

## **Meditation Sequence**

**Begin each meditation by finding your comfortable position, letting your eyes gently close, taking a few deep breaths, relaxing your body. To end the meditation, count yourself out of the meditation (3, 2, 1) coming back into the room by noticing your body, taking some deep breaths and then opening your eyes.**

**1<sup>st</sup>.**

**Journey to a gathering place you meet your guides and Higher Self and receive a promise.**

**See a picture frame of gold leaf with a picture of a river that runs through a grove of trees with a canopy of green leaves overhead.**

**Now BE in the picture- in the boat- float down the stream, lying down, gazing up at the canopy of green with sunshine showing through the leaves. If you want you can start sitting up and pass by fields of flowers- first poppies (red), then tiger lilies (orange), then buttercups (yellow), then green grass- or for green lying down and looking at the canopy of green leaves as you come to a wooded area. Next you gaze up at the blue sky, which then turns dark blue to indigo to flaming sunset colors of purple and violet and pink, to the black night sky with stars, no moon. You then fall asleep as you continue to drift.**

**You awaken with a gentle bump. You've drifted into an alcove (overhanging trees, smells of night jasmine, earthy clean.) You get out of the boat, feel the sandy damp ground, into the cool air and see a light through the woods. Go through the woods- a bit of moon has come out so you find your way. Notice the smells, the leaves and pine needles and twigs underfoot, the branches snapping against your shoulder or face. There is a clearing**

**(meadow, mound, rocky- whatever you like) and across the clearing near where the wood begins again there is a campfire. There are others gathered there but hard to see them in the dark. No more than six.**

**Meeting the guides, unseen friends. One by one now, they come up to greet you, your guides in a form that you can see and speak with. They may be human, fairy, of the angelic realm. They may be friends or family members who have passed, or saints, or persons of legend. They may be the soul forms of people in your life, or people who you have never met. They may be old and wizened, or mischievous elves, or speaking animals. No more than a half a dozen, each guide comes forward now and shows themselves to you, speaks with you, meets your eyes. They may have a gift or token that they press into your hand. They may whisper words into your ear, or kiss you lightly on the eyelids or the forehead. They may hug you to them or clasp your hands. Spend time now with each of these guides; tell them of your desire to help and to heal others. Ask for their advice at this wise council, and ask what you can do to care for yourself as well.**

**There's a hush then, as they gather and converse amongst themselves. Turn back to you- you need to call forth your higher self, they say, urgently. They stand to the side and you call into the woods with a yearning that you did not know you felt, and out of the wood strides your higher self. Chills of excitement run up your spine. They come to the light of the fire and stand to face you, gazing upon you with love and eagerness. You see the radiance of their being, the love in their eyes. They bid you sit and the two of you sit before the fire together shoulder to shoulder, or perhaps they have a protective loving arm around you. You feel the warmth of the fire upon your face and front of body, the cool upon your back, the roughness of the log or earth beneath your bum. And while your guides slip away one by one into the forest, you and your higher self talk.**

**You talk of life, of love, of health. You talk of devotion, and caring, and healing. You speak of your calling to healing, and ask them to help you to help others with harm to none. They solemnly nod to you, yes they will promise to help you. You bask in the love and the complete attention of your higher self. And before the fire, your eyes begin to close as you nod off into sleep again, warm and happy and safe.**

**At this point you can actually go to sleep, or you can count yourself out of the meditation, coming back into the room by noticing your body, taking some deep breaths and then opening your eyes.**

**2<sup>nd</sup>.**

**Higher Self takes you to your healing sanctuary.**

**Once again, take the journey to the campfire in the clearing. (You may want to shorten the journey a little as you will be taking a second journey in this meditation.) Talk with your guides. HS arrives and you joyfully greet each other. Spend time getting to know HS, their tone of voice, their smell, their patterns of movement, the shape of their body, the details of their face, the feel of their hands on you, the smoothness or roughness or warmth/coolness of their skin, the depth of their eyes. After a little time passes, HS tells you that they have prepared a healing sanctuary for you and they would like to take you there. You are very excited and say yes, yes, oh yes!**

**HS asks you to take their hand and to hold on tight. They ask if you trust them, and with a deep breath, you say you do. Then they leap into the air and the two of you are flying (feel the wind in your hair and in your eyes), flying over the terrain: the wood, which is large and has hills and has clearings and rivers and lakes, the mountains with peaks covered with snow, and eagles' nests (You can even**

**meet and fly with an eagle), the desert, canyons, marshland, whatever terrain you can think of, letting the time of day change as well, eventually coming to an ocean (It may be day or morning or evening or night- this indicates a power time for you for healing). You circle in the air over the surf and the sandy beach which stretches for miles, but is completely uninhabited. HS and you land softly on the sandy beach and you feel the damp sand between your toes, you may even land in the surf and feel the pull of the water, etc.**

**You walk a little ways and there are some big rocks, like the kind they build jetties out of, which you and HS climb over, and there is your healing sanctuary, open to the ocean surf, but also enclosed on two sides by the boulders. The back side may be sand dunes with a somewhat hidden tunnel/rabbit hole, or a rocky cave. These are passages to other places you may add on and develop later. HS explains that only you and they may come here and whoever you might invite that you wish to use your healing gifts to work with.**

**In your healing sanctuary you have:**

- A bath with shelves of colored salts and bath oils with various healing powers. The bath may be a hollowed out log, made of stone, a natural depression that is part of a running stream that you can control the water temperature of, a porcelain bath, whatever your imagination creates.**
- A worktable and shelf with a rack of potions and herbs, all labeled with their healing properties, vials and decanters, as well as a fire pit or fireplace with a caldron over it and a supply of pure water.**
- A waterfall that has magical healing properties for cleansing wounds and alleviating infections of all kinds.**
- A library of ancient texts and scrolls in many ancient languages, but you can read and understand all of the**

**glyphs and strange words somehow. The library has 2 super comfortable armchairs with overstuffed footstools and a tea service for two on a coffee table.**

- **A massage table covered with the softest padding you can imagine, and covers and pillows of comfort and velvety softness.**
- **A table of tools for working, such as wooden tongs made by the fairies, knives, vacuum cleaner, gemstones, prisms, light machines, bone needle and invisible threat, etc.**
- **A crystal or ice cave that captures light from the sun and the moon and the stars and breaks it into every imaginable color with a magical anti-gravity property in it that allows you to lie in it or sit or play in it in the air while bathing in the lights more beautiful than the aurora borealis and subject to your choice.**
- **A sound system and a set of rattles, drums, tuning forks, flutes and mystical music that you have access to.**

**(Develop your tools and your healing sanctuary by going there often and touching, smelling, tasting, hearing, seeing every detail of the stations and tools HS has gifted you with. Make it your own unique and special healing sanctuary.)**

**After HS has taken you on a tour of the sanctuary, you are understandably awed, quiet and overwhelmed. HS asks you to receive this gift from them, tells you they will always be here to help you whenever you want them to, but it is yours now. You accept their gift, with tears in your eyes. Then the two of you go over to the library area and sit and have tea and a good talk. During the talk HS gives you a short cut to get to your Healing Sanctuary- it may be a key, a code, a series of hand movements and body positions, a phrase. But the short cut will take you there in the blink of an eye. You can work there while doing your energy work and bring your client there as well whenever**

**you need the tools there, or just go there to get one of the tools and bring it back to use.**

**Once again, you may nod off after the talk eventually peters out into a companionable silence, or simply count yourself out of the meditation.**

**3<sup>rd</sup>**

**Healing from Higher Self.**

**Go into your meditation by relaxing and when sufficiently relaxed, use the short cut your HS gave you to go to your healing sanctuary. If this is hard for you, as it may be in the beginning, you can always use the journey to the campfire first, and then use the shortcut. HS is there eagerly awaiting your arrival, for they are going to give you an energy work session.**

**First HS and you go over to the library and have some lovely tea while HS asks you what you need, what healing? And you talk, the two of you, maybe emotions flow as you tell of your pain, your wounds, as you describe how out of balance you feel on this or that chakra and why- Is it emotional, beliefs that seem so locked down and get in the way of your healing, relationships that seem to sap your strength and joy? Speak to them while they listen as only HS can, with total loving attention to every nuance of your words. Pour out your heart. When you are finished, HS sits and regards you with furrowed brow. Then they bid you rise.**

**They may lead you first to the bath, adding salts of many colors and smells, or give you a potion they carefully mix themselves for you to drink down as the vapors swirl and rise from the delicate glass they hand you. They may take you over to the light cave and ask you to do summersaults inside the chamber, or even join you. They may rinse your wounds with healing water from the waterfall.**

**But eventually they lead you to your massage table, so soft and sweet-smelling, and clean and comfortable. Beautiful music plays all around you at just the right level. You lie down and HS passes their hands over you, sensing your aura. You experience a shiver of delight, excitement, as you feel the tingles. They begin to brush and smooth and polish your auric egg, to strengthen it and shine it. You open your eyes and see their hands glowing with radiant light. You feel their intention, sense your wholeness and integrity. They may reach over to get the bone needle and invisible thread, a gift from the ancient healers of Avalon, to sew up a gash. They may use a tuning fork, or use the little vacuum cleaner from the gnomes to clean up the sludge accumulated around your fifth chakra. They may touch each chakra center and you feel it spin faster and more evenly- the color clears and shines. They may replace a chakra or two, plucking out the worn, muddy one, and placing each with a gemstone of light, or a magical flower, to give you a fresh start. They may have you turn to your side or lie on your stomach as they awaken past life memories that are holding back your healing process and self growth. They may go into the garden behind your brow chakra and clean the oval glass window there, tend the garden, or sit upon a garden bench there with you and speak of how you can manifest the physical reality you desire. A touch, a tweak, an acknowledgement of your power and strength. You feel their love for you with every move, every pause. Your trust lets you surrender to the healing process within you.**

**Finally, it is done. Higher Self nods and gazes at you with love and pride, pride in your willingness to grow, to realize more of the divine spark within you, pride in your ability to receive the healing they offer. You may speak or not, as you, deeply moved, feel the energy field that defines you, the you that is whole, the you that embodies love and**

**light. HS renews their promise, their commitment, to be there for you, always.**

**From here you can count yourself out, or go to sleep, or get up and have a talk with your HS, or go for a swim in the ocean, swim with the dolphins, jump through the rabbit hole, whatever and wherever and whenever your imagination allows.**