

Earth/Cleansing and Release

Relax... sit in a comfortable position..... Close your eyesand take 3 deep breaths..... slowly inhaling 1..2..3....

AndExhaling.. 1..2..3..

Allow your body to establish a gentle, even rhythm of breath.... Taking you to a restful, peaceful state of consciousness.....

As your breathing becomes restful... allow your consciousness to shift upwards Passing up through the ceiling of this room..... up through the roof of this building and up and out into the moonlit sky..... you are aware of the rooftops below and the velvety sky above....

As you travel upwards you become aware of a thick.. brown and green mist forming around you.....You become aware of the smell of rich, loamy, brown earth.....

You feel the texture and support of soft brown earth under you..... and you realize that you are standing in the midst of a lush green forest..... trees forming a canopy above and rich brown earth underfoot... take a moment to take in the smells and feel of this perfect space.....

As you look towards the canopy of trees aboveyou notice a glowing white orb slowing descending towards you..... as this orb of pure white light descends to arms length, you realize that this place and orb have been created to bind , contain and transform that which troubles or burdens you.....

Now, in this place of perfect grounding and trust , give form to those things which you wish to release ... give form to those issues which cause you concern.....

And with intent and will reach out, gather these forms together and push them into the center of the sphere in front of you.....binding them together into the single orb

Once the orb is filled with all that you wish to release, reach out and grasp it in your hands.....outstretched and away from you.... take a moment and feel the weight of it.....

Pg. 2: Guided Meditation

Slowly place the sphere into the earth below, pushing it deep within the ground..... allowing the earth to absorb and transform that which has caused you concern... taking the weight from you and giving you peace.....

Brush the dirt from your hands and take a moment to savor the feeling of this weight of your burdens out of your hands.....

You become aware of something shining in the moonlight, and as you take a few steps forward you realize that it is the reflection of the surface of a small pond a few feet ahead of you.....the water sparkles like diamonds in the moonlight and it radiates peace... you feel that if only you could touch it, slide into the shimmering liquid.... that it would wash away all tension.....

Slowly you remove your clothes and drape them over the nearby bush..... Now step to the edge of the water, sit down on the grass and dangle your feet in the pond... the water is surprisingly warm..... the pond is not deep, so you slide in and sit with your head against the bank without immersing your head.....

As you close your eyes and relax into the warm water.... You feel the all tension and worry slipping away..... drawn..... into the cleansing water... take a moment and feel the peace and calm enveloping you

Something gently brushes against your feet and you open your eyes..... a lily pad is floating towards you with something shiny on it..... as the flower comes closer you notice a sparkling powder in the center take a little of the powder and wet it... it lathers and foams forming bubbles.....as you begin to wash your body with the foam, it tingles against your skin... energizing and revitalizing wherever it touches..... Take a moment to relish the feel of this energizing foam... and when you are ready..... slip down into the water and wash the foam from your body.....

As you wipe the water from your eyes you see that a goblet of fine crystal, filled with a golden liquid has been placed on the grassy edge of the pond.....

Curious... you take the goblet in your hand and hesitate a moment before lifting it to your lips..... You only hesitate a moment because you know that you are in a place of perfect love and perfect trust and that all in this special place are gifts from the goddess.....

Pg. 3 : Guided Meditation

As you slowly tilt the goblet and allow the liquid to flow down your throat you know intuitively that this is a liqueur of inner strength and self-confidence.... The nectar of all who would live their truths.....

as the nectar fills your being... think about how you would wish to a stronger person... what truths you would wish to manifest in your life,the truth in your heart and the ways in which you could walk your path in trust and love.....

As you finish the last drops of liquid you look around and now feel more solid, more substantial and more capable of handling any situation which may arise in your life.....Gently place the empty goblet on the soft earth and put your clothes on..... readying yourself to return to the physical world... renewed.... rested and with inner peace.... When you are dressed take another look at the pond and know within your heart that this place will always be waiting for you any time you have need.....

As you focus on the inner strength you now feel.....you become aware that the pond and forest and earth are beginning to fade... swirling back into a greenish/brown mist..... you feel yourself slowly descending down.... Passing through the moonlit night sky..... The tops of roofs become more visible as you descend downward.....you become aware of your physical body resting comfortably in this room.....and as you gently allow your consciousness to slip back into your physical body you become more aware of the sounds and smells and energies in this room.....And when you are ready... gently open your eyes