

Guided visualisations

Visualisations are a beautiful way to empower during times of stress and fatigue. You could either ask a friend to read these out loud to you, or record yourself reading them and listen back whenever you like.

Visualisation – to relax and bring harmony to self

Close your eyes, gently, as if you're sleeping. Take a deep breath... and now let it out. Take another deep breath in and slowly let it out. One more deep breath in, and as you are letting it out, imagine a star up high in the sky. This is the Heaven Star and there's a beam of light coming out of the star. The beam is coming down through the sky, into our house and right into the top of your head.

Feel it move very, very slowly. Down from the top of your head, past your eyes... your ears... your mouth and into your neck. It's moving slowly down your neck and then down your spine, the centre of your back, slowly... slowly. Feel it coming down past your tummy and into your hips. Now it's slowly moving down your legs, down to your knees and slowly working its way past your ankles. Feel it filling your feet up with its beautiful light.

Now it's spilling out the bottom (soles) of your feet and down through the floor, through the house and into the Earth. The light makes its way through the ground and past an underground stream to cleanse the light, and then it flows down deep into the centre of the Earth where the Earth Star lives.

When this light touches the Earth Star another beam of light comes up from the Earth Star and through the ground. Up... up it comes, through the underground stream and up... up into our house. Feel it coming up and into your feet.

As it fills your feet, it moves up past your ankles and slowly makes its way to your knees. Feel the light passing your knees and making its way up your legs to your hips.

Now the energy is coming up your body, working its way up your spine. Feel it slowly filling you with its gentle, relaxing feelings. The energy touches your throat and moves up, slowly into your head. Past your mouth... your ears... up past your eyes and out the top of your head. The beam of light is reaching up to the sky, and right up to the Heaven Star.

Now imagine yourself in a field full of flowers. There are so many different colours. Look up at the sky. Do you see any birds or butterflies? Look around and see how many different colours of flowers there are.

Off in the distance you can see a group of horses. When you see them, one of them looks at you and comes over to meet you. This horse is so beautiful and very gentle. What colour is the horse? Now the horse is kneeling down so you can climb on its back and go for a ride.

Feel the wind in your hair and feel the freedom as your horse runs faster and faster through the field. When you get to the other side, slide off your horse and pick a flower for your horse. What colour would your horse like the best?

Pick some flowers for yourself as well, all your favourite colours.

Holding your flowers in your hand, climb back on top of your horse and ride, slower this time, looking at all the beautiful rocks, ponds and trees as you make your way back to where you began.

When you arrive back where you started, as you get off your horse, look into its eyes and ask it its name. Thank your horse, and say goodbye. Sit down in the flowers, taking a nice deep breath and slowly open your eyes, feeling calm and happy.

The big white house – to gain perspective and deal with everyday stress

Imagine walking along a long white beach. You can hear the gulls and the gentle roll of the waves. Your feet sink into the warm, white sand. It is quiet and safe. You are alone walking into the soft sea wind. The sun is shining down on you, making you warm. You have been looking for a place to be quiet and comfortable. This feels as if it is your beach, yours alone.

You stop and stand, looking out over the immense expanding ocean. It shows its green top-water, its purple mid-water, and its gray powerful underwater. The colours are mixing and churning, creating the bubbly white crest at the top of each wave. The roll of each wave sounds like the Earth, breathing. O...cean. O...cean. Over and over again with each wave.

You feel the power of the ocean and the Earth. A short distance ahead of you, you now notice a big, white house. It is beckoning to you. It looks like a temple or small castle of some sort. You walk toward it, relaxed and interested. You follow a short path to the house and see that the large door is open. You feel that it is perfectly OK for you to go inside. It is safe and calm. You step out of the sunshine and into the coolness of this beautiful house.

You find yourself in a huge hallway with plants and paintings. A magnificent, marble staircase stands before you. You know you want to go up those stairs. You become aware of a very heavy backpack that you have been carrying all this time. The backpack is full of your worries, troubles, concerns, and negative feelings. You have been carrying them for a long time and you realize that this backpack is

weighing you down. Your shoulders ache, and your back feels tight and stiff from all these feelings. Slowly remove your backpack and with it all your worries and concerns. You feel released, free!

You can now easily ascend the staircase. Each step you take, you become lighter, happier, and quieted. Each step brings you closer to absolute comfort and joy. The comfort and joy live in you, and now there is nothing to get in the way of feeling them, reaching them, having comfort and joy. Now at the top of the stairs, you are strong and certain. A large window is open at the top of the stairs, and in front of it is a big, white comfortable chair. You sit down and face the window, watching the magnificent ocean once again. This time is yours. You watch from your chair, by your window in your house. Breathe in the soft ocean air, and know you are home."

The magic shell meditation - when worry and anxiety are a concern

Place yourself in a comfy, cozy position. Close your eyes and take a long slow deep breath. As you breathe out relax your body.

Imagine that you are standing on a beach. See the beach in your mind. Think about a beach that you may have visited, or you could use an imaginary beach if you like.

You can feel the sand beneath your toes and the sun is warm on your face. Look around you. In front of you is a huge ocean. It looks a silvery-blue colour and the sunlight sparkles like tiny stars dancing on the surface.

You look at the ground and in front of you in the sand is the most glorious shell you have ever seen. You pick it up. It feels warm. Notice how smooth the shell is. Feel it with your fingers. This is your magic shell. You can tell it your secrets and it will keep them. You can also tell your shell any worries that you may have. Tell it about any problems that may be troubling you at the moment. No matter how big or how small they are. The shell wants to hear them.

Whenever you have worried feelings you can tell your shell about them and it will magically take those horrid feelings and turn them into good ones.

Now see yourself holding the shell close to your mouth. In your mind silently tell it whatever you wish. No one else will know what you say. Only you and your shell! As you say your words they go right into the middle of the shell so that it can take them away for you. Tell your shell your worries right now....Now you do not have to feel yucky feelings anymore. The shell has made them disappear. Just like magic!

They are gone!

As you hold your shell close all you feel is calm and happiness. You feel peaceful all the way from the tips of your toes, to the tip of your nose. Feel it right now. Notice how it feels.

It is important for you to know that you can imagine your shell whenever you wish to make yucky thoughts and feelings disappear, whenever you wish to feel calm. Your shell will always be there waiting in your imagination.

Of course, if you visit the seaside you can always look for your own real magic shell. How will you know it is magic? Just choose the shell that feels right for you, this will be the magic one. You can also use a magic stone if you like.

Find one of these in your garden, or in the street.

Here is an idea! Keep your magic shell or stone under your pillow to take away bad dreams and always bring you a peaceful sleep.

Perfect!"