



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 12 - TO RELIEVE YOUR WORRIES AND ANXIETY

Imagine that you are a priest or priestess living in a sacred temple. Here, you are calm, at peace with yourself, and free to express your ideas, creativity and compassion without restraint. All your gifts are considered sacred, and your awareness is clear and pure.

Each day you sing with joy and feel inspired by the experience of sharing time with your sisters and brothers whose lives are as full as your own. You are happy to surrender to your creative muse, because she guides you into experiences which are always wonderful.

One morning your muse sings to you and carries you into a beautiful garden. She seems to have a great sense of anticipation, and tells you that you are to be blessed today.

In the centre of the garden, you meet an angel, surrounded by music and light. You wonder if this is your guardian angel, and just as though she could read your thoughts, says, "I am your angel of laughter and mirth."

She dances around you, and you cannot help but move your feet and begin to dance yourself. You hear her laughter, and then seem to be joined by a host of angelic beings who are absolutely radiant when they laugh.

Your angel then sings to you, "With so many worries and cares in the world, you sometimes feel disheartened. But you can change the music by listening to your soul".