

BUTTERFLY MEDITATION METAMORPHOSIS

See yourself surrounded by tall trees, bright sunlight pours down through the branches and leaves creating interesting patterns on the ground around you...this brilliant light shines on a path that is before... in this moment take the time to reflect on what it is you would like to achieve from the process of meditation, guide connection, personal and psychic development...

With this intention clearly in your mind, bring your awareness back to the brightly illuminated path... there is a sense of peace and serenity in this place... take a deep breath and breathe in the peace... take another deep breath and breathe in the serenity and the tranquility... you experience a feeling of complete calmness and perfect peace... and with this sense of peacefulness, step forward on the brightly illuminated path...

As you walk you notice the trees are thinning out and the light is becoming stronger and stronger... there is a growing feeling of anticipation with each step that you take and as you come to the edge of the forest you are engulfed in dazzling white light... your eyes adjust to the brightness and you see before you a glorious field of wild flowers... you feel a smile come to your face and your heart open wide with a feeling of magnificent upliftment...

You feel a soft, slight breeze play across your face and you see the breeze's effect as it creates a ripple effect along the tops of the flowers...it is as if they are doing a rhythmic dance performance as a greeting to you... you can see the path leads to a fallen log in the distance amid the sea of vibrantly coloured flowers...

As you make your way along the path and gentle gust of wind blows and suddenly you are surrounded by a proliferation of butterflies rising up from the flowers... you laugh in delight as the butterflies magically dance through your aura... they flit and flutter, weaving in and out of your energy leaving you feeling tingly, invigorated and enchanted...

As you move forward all but one of the butterflies take their leave and settle back on the flowers... your singular butterfly leads you along the path... you reach the log and find there is a comfortable place to sit and nestle into...

You wonder where the log came from... as if hearing your thoughts, the butterfly flutters off in the direction of a small hill in the distance upon which stands a magnificent old oak tree... you snuggle into your comfy spot, breathe deeply and allow the relaxation to wash over your mind, your body and your soul...let your mind retreat into a state of stillness...continuing to breathe in and out...in and out...and now allow your mind to receive insight from your Higher Guidance...

When you are ready, take a deep breath... see yourself stretching and returning gently to your feet... you smile as you see a gift is there for you, don't judge the object you are given, simply ask your Higher Guidance what the significance of the gift is for you...

Your beautiful butterfly re-emerges to guide you on your journey back along the path...knowing you can come back and experience this peace at a future time... you follow the butterfly along the path... it flutters gracefully into the radiant white light and encourages you to join it...

Take the time to absorb the light, unconditional love and revitalising energy... take a deep breath... ground and protect yourself by visualising a band of gold from the top of your head to the tips of your toes... front and back... now visualise a band of gold stretching from your heart to the tips of your fingers and across your back from finger tip to finger tip...

You have now closed and protected your chakras...the next step is to see yourself in a protective bubble of light closing and protecting your aura...you are now safe to open your eyes...

Take the time to record your experiences in your journal.