

Meditation

– Healing by the River – Seeking Clarity

This text is for you to record this Meditation for yourself.

Hello, I AM (your name or client's name,) and today, we will go on a journey into the Cosmos and allow the Ocean to wash away our problems.

Find a comfortable place to sit or lay for 15 to 20 minutes, where you will not be disturbed. Turn off your mobile and allow yourself this time.

When you are ready, relax and close your eyes and simply listen to my voice and hear the music in the background and breathe gently in through your nose and out through your mouth.

Focus on your breathing - steadily and comfortably breathing in - and breathing out – slowly in and slowly out - and allowing your body to begin to relax as your mind begins to calm as we embark on a journey of self-illumination.

With your eyes comfortably closed, feeling safe and warm, you begin to find a calmness that feels really good – - - In that wonderful state of calmness, you begin to drift and doze, drift and doze, and that's ok too, it feels good to drift and doze.

In that lovely state of sleepy relaxation, you begin to feel all the muscles in your body begin to relax and you let go – - - allow that peaceful feeling flow -- - - and let just go.

And now you become aware of how comfortable your body feels - how you are fully supported by the chair you are sitting on or the bed in which you are laying.

Safe, Comfortable and Warm.

And now become aware of the rhythm and the steadiness of your breathing - in - and - out - inhaling and exhaling - and your body is in rhythm with your breathing, and it feels so good.

Its time now to invite those beings of Light into your space and you call upon the Angels and Guides to join you - by calling their names and asking for help.

I call upon Arch Angel Michael to surround this space with your Blue cloak of protection, keep me safe in this space as I journey into the Etheric and beyond.

I call upon Arch Angel Gabriel to open my communication channels so I can hear what I am to hear, to feel what I am to feel, to know what I am to know.

I call upon Arch Angel Raphael to surround me with your Emerald Green healing energy, so that this energy flows and permeates every atom of my being.

I call upon Arch Angel Uriel to hold the Light of the Christ in my Heart.

I call upon Jesus the teacher, Mary the Great Mother, Buddha of Compassion, Quan Yin the Mother of Mercy, Mary Magdalene the Mother of Forgiveness and Merlin the master of time and space - - - Surround me now with your Love and Compassion and fill me with Universal truth and wisdom.

I call upon the Company of Heaven and the legions of Angels that support mankind.

As you sense and feel your guides and angels surround you in this wonderful relaxed state, let your mind wander and become busy as you allow your Heart open and become aware, and just relax.

There is no place for you to go right now
There are no problems that you need to solve
There is nothing to do but relax
And let go

Become aware of your journey and its purpose and be open to the possibilities.

..... P a u s e

And in this wonderful relaxed state, let your mind wander and imagine yourself on the side of a gentle sloping mountain, with a forest and a beautiful river flowing just below you.

You can see the river flows and meanders through the forest and the sight of the lush green forest and deep blue River are truly beautiful.

You begin to walk through the forest towards the River and you are fully kitted out for your journey - wearing sturdy walking shoes and a rucksack on your back that contains all you will need for this journey.

It's a warm, sunny day - not too hot, but warm enough not to need to wear heavy clothes.

As you walk along the trees towards the River, you can hear the wonderful noise of the water in the distance, as you observe the silence of the forest itself.

As you look further down, and to your left - you see a little grey squirrel, slowly bobbing along, and then - you see another, they appear to be playing together, as they run, they appear to be playing chasing together, up and down the trees. They suddenly stop as they see you, they are curious, but not adventurous, they sit and don't move an inch. Then suddenly – at the speed of Light, they run up a tree and out of sight.

As you walk among the trees, you notice at the base of some trees, beautiful Red and White spotted mushrooms, they look magical.

You notice how wonderful the mushrooms look as they blend effortlessly in the mossy grass beneath the giant trees. You pause for a moment to take in the magical view.

You continue your journey down towards the River - and suddenly - there to your right you notice an opening in the trees, and the sun blazes down on a small area of grass and wild snowdrops.

You feel very happy on this walk – as you know you have a question for the River, and you are going to use a ritual that you have learned to engage with the energy of the River. You feel confident that the river will provide the information you need.

At this stage, you're not sure what it will be but you trust your intuition.

Before too long you seem to be walking along the river side. The River is not too wide, but too wide to get across. There are large rocks in the River and pockets along the bank. The water seems to flow effortlessly, but when you pay attention, you realise that although the River is a mass body of water, it seems to travel at different speeds. From fast and vigorously to slow and still and pond like.

You walk a while along the river side and you come across some rocks on the waters edge. Just at this spot, the Sun glistens through the trees and bounces on the water surface, creating a wonderful glitter. You decide to sit here a while to ask your question.

You open your backpack and take out the Clear Quartz Heart you have wrapped in a silk cloth, and remove a small notebook and an ink pen. You pause in silence as you contemplate your question, while giving gratitude to the River, as you hold the Clear Quartz Heart in your non writing hand.

You sit there awhile, connecting with the River. As you gaze into the River, you feel the energy, the ebb and flow of the Rivers path.

You open the notebook and begin to write your question – when you have written your question, you tear the page out and fold over and over again.

You ask your Guides to help the River reveal the answer to your question.

You cast the note into the River and watch as the note makes its way down the River.

Pay attention to the journey of your note:

It could flow rapidly, without restriction and flow down the River and out of sight.

It may become trapped behind a rock, and continually make an effort to escape. And as it does escape from behind the rock, it flows again and gets caught in a branch that is hanging into the River. The note may become permanently stuck or over time release itself.

It may flow slowly down the River, and flow into one of the still ponds along the river bank, there it moves around and around, but struggles to escape the stillness of the water. It may eventually escape from the pond, but its destiny may not be clear.

You now become aware – that the journey of your note - has revealed the answer to your question to you.

You now know that if your note flowed effortlessly down the River, the answer to your question is Yes, clear and without effort.

If your note became stuck behind the River, you know the answer to your question is No, this is not the right time.

If your note became stagnant in the River's pool, the answer to your question is unclear.

Pause.

You sit and ponder on the question and your note's journey and the feelings and emotions that have emerged during your healing by the River.

As you sit and rest, you contemplate on your journey home. You put your notebook and fountain pen back into your backpack and you leave the River.

As you leave the River, you feel such gratitude for the help you have received today, you begin to walk through the forest away from the River and heading through the forest and up to the top of the hill.

You look back at the path you have taken, and you see the River meandering through the forest.

You continue on the path and come to the top of the hill where you began your journey today.

You feel very happy that your question for the River has been answered.

You thank your Guides and Angels for the guidance and help they have offered by the Riverside.

I thank Arch Angel Michael for keeping me safe, please watch over me each day.

I thank Arch Angel Gabriel for opening my communication channels so now I hear what I need to hear, I feel what I need to feel, I know what I need to know.

I thank Arch Angel Raphael for the healing that flows within me.

I thank Arch Angel Uriel for holding the Light of the Christ in my Heart.

I thank Jesus the teacher, Mary the Great Mother, Buddha of Compassion, Quan Yin the Mother of Mercy, Mary Magdalene the Mother of Forgiveness and Merlin the master of time and space.

I thank the Divas of the Crystalline Kingdom for the Clarity I have obtained.

I thank the Company of Heaven and the legions of Angels that support mankind. And so, it is
Thank you, God,

Now slowly become aware of your surroundings.
Feel the temperature of the air.

Feel the chair or bed beneath your body.

Open your Eyes and breathe a deep breath.