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## **GUIDED IMAGERY 08 - TO FEEL FREE OF PAIN AND HURT**

Imagine that you are walking through a mystical land. Everything around you shimmers in iridescent colours, and you feel perfect serenity. As you explore this place, you are fascinated by the many fountains and statuary you discover. Each seems to tell a story, and you are putting together a history which reveals the reason this land exists beyond the bounds of earth.

One fountain has many different levels, and seems to rise all the way into space. As you walk around it, another side reveals steps which go right into the water. You decide to venture into this fountain, and walk confidently onto the steps. As you immerse yourself into the warm water, you feel that you are being transformed, and that your body is whole and in perfect health. You float through the water, and then decide to dive beneath the surface.

There, you see a stairway which seems to go into an endless depth. You are somehow able to follow it, and just when you think you have no more air left, a door opens, you are pulled inside, and then you are enclosed in a safe, warm room, far beneath the surface. Here, you are met by a Goddess, dressed in scarlet and amethyst robes of pure silk. She smiles, and you walk together, quietly at first.

Then, she speaks to you. "It is time to experience your power," she tells you, "and all you must do is step into it. But first you have to give me all the things which have wounded you." Then, as though she has looked into your heart, you see images manifesting around her. You feel great emotion, and may even be embarrassed at the anger which wells up inside you. Then, she pulls from her bag a beautiful robe, which she places around your shoulders. It feels perfect.

She tells you to dance, slowly at first, in circles. Then, you dance more vigorously, and with each turn, you see the images of pain disappearing. Collapsing from the dance, you sit quietly, and she removes the robe. With a flash it disappears into the nothingness. Then a cape gently drifts down around your shoulders.

You stand up and feel like a queen. "This is your mantle of power," the goddess tells you. "Whenever you are hurt, remember that you can always step into it and know how it feels to be free of pain".