

Meeting Your Healer

- Close your eyes.
- Take three deep breaths to calm yourself.
- Feel your body relaxing from the center of your being outward, through your chest, through your arms to your hands, up your back, through your neck and jaw. Relax your face, relax your eyes. Let the relaxation radiate through your pelvis and down your legs until it reaches the very tips of your toes.
- Now that you are relaxed imagine you see a doorway in front of you. Move through that doorway into a room. The room is pleasant and open. At the other end of the room is someone standing, waiting patiently. Move forward and you will see that it is your healer. They are loving and patient and there only for you. Walk up to them and introduce yourself. They will introduce themselves to you.
- When you are ready, you will see they are standing in front of another doorway. Open the door and follow them through it. As you step through the doorway you enter a new space. The place you have entered is the most beautiful place you have ever been. Everything there is just right for you to have a conversation and experience with your healer.
- Look all around you. Feel free to wander. Explore.
- When you are ready indicate to your healer that you have questions for them.
- Your healer will lead you to a place where you can talk
- Have a conversation with your healer. Be respectful. Stay as long as you wish or as long as your healer indicates is appropriate.
- When you are ready to come back turn and follow your healer back through the doorway. You are now back in your room. Thank your healer for journeying with you. They will always be there when you need them and you can come to the room at any time you wish. Walk back through the room to the further door and back to your body.

- Take three deep breaths and as you breathe begin to wiggle your toes and your fingers. Take note of the sounds in the room around you.
- Open your eyes.

