

## *Serenity Night Meditation* *The Horn of Plenty*

Take a few deep breaths- filling your lungs on the inhale and gently breathing out on the exhale.... Allow your body to sit comfortably on the surface on which you are sitting... you feel no tension or strain in any part of your body... allow your breathing pattern to establish its own rhythm... the gentle rise and fall of your chest and a deeper feeling of relaxation with each exhale ..

.... *brief pause* ....

Turn your focus now on the space behind your closed lids and create an inner screen upon which various images may be projected.... This is your gateway into a meditative state of peace, calm and tranquility...a fine mist of indigo blue energy fills the screen and you are drawn to it..... in your mind's eye you see your self approach the center of this screen and gently step through... emerging at the edge of a wooded forest at dusk... the sky ablaze and bathed in reds and oranges casting a serene glow on all it touches.... The smell of autumn is in the air... the leaves of the trees are a palette of reds, browns and golds.... This is the time of the harvest... the time when that which was seeded in the Spring and nurtured throughout the Summer is ready to be gathered..... you walk forward on a path between the trees and each step forward produces the sound of crackling leaves echoing from tree to tree... a gentle breeze carries the scent of apples, pumpkin pie, corn pudding and bread baking..... take a moment to enjoy the aromas and sounds surrounding you....

.... *brief pause* ....

As you continue walking you are drawn to a light ahead and see a thatched roof cottage just ahead.... A curl of smoke spirals upwards from the chimney and the glow of amber colored light can be seen through the windows..... you are drawn to this place... a sense of familiarity fills your being and you step up onto the porch... pumpkins, gourds and tied bales of hay adorn the entryway.. the scent of fragrant wood burning in a hearth within and the front door slightly ajar beckon you to come in....you gently push the door open and amber hues , table top baskets of apples and a crackling fireplace fill the panorama of view... take a moment to look around... drink in the sights, smells and sounds and make yourself at home in the cozy cottage....

....*longer pause*....

As you continue with your exploration your eyes come to rest on a wicker basket shaped as a Horn of Plenty.... It sits on a small side table and contains within small scrolls of parchment - rolled and bound by an earthy green ribbon... you are curious about the contents contained within the Horn and what meaning they may hold for you... in keeping with the warmth and welcome you have felt from the time of stepping into this place of serenity, you reach out and take one of the scrolls from the Horn... you gently unroll it and see what has been gifted to you... this is your promise of a Full and Abundant harvest of all the best parts of you.... This represents that which is both a gift to yourself and in turn will become a gift you share with all you meet....holding your scroll you move to sit in a rocking chair just in front of the fireplace... as you gaze into the flickering and dancing flames you see the images of all the positive actions you have taken this year... all the successes of those seeds of new beginnings planted and the ripe, lush fruit that has come to full harvest... take a few moments to reflect on these many beautiful, positive qualities that are expressions of your best SELF

..... *longer pause* ...

you have received all that is needed at this time and you once again stand... looking at the beauty of the room surrounding you...take a final look around the room and acknowledge that this is your private place... to which you may return at anytime.... Your gaze is caught once again by the Horn of Plenty and to your surprise in place of the scrolls you see that it has become a cornucopia filled with fruit, squash, corn, apples and nuts... the small table is filled to overflowing with all the bounty of the Harvest and somehow you know that this abundance reflects the many images you found within your own basket of plenty... you walk towards the door, gently push it open and step out into the forest, now lit by the brilliance of a honey gold sunset... the velvet of the night sky is minutes away and the hush and calm promise of a restful evening are just ahead..... as you stand looking ahead the blue veil of mist forms in front of you..... you step through and once again return to the place of your inner screen... as you feel the calm re-entry into this space the screen gently fades and your focus returns to your breath and its serene rhythm... allow yourself to slowly and gently return to the physicality of sitting in this space... the feel of your body... the gentle rise and fall of breath and when you are ready... gently flutter your eyes open and return to this space of calm....