



Astral Aspects - 9 Elbourn Way, Bassingbourn, Cambs, SG8 5UJ, UK.
Tel/Fax: +44 (0) 1763 241455 Web: www.astralaspects.biz Email: webmaster@astralaspects.com

GUIDED IMAGERY 11 - CLARITY AND HEIGHTENED AWARENESS

Imagine that you are preparing for a wonderful journey to a place never before seen by any man or woman.

The night before your journey, you pack everything you think you'll need, then you lie down to rest. Once you've fallen into a deep sleep, a part of you seems to rise from your physical form. You can still feel yourself, yet you are moving away from your body. The force which is pulling you carries you beyond the earth plane into the heavens. You love the feeling of floating freely, and this view of earth is wonderful.

But then, you begin to feel the pull of another plane, and are standing surrounded by a magically beautiful place. Here, everyone is peaceful, there are no signs of restraint. The people seem to walk or fly, whichever works best. You can do the same.

All the things you see around you are fascinating, and you feel as though you are seeing a dimension that seems like the future. You hear laughter in the distance, and go toward it. Before you, there is a fabulously beautiful creature who seems to float above you. This creature smiles and gestures for you to follow.

Fascinated by the creature, you follow along. You are taken to a space which is filled with rainbow colours of light, and as you step into the light, you feel your mind opening to a powerful awareness.

Through this awareness you experience a true sense of calm, clarity and understanding. Your experience of allowing your consciousness to be permeated with this light reminds you that you are always capable of experiencing a heightened level of awareness.