



Guided Visualization: The Path

From Chapter 10 The Power of Time by Pauline Edward

Set aside enough time so that you will have a few minutes to prepare and relax beforehand, and a few minutes for note-taking afterwards. Thirty minutes usually will give you ample time for this exercise. Make certain that you will not be disturbed. Turn the sound off the phone, hang a “Do not disturb” sign on your door, turn off your cell phone. Create an atmosphere of calm and peacefulness in your meditation space. Shut the door, turn the lights down, burn a stick of incense, some essential oils, or light a candle. Play soft, instrumental music. There are some excellent yoga and reiki music dvd’s that set a nice mood for meditation. Have a notebook and pen handy. Pets tend to be attracted to meditative energy. If you have a cat or dog that likes to curl up with you, he is likely going to want some of that peaceful energy, so make a little space beside you or on your lap.

Sit comfortably in a chair, back straight, head tall, feet on the floor, legs stretched out on an ottoman, or if flexible, crossed beneath you, either Indian style, in lotus or semi-lotus position. For meditation, I have found sitting in a chair to be more conducive to maintaining a waking state than lying down, in which position it is so easy to fall asleep. If you have to hold your head up, you are more likely to remain awake. If you have difficulty remaining awake as you settle down to meditate, it could be that you are too tired, or that accumulated fatigue is being released. Try meditating at a different time, following a brisk walk, or with an open window providing fresh air. Meditating right after eating is not the best time as you are more likely to fall asleep.

Close your eyes. Take a few deep, clearing breaths. Focus your attention on the space behind your eyes, in the center of your head. Now imagine an elevator, its door open, ready

for you. Step into the elevator, allow the door to close, and ride the elevator down, to the basement level, which corresponds to the center of your pelvic girdle. The elevator door opens.

Exit the elevator and enter the cavern-like chamber. Look around for objects that might give you some clues as to what may be influencing your decisions from deep within. If you find an object, ask it to tell you what it represents. Its meaning should become clear to you. If it doesn't it may mean that you are not ready or willing to learn its message. Be insistent. Repeat your question. This is your private space. You are the boss. The key to successful creative visualization and inner journeys is to make liberal use of images that work for you and to refrain from excessive analysis. In essence, be childlike.

Proceed now to find the exit of the cavern, by the front and either slightly towards the right, or the left. Exit the cavern now and make your way towards the front, where your path begins. Like the cavern, the path should be natural, like a footpath in the woods, clear of objects, constructions and people. Step onto your path, and walk a ways, looking for clues, indicators of that might provide you with the information you need to clarify your life at this time. If you find an object, person or animal on your path, ask it to reveal its meaning to you, if it isn't already clear. Any resistance can be dealt with by beaming clear white light onto the object. This action reinforces your desire to discover its meaning. Call on your inner guide to share insights with you. Don't be shy, you are entitled to know all you need to know about yourself. Above all, have fun with it. Once you feel you have sufficiently explored your path, slowly open your eyes, and jot down some notes.