

Meeting Your Guide Meditation

- 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.
- Look all around you. Feel free to wander. Explore.
- At the other end of the room is someone standing, waiting patiently. Move forward and you will see that it is your guide. 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 indicate to your guide that you are ready to have a conversation with them.
- Your guide will lead you to a place where you can talk
- Have a conversation with your guide. Be respectful. Stay as long as you wish or as long as your guide indicates is appropriate.
- If they already have information to impart to you, listen respectfully. This is what you came for.

- If they indicate that they would like to hear your requests and questions, then feel free to start asking.
- When you are ready to come back thank your guide 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.

