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GUIDED IMAGERY 10 - TO KNOW THE TRUTH

Imagine that you are in a place surrounded by magnificent mountains. You are prepared to make the ascent to the mountain top, and have the confidence, ability and courage to reach the peak.

As you make the climb, feel yourself becoming more light and free. The trees are like old friends, and the rocks that support your feet are safe and secure. As you near the top of the mountain, you are filled with a sense of elation. Once you are standing at the peak, you see a small stone temple before you. It is surrounded by translucent light.

Walking up the stairway to the temple, you realise you are transported into a sacred space. The structure looms much larger as you near its portal. Standing at the door is a beautiful woman dressed in black. In her gloved hands, she holds a small wooden box. She hands the box to you and smiles. "This box contains a great secret," she tells you. "But to open it, you must have the key. I give you this key, but you may use it only once."

After the woman walks away, you hold the box and key in your hands, and wonder if it's okay to open it. You think of all kinds of reason why you should or should not open the box. Then you hear her voice, "Try it. Once."

You insert the key into the lock, and open the box. Inside, there is a beautiful crystal prism. You hold it up to the light to look into it. Each time you look into the crystal, you see something different. You see your childhood, your present life, and you see your future. But whenever you look into those images, you are smiling and filled with joy.

"This is the part of you which has always presided at each of your life events. She is always there, waiting for you to acknowledge her." And then you hear laughter. "Once is all you need to know the truth".