greeted immediately by a regal gathering. Everyone is happy to see you, and you are met with hearty laughter and warm embraces. Then you are ushered down a long hallway toward the banquet room. When you enter, the king and queen are standing, and you walk with confidence toward them.

You are introduced to the gathering in the hall and are seated next to the royal couple, who shower you with beautiful gifts. As you feast and laugh together, you feel alive and happy. The queen whispers in your ear that she has a special friend you must meet who has come to bring you a gift of great price. You walk quietly out of the banquet feast with the queen, and go into the royal gardens. There you are introduced to a regal woman, dressed in golden robes and fine jewels. She takes your hands and invites you to dance with her.

At first you do not hear music, but then there is light all around you and music playing which seems to come from the heart of this creature. As she dances about, the light and music seem to flow around her. You playfully dance with her, and realise that somehow she seems familiar.

She smiles and laughs and then says to you, "Is it not wonderful to be such a magical creature?!" And then you know. She is your alter ego. Your experience with her reminds you that you carry the light and magic everywhere you are.