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Awakening the Spirit

Start by taking slow, deep breaths. Allowing the breath to come in slowly through your nose, and letting the air escape through your mouth with a sign. As your breathing continues deep and slow, imagine that you are seated, and riding on a beautiful white, gentle horse. He is slowly walking; slowly walking along a pathway which leads up a mountain trail. His steps are sure and safe.

As you come to a clearing you are met by a smiling wise being dressed in white. He welcomes you and motions for you to dismount. As you do, he caresses and strokes your white horse thanking him for bringing you safely to this place. Your wise and welcoming host directs your attention to the other side of the clearing.

There is a stone wall with a gate in the middle, which lays open as if awaiting your arrival. You and your guiding host walk towards the gate and enter into a beautiful courtyard.

You see a small round pond with a mirror like surface. You ben to touch the waters cool surface but catch your reflection and look at yourself for a moment or two. You take a long, deep look at your reflection. You can see the smile, and the eyes, which long to see beyond just yourself. You see the disappointment in those eyes and you realized that you have experienced fear; for not being loved, or being accepted for the real you that's deep inside. You long to be loved for yourself, to feel understood and accepted.

And the water begins to change color, as if a colored underwater light has just been turned on. The color is a rich plum red, and for a moment you feel a tingle at the base of your spine. And you know without being told that this plum red light is nurturing you, giving you a sense of understanding and helping you to release any anger or upset that you might have felt. You know instinctively that this red light releases any sense of greed, over-indulgence, self-centeredness that you might have been the victim of or have personally experienced. You feel a sense of alignment, of being grounded, of being balanced.

Now the underwater light turns to orange, and you feel that all your doubts and your past imagined hurts evaporate totally as your body receives the empowering healing knowledge from the now orange pool. There is a surge of energies that you feel moving up your spine and you know instinctively that you have a renewed confidence, that others will now see your creative energies, will know you have courage, and will wish to share a wonderful and long lasting friendship.

Now the underwater light turns to yellow, and you feel that what you use to have with you, that feeling of being oversensitive or inferior are now being washed away, and somewhere around your navel you feel a tingling sensation. And you are now aware, that a warming yellow energy is moving into the navel area, increasing your sense of personal power, anchoring your newfound trust, totally in your gut feeling, and balancing what could have been oversensitivity.

Now the underwater light turns to green and you know, that the green douses you in a sense of being healed. You are opening to a new understanding to a love of life, as you promise yourself to allow you to be loved by others and they in turn show their love for you. All the walls around your heart are dissolving, and you feel a deeper, more loving feeling flowing into your heart area. You feel a tingle up and down your spine and once more you are a complete being.

The underwater light turns to the most beautiful electric blue. It's encouraging a surge of tingling energies to move up and down your spine, and move into the back of your neck, through and around the throat, in and out of your ears, across your eyes and across your nose. This electric blue-colored energy clears, washes away and dissolves all deceptions, all manipulations that you might of known, untruths that have been perpetuated on you. And now it now connects you to inner true feelings, higher thoughts, and a new found sense of expression. There is in you, an inner-knowingness, guiding your words, and your thoughts, and allowing you to speak your truth.

A deep blue and plum red light joins together, lighting your pool. A soft pulsating energy starts to move up and down your spine, opening your inner-beauty and showing itself to you, as a glorified feeling, a connection to the outer world. You are yourself, you are a being of light and love, and those that you meet, will see you as a warm, gentle and loving person.

Now the underwater light becomes radiant violet. And you sense that this color has an incredibly special meaning for you, as it washes away all deep hidden fears, all doubts about what could or would happen to you in your future life, in part of what is your now moment. The violet light enhances within you a knowing, a deep understanding, that you have a divine purpose. You will also know that no person or event can block you or keep you from achieving this divine purpose. You begin to feel tingles along your spine and the top of your head as the radiant violet light instills love, belief, and understanding – elevating you to your own divine person with a destiny special and individual.

The underwater lights fade, and then glow together in a rainbow of light. They merge and become a golden white, glorifying radiating light. You see your face once more. You seem younger, happier, clearer, brighter – and your eyes are radiant and knowing. This pool is a healing friend, to whom you may return at any time that you feel the need. The light fades. Your reflection fades. And you stand once more in the center of that beautiful courtyard.

