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GUIDED IMAGERY 06 - KNOWLEDGE AND UNDERSTANDING

Imagine that you are in a beautiful woodland garden, walking alone on a warm morning. There are wonderful creatures running freely around you. Squirrels, birds and shy foxes dance around you.

As you walk further into the garden, you reach a tree. From the tree hangs a swing suspended by a strong garland of ivy and flowers. You cannot help but sit in the swing, and gently push off, flying through the air and then touching down. You let yourself fly a bit higher, close your eyes, and enjoy the full pleasure of the garden, the warm sun on your face, and the serenity which surrounds you.

Then, quite naturally, the tree lifts a branch like a comforting arm around you and perches you on its shoulder. From your viewpoint and within the safe embrace of the tree, you can see everything around you. When you look down at the base of the tree, a gentle deer is standing as though she is waiting for you. You easily climb from the tree and follow the deer.

She leads you into a clearing, and you follow her with great anticipation. You are met by a woman dressed in soft, flowing robes of muted colours. She carries with her a journal, closed with a clasp of pure platinum. She invites you to sit with her, and as you sit together, she opens her journal. You see that her hands are beautifully radiant.

She begins to write and allows you to see what she is writing. Her words are your thoughts. There is the question you pondered yesterday. And following the question, is the answer, so simple and easy to understand. Then, she stands, places the journal in your hands and bids you goodbye.

Your experience with her reminds you that you have perfect knowledge and understanding if you will but stop to listen to your inner voice.