

# HEALING MEDITATION WITH DOLPHINS

With your eyes gently closed, take a few deep breaths. Imagine that you can breathe out the tensions and stresses in your body... ..Imagine that you can breathe in the beautiful energy all around you ... .. Let each breath take you deeper and deeper into a beautiful state of relaxation

[Pause for fifteen seconds to allow the breath to relax the body]

Now relax all your muscles. Relax the muscles of your face and jaw. Let go of all tightness and all tension in these muscles ... ..

Relax the muscles of your neck and your shoulders ... ..

Relax your arms ... .. Completely relax the muscles of your back, both the upper and lower back ... .. Let go of all tightness and all tension in these muscles ... .. Relax the muscles of your stomach and abdomen, so that your breathing stays perfectly relaxed ... ..

Relax completely the muscles of your legs, so that now your entire body is in a state of deep peace ... ..

Let any outside noises or distractions only deepen your level even more ... ..

Imagine or visualize or feel a beautiful light above your head. You can choose the colour or colours. This light will deepen your level and heal your body .....

Let the light flow into your body through the top of your head. Allow it to illuminate the brain and spinal cord, healing these tissues and deepening your level even more ... ..

Let the light flow down, from above to below, like a beautiful wave of light, touching every cell, every fibre, and every organ in your body with peace and love and healing ... ..

If you have an area in your body that needs particular healing then let the light be very strong and powerful in this area ... .. or just let the light flow through your body giving you peace and tranquility ... .. [fifteen-second pause]

Now let the rest of the light flow all the way to your feet, so that your body is filled with this beautiful light ... ..

Now, imagine or feel, the light completely surrounding the outside of your body as well, as if you were wrapped in a beautiful bubble or

cocoon of light. This will protect you, and heal your skin, as well as deepen your level even more.....

Counting backwards from ten to one, let each number back take you deeper into the relaxed state.

Ten... ..Nine ... ..Eight ... .. Deeper and deeper with each number back. Seven... ..Six ... ..Five ... ..More and more peaceful and relaxed..... Four... ..Three ... ..So calm and serene.....

Two.... Nearly there.... One. Good.

In this wonderful state of peace and tranquility, imagine yourself walking down a beautiful staircase... down, down ... ..deeper and deeper.... Down, down.... Each step down deepening your level even more.....

As you reach the bottom of the steps, in front of you is a beautiful garden.... A garden of peace and beauty and safety.....a sanctuary ... ..

Walk into this garden and find a place to rest.....

Your body, still filled by the light and surrounded by the light, continues to heal and to recuperate and feel at peace. The deepest levels of your mind can open up. You can remember everything. You can experience all levels of your multidimensional self. You are far greater than your body or your brain.

If you are ever uncomfortable with any memory or any feeling or any experience during this meditation, just float above it and watch from a distance, as if you were watching a movie. If you are still uncomfortable, float back into the garden and rest there, or even open your eyes and return to full, waking consciousness.

If you are not uncomfortable, stay with the images and the feelings. You are always in control.

Float above your body in the garden ... .. and travel to a beautiful and ancient island, surrounded by blue and turquoise waters..... This is an island of healing and tranquility....

You can walk on the beautiful beach..... feel the warmth of the sun..... feel the gentle breeze.....

Embedded in the floor of the sea, a short distance out from the beach, are some large and powerful crystals.... These are healing crystals.

The crystals impart a healing energy to the water.

Wade into the water, as much or as little as you want ... .. You can feel the tingling, healing energy in the water ...  
... The energy transmitted from the crystals to the water is absorbed by your skin and body... ..[fifteen-second pause]

Now imagine that some very tame and very loving dolphins come to be with you in the water ... ..

Dolphins are master healers. They know just where in your body the healing needs to occur.....

You can swim and play with them if you wish ... .. They help the water to give you healing and tranquility.  
[thirty second pause]

Now it is time to leave the water, so you say good-bye for now..... but you can always return..... whenever you need or wish.....

As you leave the water, you notice you are immediately dry... ..This is such a special water ... ..

As you sit on the beach, reflect on how you feel ... .. [fifteen second pause]

Floating above the beach, you return to the beautiful garden.

Your body in the garden has been filled with the beautiful light. It has been healing and refreshing.

Now it is time to return to full waking consciousness.

Counting upwards from one to ten, let each number awaken you more and more. By the count of ten you can open your eyes and you will be wide awake and alert, in full control of both body and mind. You will feel refreshed and re-energized.

One... .two ... .three ... . More and more awake and alert Four... .Five ... .Six.... More awake, feeling great.... Seven...  
.Eight ... .Nearly awake now.

Nine... .Ten ... . Open your eyes; you are awake and alert. Take your time... stretch... and come all the way back.